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GTIFL RULE BOOK:

• RESPECT - Treat sponsors, fans, teammates, opponents and officials with respect and gratitude

• INTEGRITY - Operate with utmost professionalism and sportsmanship

• LEADERSHIP - Make a positive impact in the communities we serve

• QUALITY - Provide premier sports entertainment

\*Discrimination of any kind will not be tolerated and may result in suspensions and or removal from the league without refund.

\*If a team or players remain to watch the next game or come early to watch the first game they will be expected to uphold integrity and politely watch the game without interference or heckling of the teams on the field, if this is not followed those players will face disciplinary actions.

Motion Rules;

A motion player may not block any of the three (3) Defensive linemen or be the lead blocker on a running play inside of the alley.

A player must be set before making a crack block.

Members of the Offensive team are not permitted to use the Umpire as a “pick” in an attempt to get open from a Defender (Umpire Pick). This is now a foul and no longer a violation. 5 yard penalty .

The current CMFL Rule Book shall apply where specific GTIFL league rules are not called out in the GTIFL rule book.

24 Man Roster

Each team may dress a maximum of twenty-four (24) players for a game, which is called the Active Game Day Roster.

The Game Day Roster of all dressed players shall be submitted to the Referee and the opposing team’s Head Coach at least half hour (30) mins prior to kickoff.

The identity of all players may be subject to review by the Referee. Each player must have picture identification in the event such identification becomes necessary for review by the Referee. In cases where the roster is under objection by a Head Coach, the Referee in conjunction with the League Owner will decide whether the player submitted will participate in the game.

There shall be at least four (4) stationary

players on the line of scrimmage at the scrimmage snap, two of whom are ineligible receivers (Offensive lineman).

The eligible linemen must declare his eligibility to the Referee by raising his hand.

A maximum of two (2) backs may be aligned in the Offensive box at the snap and must have been in a set position for a least one second prior to the snap.

If one (1) or fewer backs are in the Box, the player that receives the snap may be aligned outside of the box.

\*No stationary Offensive player, whether lined up on or off the line of scrimmage, may be set in the area within three (3) yards of the outside shoulder of the Guard on either side of the formation. This

alignment rule does not pertain to men in motion or players set at the snap and greater than five (5) yards behind the Offensive line of scrimmage (behind the Offensive box).

Players in motion may take a hand off or receive a forward or backward pass as long as they are outside of the Offensive box at the snap. A motion player may not block any of the three (3) Defensive linemen or be the lead blocker on a running play inside of the alley. Infraction: Illegal Block Penalty: 10 yards

Defensive Alignments

Prior to and at the snap, the defense must be in a formation which meets the following requirements.

No Defensive player, other than the three (3) down Defensive linemen, may be in the Defensive box at the snap.

Infraction: Illegal Defense, live ball foul Penalty: 5 yards. Note: Officials shall consider the circumstances which caused a defensive player, while mirroring the actions of an Offensive player, to be in the Defensive box at the snap, and may not allow the offense to manufacture penalties in this manner.

After the ready for play signal by the Official, all Defensive players must be on their side of the line of scrimmage.

 At the snap, there must be three (3) Defensive linemen in a three (3) or four (4) point stance on the line of scrimmage and have their shoulders parallel to the line of scrimmage.

The Defensive lineman covering the Offensive Snapper must be in a head-to-head position with the Snapper and his shoulders must be parallel to the line of scrimmage. “Head-to-head” requires the helmet of the Defender to be aligned with the helmet of the Snapper.

The other two (2) Defensive linemen (Defensive Ends) may line up no wider than their inside shoulder aligned with the outside shoulder of the Offensive Guard, or with their outside shoulder aligned with the inside shoulder of the Offensive Guard, or anything in between and their shoulders must be parallel to the line of scrimmage.

Defensive lineman may drop into pass coverage after the snap of the ball.

The remaining five (5) Defensive players are considered linebackers or Defensive backs and may not line up in a three (3) or four (4) point stance.

A minimum of one Defensive player must be aligned at the back of the Defensive box at the time of the snap (exception, when the belt is reduced due to the ball being inside the five (5) yard line or on Fourth (4th) down when the line to gain is two (2) yards or less).

The Defensive player aligned at the back of the Defensive box, declaring as the Blitzer, must be stationary at the snap. Movement in any direction prior to and continuing at the snap is illegal. (How many yards penalty)

Linebackers/Defensive backs can press cover at the line of scrimmage

\*Linebackers/Defensive backs may line up on the line of scrimmage, inside the belt, but outside of the alley, when they are head up or shaded to either the inside or the outside of a set eligible receiver who is not located in the Box (i.e. end, flanker, wingback, slot back). The eligible receiver does not have to be on the line of scrimmage.

