



Pennsylvania High School Flag Football Rules and Guidelines

Revision 3 For Official 2025 Use 1-14-25

1. GENERAL RULES:

Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

A. Game Time and Length:

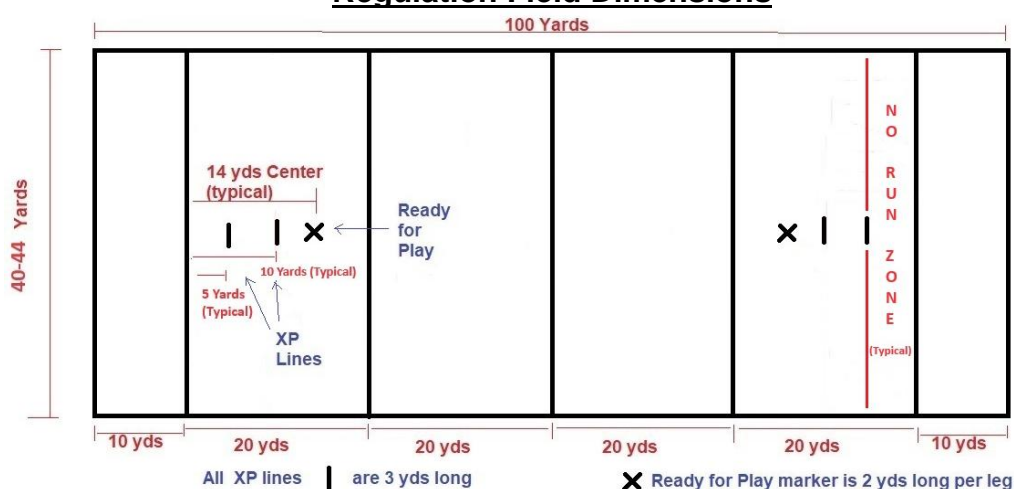
1. There is a 15-minute grace period from scheduled game time for teams that may be late. Anything outside of these 15 minutes requires coach communication and agreement.
2. Two (2) 24-minute running halves. JV games may be reduced to 20-minute halves.
 - a. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the first 22 minutes unless it is stopped for:
 - A. Team time-out (clock resumes on snap of next play)
 - B. Referee's time-out (clock resumes on official's ready to play whistle)
 - b. Running clock until last 2 minutes of each half.
 - c. The clock shall start with the first legal snap of the game and will remain running until the last 2:00 minutes of each half. If there is an official's timeout (i.e., for injury, penalty administration discussion, etc.) that occurs prior to the last 2:00 minutes of each half, the clock shall be stopped during and will then start with the ready for play signal. If there is a charged team timeout, the clock shall stop and then start with the next legal snap.
3. 2-Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. This is not a timeout, and no coach-player conference will be allowed. The referee will start the play clock directly after the warning.
 - a. The game clock will start on the snap following the stoppage for notification of 2-minute warning.
 - b. Stopped Clock - **During the final 2 minutes of each half** the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
 - A. Incomplete Pass
 - B. Out-of-Bounds
 - C. Score (touchdown or safety)
 - D. Team time-out
 - E. Defensive Penalty and administration
 - F. Referee's Time-out - starts at his/her discretion
 - G. Change of Possession
 - H. Team attempting to conserve time illegally

- c. The clock shall start with the snap (except Point After Touchdown), if the clock was stopped because:
 - A. Issue the 2:00 minute warning.
 - B. The ball goes out of bounds.
 - C. B is awarded a new series.
 - D. Touchdown or Safety is scored.
 - E. Legal or Illegal forward pass is incomplete.
 - F. A request for time-out is granted.
 - G. The penalty for delay of game foul is accepted.
 - d. The clock shall start with the ready-for-play whistle after issuing the 2:00 minute warning if the point deficit is 28 points or more in the second half.
 - e. The clock shall be stopped and will start for the ready-for-play signal on a down if the clock was stopped for any reason other than specified above or untimed down:
 - A. For official's time-out, other than when B is awarded a new series.
 - B. Defensive Penalty administration.
 - C. There has been no charged time-out.
 - D. First down administration.
 - E. Because of an inadvertent whistle.
4. Halftime will consist of five (5) minutes. If overtime is needed, there will be a period of 3-minutes before the first overtime period. There is no other intermission before subsequent overtime periods.
 5. Each team will have 2-time outs per half with no carry over from the first half to the second half or the second half to overtime.
 - a. The Referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams. The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules. 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 blood on the uniform shall be considered injured.
 6. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - a. If there was a defensive foul and the penalty is accepted.
 - b. If there was a double foul.
 - c. If there was an inadvertent whistle and the down is to be replayed.
 - d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
 7. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.
 8. Tie Game - In case of a game ending in a tie score, the officials must bring the captains and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss.

B. Field Dimensions:

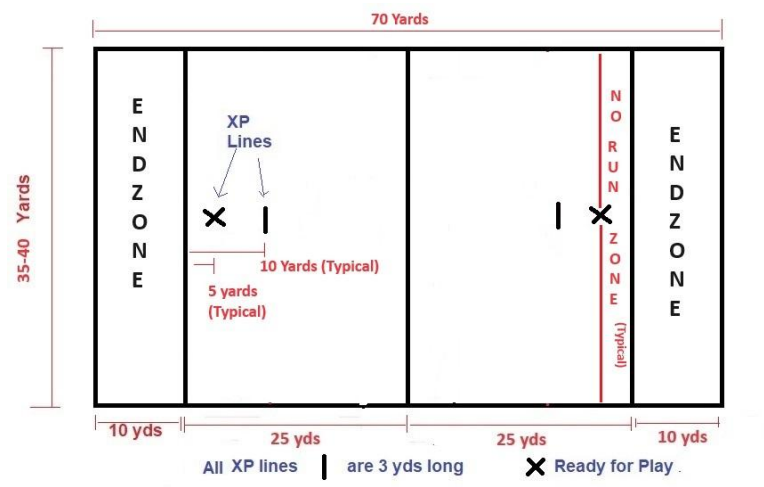
1. Width: The Regulation Field is 40 yards minimum to 44 yards maximum (to use lacrosse lines on turfs). The Modified Field is 35-40 yards.
2. Length: The Regulation Field is 80 yards with 2 end zones 10 yards each, 100 yards total. The Modified Field is 50 yards with 2 end zones 10 yards each, 70 yards total.
 - a. **All playoff and Championship games must be played on a Regulation Field (80-yard field with 2 end zones 10 yard each, 100 yards total).**
3. No-Run Zones are located from the 5 yard-line to each goal line.
4. Team Area: 2 yards from each sideline and between the 20-yard markers. **On a 50-yard field, this will extend to the 5-yard lines.**

Regulation Field Dimensions



**No Run Zone shown for Visualization Purposes and will not be marked with a line on the field other than XP line.*

Modified Field Dimensions



**No Run Zone shown for Visualization Purposes and will not be marked with a line on the field other than Ready for Play Mark.*

C. Personnel:

1. The team consists of at least 7 players.
2. A team must have a minimum of 5 players to play and/or complete a game to avoid a forfeit.
3. The game shall be played under the supervision of 3 officials. When staffing is limited, the game can be played under the supervision of no less than 2 officials. All playoff games must have at least 3 officials. More officials can be used for playoff and championship games, if necessary.

D. Equipment:

1. Each game shall begin with an equipment check by the officials. Each team shall lineup on the sideline. An official shall inspect each team for the proper equipment with emphasis area on each player having: no pockets, a mouthpiece and proper functioning and fastened flags. Players should demonstrate proper functioning flags by pulling both flags on the official's command.

Officials should assure the flag belt is free of all obstructions and tight to the hips of the player. There are no coverings of any type allowed on or over the flag belt including but not limited to: player's jersey, hair, towel, or playbook. Any player found to have an equipment violation must correct the violation before entering the field of play. Repeat offenses will be an unsportsmanlike conduct penalty.

2. Shoes
 - a. Must be soft pliable upper material (i.e., canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e., tennis shoes).
 - b. Turf Shoe or molded rubber, plastic, polyurethane cleats only. NO metal cleats or screw in cleats allowed.
3. Jerseys
 - a. All jerseys must have numbers on the front and back. (A minimum of 6 inches in height on the front and 8 inches in height on the back)
 - A. In lieu of the pilot nature of this program and emerging status of the sport, this requirement will be maintained as a recommendation until full adoption.
 - b. No identical numbers on the field at the same time.
 - A. In lieu of the pilot nature of this program and emerging status of the sport, this requirement will be maintained as a recommendation until full adoption.
 - c. Must cover the players' torso.
 - d. Must be long enough to be tucked into pants.
 - e. Must have both a light colored (away) and a dark colored (home) shirt.
 - A. In lieu of the pilot nature of this program and emerging status of the sport, this requirement will be maintained as a recommendation until full adoption. **It is strongly recommended that each team maintain a practice jersey or t-shirt that can be utilized if jersey colors are the same.** The practice jersey or t-

shirt must meet all the jersey safety requirements found in this section including, but not limited to:

1. Having No Pockets
 2. The ability to be tucked in
 3. Arm holes must be relatively tight to the armpit to prevent fingers from being caught and possibly broken (No Loose Pinnies)
- f. The jersey must always be tucked in.
- g. Sweatpants, sweatshirts, hooded sweatshirts, and any other additional clothing, if worn, must be worn under the uniform.