\*When multiple eligible receivers are in a stacked formation behind each other (e.g. one end with one or more backs directly behind him), an equal number of linebackers/Defensive backs may line up on the line of scrimmage, or anywhere inside the belt, but outside of the alley, as long as they are within one yard laterally of the stacked players.

A linebacker/Defensive back may be positioned inside of the belt to mirror an eligible receiver in motion. If the Offensive player’s motion is towards the line of scrimmage the Defensive player can hold his position, retreat, or approach the line of scrimmage to meet the eligible receiver. If a motion man running in a lateral motion (parallel) with the line of scrimmage goes into and stops in the Offensive box, and a

Defender is following, the Defender will be given an opportunity to back out of the Belt. (If the snap is imminent, no foul on the Defense will be called.)

Multiple defenders may not mirror the same receiver.

Only a linebacker or Defensive back may initiate contact with an eligible receiver with whom they are aligned with at the snap (exception, when a Back or Receiver is a potential blocker). The Defensive player is not required to be lined up inside of the belt in order to contact the receiver. A Defensive lineman may not contact or align with an eligible Receiver or a Back either on the line of scrimmage or in the backfield.

Linebackers/Defensive backs are not

required to align themselves with eligible Offensive receivers but if they are not aligned with an eligible receiver or if no eligible receiver is positioned opposite him on the Offensive side of the ball, the linebacker/Defensive back must line up at least five (0) yards beyond the line of scrimmage.

\*Linebackers/Defensive backs may not align themselves inside the belt with the Quarterback or other Offensive eligible receivers (Backs) who are in set positions in the alley at the snap.

Linebackers/Defensive backs may align themselves on the goal line or line to gain when the depth of the belt is reduced due to the ball being inside the five (5) yard line or on Fourth (4th) down when the line to gain is two (2) yards or less. Linebackers/

Defensive backs may take a position on the goal line or line to gain and do not have to retreat/line up past the goal line or line to gain. Infraction: Illegal Defense Penalty: 5 yards from the previous spot.

Illegal Movements.

The Snapper may not fake a snap or, having assumed his stance over the ball, bob his head in an intentional manner, move his shoulders, flex his knees, or make any other movement simulating a snap in an attempt to draw the Defense across its line of scrimmage. Infraction: Snap Infraction Penalty: 5 yards, dead ball foul.

Once the line of scrimmage is set, no player of the offense may be in or beyond the neutral zone.

With the exception of the Offensive player(s) in motion, all other Offensive players shall remain motionless for a period of at least one second prior to the scrimmage snap.

No Offensive player on the line of scrimmage may make any motion which simulates the snap. This includes the Quarterback bobbing his head, moving his shoulders, flexing his knees, making any quick movement, or any other movement or signal which is an attempt to simulate the start of the play prior to the snap.

A player in motion may not run forward to the line of scrimmage and stop abruptly in what is called “freeze motion.” Freeze motion is an intentional/illegal act designed to pull a Defensive player offside.

The motion player may not be beyond the neutral zone prior to the snap of the ball. Infraction: False Start, dead ball foul Penalty: 5 yards.

Once the line of scrimmage is set, no player of the Defense may be in the neutral zone at the snap, make contact with an Offensive player prior to the snap or be unabated to the quarterback. Infraction: Offside Penalty: 5 yards, live ball foul.

Substitutions.

A substitute may enter the field of play any time the ball is dead.

If a substitute enters the field of play so that he can communicate with a teammate on the field, he must remain in the field of

play for at least one (1) play.

A player leaving the field of play shall proceed directly to the sideline and outside the field of play to his designated team’s bench.

A team is not permitted to use player substitution as a means to deceive an opponent. If Team A makes any player substitution, Team B will have the opportunity to match said substitution prior to the start of the upcoming play.

If a team breaks its huddle with more than eight (8) players, this act is an illegal substitution.

If a team has more than eight (8) players on the field at the snap of the ball, the infraction incurred shall be titled “Illegal

Substitution.” Infraction: Illegal Substitution Penalty: 5 yards

Definitions Alley Article 1.

The alley is the area bordered by the outside shoulders of the two (2) Offensive guards which is a maximum of five (5) yards wide and runs from end line to end line. The alley is established at the snap and does not move during the down. The alley disintegrates when the ball leaves the alley.