4. Shorts/Pants

- a. Must be part of a uniform.
- b. Uniform may be a flag football, soccer, or lacrosse uniform.
- c. No Open Pockets
- d. Spandex and compression shorts may be worn under the uniform.
- e. No torn shorts or sweatpants.
- f. The pants or shorts must be a contrasting color to the flags.
- g. Pants and shorts must have no belt, belt loop, open pockets, or exposed drawstrings for safety.

5. Flags

- a. NFL Flag Manufactured Popper Flags
- b. Flags may not be altered in width or length and may have no tape on them.
- c. Games will not be played unless both teams have the appropriate flags.
- d. All players must wear two flags and a belt before the ball becomes live. Failure to properly wear the required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game.

6. Football

- a. Pebble grained leather, synthetic, or rubber covered football.
- b. Must be a youth size football or NFL Flag Brown Ball.
- c. The referee shall be the judge of any ball offered for play and may change the ball in play at his or her discretion.

7. Field Equipment:

- a. Goal post pads (If necessary)
- b. Sideline markers and pylons
- c. Down marker (If possible)

8. Additional Equipment:

- a. Mouth and Tooth Protector: It is MANDATORY that all players wear a mouthpiece.
- b. Glass/Sunglasses: Players are permitted to wear sunglasses and glasses provided they are secured to the head with an eye wear retainer strap.
- c. Gloves - Players may wear gloves which must consist of a soft, pliable, and nonabrasive material.
- d. Hand Warmers: Players may not wear hand Warmers that buckle around the waist.

- e. Wristbands and headwear shall meet the following guidelines: Soft-sided, Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to barrettes, and bobby pins, are prohibited.
 - A. A player with beads or hair longer than the waist must tuck hair into their jersey for safety purposes. A player wearing beads where the hair is not long enough to tuck into the jersey must secure and wrap hair to prevent injury to other players. Any religious garb must be secured and tucked into a jersey.
- f. Players are permitted to wear softshell helmets or loop-style helmets approved for flag football and/or soccer. All head gear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.
- g. Players may wear soft-sided caps and or elastic headbands. Hats may not have a bill.
- h. Knee & ankle braces are permitted but all exposed hinges must be covered. Most oversleeves recommended by the manufacturer are acceptable. These braces may be padded or unpadded.
- i. The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern. Types of equipment or substances which shall always be declared illegal include:
 - A. Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - B. Jewelry
 - C. Pads or braces worn above the waist.
 - D. Shoes with metal, ceramic, screw-in, or detachable cleats.
 - E. Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in or worn about the head.
 - F. Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstring(s).
 - G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
 - H. Towels, hand warmers or wrist coaches attached at the player's waist (flag only). No hanging play cards. Nothing can be attached to the belt other than flags.
 - I. A player may not wear jewelry.
 - 1. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
 - J. No eye shade other than all black.
 - K. Bandanas
- 9. An official time out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use. Failure to repair or remove illegal or defective equipment will result in an Unsportsmanlike Conduct penalty.

E. Coin Toss and Ball Placement

- 1. The coin toss winner determines the choice of options to start on offense or defense. The other team will determine the direction of play. The call will always reverse in the second half.

2. At the start of each half, after each extra point try, and after a safety, the ball will be placed at the 14-yard line on a Regulation field and the 5-yard line on a Modified field.

F. Overtime

1. A winner must be determined. In the event the game ends in a tie, overtime will commence. (No ties)
2. All overtime periods are played toward the same goal line.
3. A coin toss shall decide who receives the ball first. The winner of the coin toss shall have the option to go on offense or defense.
4. Teams will alternate first possession at each overtime period. For example, if Team A wins the toss and elects to go on defense, they would start the second overtime period on offense, the third overtime period on defense, and so on.
5. Each team will receive one (1) offensive possession and one (1) defensive possession per overtime period. If a team scores during a defensive possession, the game is over.
6. Each team will receive one (1) time out in the first overtime period. There are no timeouts in subsequent overtime periods.
7. In the first overtime, Teams will alternate possessions, with 4 consecutive downs to score. Unless moved by penalty, each team will start 1st and goal from the 20-yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense at the 20-yard line, as the offense did not convert their chance.
8. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.
9. Teams may go for 1 or 2 points after a touchdown is scored.
10. All regular scoring, including a returned PAT for 2 points, apply.
11. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. Teams will have one play to score from their choice of the 5-yard line (Pass Only) for 1 point or the 10-yard line (Run or Pass) for 2 points for the 2nd overtime, and if the score remains tied after the 2nd overtime, any subsequent overtime period until a winner is determined. All regular scoring, including a returned PAT for 2 points, apply.
12. All penalties are enforced in overtime as they are in regulation.
13. Interceptions during overtime remain live and can be returned for a touchdown by the intercepting team.