Belt Article

The belt is located five (5) yards beyond the Defensive line of scrimmage and runs from side wall to side wall. The belt disappears at the snap and is never extended beyond the goal line.

The depth of the belt is reduced when the

ball is snapped inside of the defending team’s five (5) yard line or at any point on the field when the Offensive team is facing 4th down and with the line to gain 2 yards or less. In this situation, Defensive players may take a position such that the foremost part of their front foot is between five (5) yards beyond the line of scrimmage and the goal line or line to gain.

Blitzer.

The Blitzer must be stationary at the snap.

Blocking Below the Waist.

A block below the waist is a block in which the force of the initial contact is below the waist of an opponent who has one or both feet on the ground. When in question, the contact is below the waist.\*

A blocker who makes contact above the waist and then slides below the waist has not blocked below the waist.

Block in the Back

A block in the back is contact against an opponent occurring when the force of the initial contact starts and is from behind and above the waist. The position of the blocker’s head or feet does not necessarily indicate the point of initial contact.

Defensive Box Article

The Defensive box is defined as the area bordered by the outside shoulders of the two (2) Offensive Guards (the alley), the Defensive line of scrimmage, and the distance five (5) yards beyond the Defensive line of scrimmage (the belt). A minimum of one Defensive player must be aligned at the back of the Defensive box at the time of the snap (exception Redzone).

The Defensive box disappears at the snap and is never extended beyond the goal line. The depth of the Defensive box is reduced when the ball is snapped inside of the defending team’s five (5) yard line or at any point on the field when the Offensive team is facing 4th down and with the line to gain 2 yards or less. In this situation, Defensive players may take a position

such that the foremost part of their front foot is between five (5) yards beyond the line of scrimmage and the goal line or line to gain.

Line of Scrimmage

The line of scrimmage is an imaginary line which traverses across the width of the football field, from sideline to sideline beyond which a team cannot cross until the next play has begun legally.

Its location is based on the spot where the ball is placed after the end of the most recent play and following the assessment of any penalty yards.

A line of scrimmage is parallel to the goal lines and touches each edge of the ball where it sits on the ground prior to the

snap. There are two (2) lines of scrimmage at the outset of each play: one (1) that restricts the offense and one (1) that restricts the Defense. (so there's a neutral zone)\*

Neutral Zone

The area between the two (2) lines of scrimmage (representing the length of the ball as extended to both sidelines) is called the neutral zone.

Only the Snapper, the Offensive player who snaps the ball, is allowed to have any part of his body in the neutral zone at the time of the snap.

Offensive Box

The Offensive box is defined as the area bordered by the outside shoulders of the two (2) Offensive Guards (the alley), the

Offensive line of scrimmage, and the distance five (5) yards behind the Offensive line of scrimmage. The Offensive box disappears at the snap.

Pass (Forward or Backward)

A pass is forward if the ball first strikes the ground, a player, an Official or anything else beyond the spot where the ball is released. All other passes are backward passes. When in question a pass thrown in or behind the neutral zone is forward rather than a backward pass.

When a Offensive player is in control of the ball in order to pass it forward toward, any intentional forward movement of the Passer’s hand with the ball firmly in control starts the forward pass unless the player clearly starts to bring the ball back with firm control into the Passer’s body. If a Defensive player contacts the Passer or ball after forward movement begins and the ball leaves the Passer’s hand, a forward pass is ruled regardless of where the ball strikes the ground or a player.

When there is doubt, the ball is passed and not fumbled during the attempted forward pass.

A snap is a backward pass after the snapper releases the ball other than via a hand-to-hand exchange

Passer

The Offensive player who throws a forward pass is called the Passer. This player is also an eligible receiver.

The Passer does not need to be the first player to receive the ball (scrimmage snap) from the Snapper.

If a forward pass is touched by or touches a Defensive player or an Official, all players of both teams become eligible receivers.

Illegal Forward Pass

A pass is illegal if; it is thrown by the Offensive player whose entire body is beyond the neutral zone when the ball is released,

it is thrown by a member of the Defense after team possession has changed during the down,

a second forward pass is thrown during the same down,

the Passer, to conserve time throws the ball forward into an area where there is no eligible Offensive receiver,

The Passer, to conserve yardage throws the ball forward into an area where there is no eligible Offensive receiver (exception, it is not a foul if the Passer is or has been outside the alley and throws the ball so that it crosses or lands beyond the neutral zone. This applies only to the player who controls the snap or the resulting backward pass and does not loose possession to another player before throwing the forward pass). Infraction: Intentional Grounding Penalty: Loss of down at spot of foul (point at which pass was thrown). If the pass is thrown from the Offensive endzone, a safety shall be awarded to the Defense.

Offensive Pass Interference Article 8.

Pass interference restrictions start for the Offense at the snap.

Offensive pass interference is contact by an Offensive player that interferes with a Defensive player after the scrimmage snap during a legal forward pass crossing the neutral zone.

\*Offensive team ineligible player contacts with Defensive team players within one (1) yard of the Defensive line of scrimmage is not Offensive pass interference. Infraction: Offensive Pass Interference Penalty: 10 yards.

\*Once the pass is completed, any Offensive player may interfere with an opponent anywhere in bounds. Note:

members of the Offensive team are not permitted to use the Umpire as a “pick” in an attempt to get open from a Defender (Umpire Pick). Infraction: a warning is given for the first team occurrence with the Defense having the option to accept the result of the play or replay the down. Infraction: each subsequent occurrence will result in Offensive Pass Interference against the Offense. Note: if, in the judgment of the Officials, the Defense intentionally creates contact with the Umpire to draw a foul against the Offense, the Officials can issue an Unsportsmanlike Conduct penalty on the Defensive player. With the Umpire Pick will change from a Violation to an Infraction, if another live ball Infraction occurs when an Umpire Pick is also called, this would offset any Defensive fouls and the down will be replayed by rule.

Defensive Pass Interference

Pass interference restrictions start for the Defense when the ball is thrown, provided it is a legal forward pass.

Defensive pass interference is interference caused by or contact initiated by a Defensive player on an eligible Offensive player (passed 5 yards from the line of scrimmage) while a legal forward pass crossing the neutral zone is in flight.\*

Such interference ruled as intent by a Defensive player to impede an eligible Offensive player or prevent an eligible Offensive player from catching a catchable forward pass.

Defensive live ball fouls on an unsuccessful Try when there is no change of possession are penalized half the distance to the goal line and the down is repeated, or if the Try is successful, the penalty is declined by rule and the score is good or may be accepted by cancelling the score on a one (1) point Try and enforcing the penalty half the distance to the goal for a replay of the Try for two (2) points (exception UNR/UNS fouls may be placed in the bank).\* Infraction: Defensive Pass Interference Penalty: Automatic first down and the ball is placed at the spot of the foul if the spot is less than 15 yards from the previous spot. If the spot is more than 15 yards from the previous spot, the distance penalty is 15 yards from the previous spot. When the ball is snapped on or inside the Defenses17-yard line and outside the Defenses two (2) yard line, or if the foul occurs on or inside the two (2) yard line, then the penalty from the previous spot shall place the ball at the two (2) yard line with an automatic first down for the Offense. No penalty enforced outside the two (2) yard line may place the ball inside the 2-yard line. If the previous spot was on or inside the two (2) yard line, first down halfway between previous spot and the goal line Intentional pass interference may be ruled by the game Officials, and an additional 15 yards penalty may be assessed.

It is not Defensive pass interference if;

the pass is uncatchable

the pass does not cross the line of scrimmage,

a Defensive player “face guards” without making interference or contact,

the ball has previously been touched by an eligible player,

during the pass, Offensive and Defensive players make contact in a simultaneous attempt to catch or bat the ball during the pass,

Prior to a pass being thrown beyond the Defensive line of scrimmage, a Defensive player occupying a position beyond the line may use their hands or arms to ward off an opponent who threatens the Defensive position as a potential blocker. the pass is uncatchable the pass does not cross the line of scrimmage.

When a pass has been intercepted by the Defense, any Defensive player may block an opponent anywhere within bounds provided that contact is made legally above the waist of an opponent.

Illegal Contact

A Defensive player may not contact an eligible receiver who is more than five (5) yards beyond the Defensive line of scrimmage and is not a potential blocker.

 A Defensive player may not initiate contact with a receiver in which they are not aligned with inside of the belt. This is regardless of whether the Passer is in the alley or not.

Once an Offensive receiver reaches the same yard line as the Defensive player. They are no longer a threat to block the Defensive player. The fact the ball is not thrown in that direction does not alleviate the Defensive player from this rule. Note: It is not a foul if two receivers cross at or close to the line of scrimmage in order to

draw an illegal Defensive contact foul on the Defense.

It is not a foul for a Defender to make contact on an eligible Offensive receiver within the first five (5) yards of the line of scrimmage as long as they are aligned with at the receiver at the snap. The Defensive player is not required to be lined up inside of the belt in order to contact the receiver. Infraction: Illegal Defensive contact Penalty: 5 yards and automatic first down. \*

Illegal Touching

It is illegal for an ineligible Offensive player to deliberately touch or catch a legal forward pass until an defensive opponent or an Official has touched the ball. Infraction: Illegal touching or catching a

forward pass Penalty: 5 yards from previous spot, loss of down.

An intercepted ball that is fumbled in the Defensive end zone may be legally recovered by the Offense for a touchdown.

Any personal fouls by the Offensive team in the field of play or in the Defensive end zone that occur after the Defensive team intercepts a pass in their own end zone, where the ball is ruled dead, are administered from the succeeding spot (e.g. 5-yard line). Infraction: Personal Foul Penalty: 15 yards from the 5-yard line.\*

Conduct of Players and Coaches Section 1 Personal Fouls Article 1.

All fouls in this section (unless specifically notated) and any other acts of unnecessary roughness are deemed to be personal fouls. Personal fouls in the Indoor Football League may carry either a 15-yard or 10-yard penalty for the foul.

A player shall be penalized for any personal foul or act of unnecessary roughness against an Opponent except if that contact, in the opinion of the Officials, is caused by the movement of the opponent.

Personal fouls/acts of unnecessary roughness are live ball fouls and may be any other act of roughness or unfair play provided it is not excessive to warrant disqualification.

Any player that receives 3 personal fouls in one game is disqualified from that game and the Officials will decide if there will be

any further suspension.

Roughing the Passer Targeting

No Defensive player shall unnecessarily rough a Passer. When it is or should be obvious the ball has been thrown, the following acts are illegal (but not limited to);

high forcible contact to the head or neck area,

forcible contact that is avoidable after it is obvious the ball has left the Passer’s hand (except if a Defensive player is blocked by an Offensive player with a force so there is no opportunity to avoid the contact),

low hits to the Passer at or below the knee area.

Infraction: Roughing the Passer Penalty: 15 yards and an automatic first down

Tripping

A player may not use his leg below the knee to hinder the progress of any opponent Infraction: Tripping Penalty: 15 yards and an automatic first down

Blind Side Block

No player shall deliver a blind-side block by attacking an opponent with forcible contact. (exceptions: the runner or a receiver in the act of attempting to make a catch.) Note: In addition, if this action meets all the elements of Targeting, it is a blind-slide block with targeting. Infraction: Personal Foul, Unnecessary Roughness Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the Defense.

Boarding

No player shall intentionally hit an opponent into the boards with intent to harm or injure their opponent.

Penalty is 15 yards and an immediate ejection from the game and will be reviewed for a possible suspension

Removing Helmet

Any player who removes his helmet and uses it or uses any other object as a weapon will be penalized for unnecessary roughness and ejected from the game. Additionally, the player shall be suspended by the League for the remainder of the season. Infraction: Personal Foul, Unnecessary Roughness Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the Defense.

Helmet and Face Mask Fouls

No player shall continuously contact an opponent’s head, helmet (including the face mask) or neck with hand(s) or arm(s).

 No player shall grasp and then twist, turn, or pull the face mask, chin strap or any helmet opening of an Opponent. Infraction: Personal Foul, Unnecessary Roughness Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the Defense.

Targeting

No player shall target and make forcible contact against an opponent with the crown (top) of his helmet. This foul requires that there be at least one indicator of Targeting (see Note 1 below). When in question, it is a foul for Targeting.

No player shall target and make forcible contact to the head or neck area of a Defenseless opponent with the helmet, forearm, hand, fist, elbow, or shoulder. This foul requires that there be at least one indicator of targeting (see Note 1 below).

When in question, it is a foul.

Note 1: Targeting means that a player takes aim at an opponent for purposes of attacking with forcible contact that goes beyond making a legal tackle, a legal block, or playing the ball. Some indicators of targeting include, but are not limited to; Launch - a player leaving his feet to attack an opponent by an upward and forward thrust of the body to make forcible contact in the head or neck area

A crouch - followed by an upward and forward thrust to attack with forcible contact at the head or neck area, even though one or both feet are still on the ground,

Leading with the helmet, shoulder, forearm, fist, hand, or elbow to attack with forcible contact at the head or neck area.

Lowering the head before attacking by initiating forcible contact with the crown of the helmet.

Note 2: Defenseless player;

a player in the act of or just after throwing a pass,

a receiver attempting to catch a forward pass, in position to receive a backward pass, one who has completed a catch and has not had time to protect himself or has not clearly become a ball carrier,

a player who receives a blind-side block,

a ball carrier already in the grasp of an opponent and whose forward progress has been stopped,

a Quarterback anytime after a change of possession

a ball carrier who has obviously given himself up and is sliding feet-first.

Infraction: Targeting Penalty: 15 yards without a Disqualification

Horse Collar Tackle

All players are prohibited from grabbing the inside back collar of the shoulder pads/jersey or the inside collar of the side of the shoulder pads/jersey, or nameplate and immediately pulling the ball carrier down in any direction.

If a player pulls on an Opponent’s hair, this is not considered a horse-collar tackle.

Additionally, this rule does not apply to a ball carrier or potential Passer who is inside the alley on the Offensive side of the ball.\* Infraction: Horse Collar Tackle Penalty: 10 yards and an automatic first down.

Crack Back Blocking

No Offensive player in motion or moving laterally (parallel) with the line of scrimmage may block a Defensive lineman. (exception: an Offensive player in motion must be set legally before making a crack block).

A motion player may not block any of the three (3) Defensive linemen or be the lead blocker on a running play inside of the alley unless he atops his motion for 1 second before the snap of the ball. Infraction: Illegal Block Penalty: 10 yards

Chop Block

A chop block is an illegal act that occurs when two (2) or more players of the same team are engaged with an opposing team’s player, one of whom is blocking at or below the thigh.

Chop blocking is prohibited in all situations any place in the field of play. Infraction: Illegal Block Penalty: 10 yards

Unsportsmanlike Fouls

There shall be no unsportsmanlike conduct or any act which interferes with game administration on the part of players, coaches, or any other persons subject to GTIFL rules. This activity before or during the game or between periods will be penalized by Officials. Infractions for these acts by players are administered as either live or dead-ball fouls, depending on when they occur.

The penalty for an unsportsmanlike foul is enforced by rule depending on whether it is a live or dead ball foul. If there is an unsportsmanlike foul called against each team, the fouls will cancel and there will be no yardage enforcement.

IF the foul occurs by the Offense during a scoring play, the enforcement spot is the spot of the foul for live ball.

Unsportsmanlike fouls for dead ball unsportsmanlike fouls, the offended team can choose the following spots;

After a touchdown, the penalty may be enforced on the point after touchdown,

after a successful point after touchdown, the penalty will be enforce at the ball spot \* is automatically placed “in the bank”

 Unsportsmanlike Conduct – Contact fouls

A player shall be penalized and may be disqualified from any further game participation for any serious or vicious unsportsmanlike contact foul against an Opponent.

Unsportsmanlike fouls can be either live or dead ball fouls. These fouls include, but are not limited to;

striking or swinging at an opponent with a fist, hand, knee, or elbow in any manner whether or not physical contact is made,kicking or kicking at an opponent whether or not physical contact is made. Any act or action resulting in contact that the Referee considers warranting disqualification.

Taunting an Opponent Unsportsmanlike Conduct

A player or coach may be penalized for any act that, in the opinion of the Officials, is unsportsmanlike conduct. This includes, but is not limited to;

verbal abuse or objectionable gestures directed at opponents, Officials, or spectators,

removing the helmet on the field of play other than during a timeout, between quarters, while an injured player is being attended to, or to make repairs to the helmet which occurred during play, throwing the ball at an opponent, Official, or an occupant in the opponent’s bench area,

interfering with the placement of the Official’s flag marking the spot of a foul,

any ball that is put into the stands in a forceful manner (thrown or kicked), as determined by the Officials, into the stands will result in an Unsportsmanlike penaltyagainst the team whose player threw the ball,any player or coach on the visiting team keeping or giving a ball away to a fan after a play will result in a delay of game penalty. (A spiked ball after a score by the Visiting team will not result in a delay of game penalty) Infraction: Unsportsmanlike Foul for a forceful throw into the Stands. Delay of game for handing/tossing a ball to a fan or keeping a ball. Penalty: 15 yards and an automatic first down or 5-yard penalty,

blatant and unfair acts designed to take time off the clock. The Referee will convert the foul or act to an Unsportsmanlike conduct foul (For purposes of disqualification, if committed by one player, the unsportsmanlike conduct foul will be credited to that player. If committed by more than one player, the unsportsmanlike conduct foul will be credited to the Head Coach. Infraction: Unsportsmanlike Foul Penalty: 15 yards and an automatic first down.

 A third Unsportsmanlike foul for a player or coach will result in a disqualification.

If, in the judgment of the Officials, the Defense intentionally creates contact with the Umpire (Umpire Pick) to draw a foul against the Offense (pick play), the Officials can issue an Unsportsmanlike Conduct penalty on the Defensive player. Infraction: Unsportsmanlike Foul Penalty: 15 yards and an automatic first down.

With the Umpire Pick change from a Violation to an Infraction, if another live ball Infraction occurs when an Umpire Pick

is also called, this would offset any Offensive fouls and the down will be replayed by rule.

Disqualifications

Any player or coach may be disqualified for any flagrant Unsportsmanlike Conduct penalty.

A player or coach shall be disqualified for a third foul in the same game for Unsportsmanlike Conduct.

Any player who is ejected during the season for fighting will be, at a minimum, suspended without question from the next scheduled team’s game at the discretion of the League. Additional fines and or suspensions can and will be distributed if deemed necessary by the League Office. If

a player is ejected for fighting in any other game during the remainder of the season he will be fined and suspended as determined by the League Office.

Any player who leaves his team box during a fight on the field to engage in a fight will be ejected for the remainder of the game and suspended for a minimum of one (1) game.

Teams can designate one (1) coach as a “peacekeeper” who is allowed to enter the field in the event of an altercation to help restore order. In the event this coach intensifies the altercation in the judgment of the Officials, the coach will be ejected and suspended a minimum of one (1) game. Any additional Coaches entering the field will be ejected from the game and suspended a minimum of one (1) game.

 For purposes of this section, the definition of fighting is the swinging of arms or legs at an Opponent regardless of if contact is made, in a violent manner unrelated to football activity. Infraction: Excessive Misconduct or Unsportsmanlike Infraction

Penalty: 15 yards and an automatic first down if committed by the Defense, plus disqualification. Loss off down if committed by the offense. If it is the offenses last down the infraction will result is a turnover.

Any player or coach, who leaves the field, into the spectator area or engages a spectator in an aggressive or physical manner while on the field, will be ejected for the remainder of the game, and subject to suspensions and or fines as determined by the League Office.

Any player or coach disqualified from the game must leave the visual confines of the arena and may not return. Failure to do so will result in disciplinary action at the discretion of the League Office, including but not limited to, fines, suspensions, and forfeit of the game for the offending team.

Holding

Holding is defined as using the hands and/or arms to grasp, encircle, or hinder an opponent, other than the ball carrier.

Holding hands or interlocking arms during a play is prohibited. Infraction: Holding Penalty: 10 yards

Block in the Back

A block in the back is blocking an

Opponent, except the ball carrier, from behind in such a manner that the player contacts the opponent’s back, above the waist.

Initial contact, which must be observed by the Official, and may not be called, if, in the Official’s judgment if;the block occurs in the area between the Offensive guards, within two (2) yards of either side of the line of scrimmage and is executed by an Offensive player who, at the snap, was positioned within the alley, the initial contact is made on the side of the Opponent,the Opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind. Infraction: Block in the Back Penalty: 10 yards

Holding, Use of Hands/Arms

Defensive players may use hands and arms to push, pull, or ward off Offensive players attempting to block them.

When a Defensive player is attempting to; recover a fumble they may use their hands or arms to ward off or block an opponent in an attempt to reach a loose ball this also applies during a backward pass, that they are eligible to touch. during any forward pass that crossed the neutral zone and has been touched by any player or Official. \*

Section 4 Coaches on the Field

During a team timeout, one (1) Coach is allowed on the field in the huddle. If a team comes to the sideline in front of the team box, there is no limit to the number of Coaches who may coach the players/team.

during live play, no coach is allowed on the field. The Coach must be remain in the team box during live play. Only one player may go to the sideline to confer with the Coach.

When a penalty is giving to a team, if Coaches address Officials in a professional manner, Officials may respond to questions and offer explanations.

The second unsportsmanlike Conduct foul against a coach forfeits that sideline privilege for that coach for the remainder of the game. Infraction: Sideline Violation Penalty: first infraction is a 5-yard penalty.

Additional rules family and friend and not allowed on any team bench at any time.

A DB may bump a WR into the board if it in within the 5 yard bump zone

A WR is still eligible if he hit the boards during a route

Locker rooms and the entire facility are to be respected and left in the same clean manner as when team arrive for games

No excessive swearing

ABSOLUTELY NO DISCRIMINATION!

All teams must at minimum repost their weekly game promo post by the GTIFL on instagram and also promote the live stream link at least once after each game

No changes will be allowed to roster after week 7!

All players must be registered on friday night before games to be eligible.

All players must be dressed for 3 regular season games to be eligible for play offs

Exceptions may be made to roster deadline if excessive injuries occur.

Players and Formations

-8 players from each team on the field

-Team must have 8 players to begin the game

-4 offensive players are eligible receivers

-5 players must be on the line of scrimmage in a set position on the snap of the ball

-The 3 linemen must be in a GUARD-CENTER-GUARD formation, all must be in the line of scrimmage and in a set position before the snap.

- 2 players, on the line of scrimmage, are ineligible.

-The eligible lineman must declare his eligibility by raising his arm from the huddle and keeping it raised until he gets in his set position or the ref approves his eligibility.

 -Only players and up to two team-reps are allowed on the team sidelines. All personnel on the benches must sign the insurance waiver.

-Timing-

-Game clock runs continuously from the start of the game until the end. It doesn't stop for timeouts (3 per team). THE GAME CLOCK IS A RUNNING CLOCK. The fields are purchased by the hour, there is no opportunity to play beyond our assigned field time.

-Games will start at 7:00 and 8:00 sharp. A team must have 8 team-eligible players for the game to start

-The late team gives-up possession of the ball for the beginning of the game and the beginning of the second half. They are also penalized 7 points every five minutes, including the first five. If after 15 minutes of play, enough players have not arrived, or not enough players are eligible to make eight players, the game is forfeited at a score of 21-0. The two teams may choose to continue to play but the game score is recorded as 21-0 for the full team.

-Each team gets three timeouts per game to use at any time. When the timeout is called the clock WILL continue to run as we do not have an opportunity to play past our assigned field time. A time out called within the last minute of the half or game will stop. The clock will only stop for 1 time-out per team

-The game consists of two 25 minute halves, half-time will be provided if time allows. It is the referee’s discretion to have a half-time. The max half-time is 7 minutes.

-The offensive play clock is 30 seconds, the game clock does not stop. That includes incomplete passes, out of bounds plays and injuries.

-The referees will whistle-in a 5 minute warning and notify the captains of the score, with 5 minutes remaining on the clock. The game clock does not stop for incomplete passes, injuries, out of bounds plays, etc.

-The game ends on the referee’s whistle, not the game buzzer. They will do so by waving their flag above their head in a circle.

-If there is a tie at the end of regulation and a team can win by scoring the extra point that team will be awarded 1 play to attempt the extra point to win the game.

-The game cannot end on a defensive penalty, unless declined by the offence.

-Scoring-

-6 points for a touchdown

-3 points for a convert from the 15 yard line

-2 points for a convert from the 10 yard line

-1 point for a convert scored from the 5 yard line

-points are not rewarded for a safety. Instead, a change of possession occurs and is placed at mid-field, the new offence has 4 plays to score, no first down can be earned.

-Mercy Rule-

-if a team is down by 35 points during the game, the losing team may forfeit the rest of the game, if they wish.

-Injury Rule-

-at the referee’s and game commissioner’s discretion, the game will be ended prematurely for a serious field injury. The game result in a tie unless a team is leading by 21+ points.

-faking injuries or delaying the game through injuries will result in delay of games penalties and unsportsmanlike conduct penalties on the offending team, which include ejection and suspensions and score overturning. This ruling is at the discretion of league officials.

 -Offensive and Defensive Play-

-The referees will blow the whistle if a play is headed within 2-3 yards of the sideline boards to prevent injury , implementing what is called the "SIDELINE RULE" . THIS RULE WILL BE USED AT THE REFEREES DISCRETION.

-All players not on the field are required to remain on their benches and off of the field of play.

-30 seconds between plays

-The ball will start on the 5 yard line at the beginning of each half

-4 downs to half, 4 downs to score after the team has reached half of the field.

- In even of a safety the ball goes to midfield and team has 4 downs to score.

-If the ball is turned over the recovering team will take over possession at the spot of the turn over.

-Spiking the ball, throwing the ball, kicking the ball is considered a delay of game.

-Excessive celebrations will result in delay of game. Have fun, don't eat up the time.

G.T.I.F.L reserves all rights to make any necessary rule changes or additions for the safety and development of our league.