G. Mercy Rule

1. If the point deficit is 28 points or more in the second half, a running clock will be utilized.

H. Protest

1. There are no protests. All referee decisions are final.

I. Restricted Area

1. The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 20-yard lines on each side of the field on a regulation field and 5-yard line on a modified field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators and members of the media.
2. During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.
3. The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not clearly delineated or not enforced by game administration, coaches or game officials, individuals in the restricted area are at risk for injury during or after a play.
4. Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box, and to effectively communicate the requirements to always stay in the team box.
5. Coaches are not allowed on the field to call plays.

2. Game Play Rules

A. General

1. Each team receives four (4) consecutive downs to pass the zone-line-to-gain or endzone.
2. 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.
3. A new series of downs shall be awarded when:
 - a. A team moves the ball into the next zone on a play free from penalty.
 - b. A penalty against the opponents moves the ball into the next zone.
 - c. An accepted penalty against the opponents involves an automatic first down.

- d. Either team has obtained legal possession of a ball as a result of a penalty, pass interception, or failure to gain the zone in advance of the ball.
- 4. If offsetting fouls occur during a down, that down shall be repeated.
- 5. Officials will be responsible for determining the spot of the ball and the down markings. Any request to place the ball on the left or right hash-mark is ignored. The ball should always be placed in the center of the field. This includes Point After Touchdown.
- 6. The 25 second play clock begins once the ball is placed on the ground and the whistle is blown by the referee. The referee will provide an audible countdown from 10.

B. Offense

- 1. Blocking: **No Blocking or Moving Screening is Allowed at Any Time**
 - a. No blocking/Moving screens permitted. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive play is illegal.
 - b. When the ball carrier advances the LOS on a run or a pass is completed, all offensive players in advance of the ball must come to a stop and stand still. The ball carrier may still run in their direction; but the non-ball carrying offensive player may not move except for safety reasons. When the ball carrier passes the non-ball carrying offensive player, the non-ball carrying offensive player may continue to move in trailing position of the ball carrier to receive any lateral or backward pass.
 - c. NO EXCESSIVE CONTACT will be allowed.
- 2. Snapping:
 - a. The ball must be snapped from the ground but does not have to be snapped between the legs. The snapper may have one or both knees on the ground to snap the ball.
 - b. The ball may be snapped to any person whose feet are behind the line of scrimmage.
 - c. The person who receives the snap is considered the quarterback for that play. The QB can be under center or in shotgun.
 - d. The snapper, after assuming position for the snap 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.
 - e. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals or shifting through the zone. After the snapper has placed his/her hands 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.
- 3. Passing:
 - a. The offensive team may NOT throw more than one forward pass per play.
 - b. The offensive team may throw an unlimited number of backward passes during any play. A backward pass may not be advanced in a No Run Zone; but the player may still throw a forward pass.
 - c. No player may throw the ball forward if that player is beyond the line of scrimmage.

- d. A forward pass is illegal:
 - A. If the passer's foot is beyond the line of scrimmage.
 - B. If there is more than one forward pass per down.
 - C. It does not cross the LOS in the No Run Zone.
- e. The QB may not intentionally ground the ball by throwing the ball into the ground to avoid a sack. A forward pass that advances past the LOS extended through the boundary is not considered intentional grounding and is considered an incomplete pass to be spotted at the previous spot. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground.
- f. No forward passes are allowed after an interception.
- g. When in the No Run Zone, all forward passes must be in advance of the line of scrimmage. If a forward pass is completed behind the LOS in a No Run Zone, the player will be down at the site of the catch.
- h. The person receiving the snap has 7 seconds to pass or hand off the ball. The referee will audibly provide the 7 second count starting at 1. The play is dead at 7 and the ball is returned to the previous spot. If the person receiving the snap hands the ball off or pitches, laterals, or throws the ball, there is no 7 second clock.

4. Receiving

- a. All players are eligible receivers and therefore eligible to catch a pass.
- b. A reception is deemed made if:
 - A. The receiver possesses the ball before the ball contacts the ground.
 - B. The receiver has a body part down in the field of play after possessing the ball.
- c. The receiver may NOT use their hands or arms to move a defender to make a reception.
- d. If a player attempts a catch or intercept the ball while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of-bounds.
- e. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
- f. A loss of ball simultaneously with returning to the ground is not a catch or interception.
- g. A player may, while jumping in the air to attempt a catch, may pass or tip the ball forward provided he/she has not touched the ground yet.

5. Running the Football

- a. The person receiving the snap, considered the Quarterback for the play, cannot run the ball.
- b. The center, or person that snaps the ball at the ready for play, may not be the first person to receive a handoff. There is no center sneak allowed.
- c. Other than the Quarterback or center sneak, there is no limit on the number of times players can run.
- d. The PAT shall be treated per ball placement. Going for 1 Pt from the 5-yd line would be no run. Going for 2 Pt from the 10-yard line would be run or pass.
- e. There is no stiff arming.

6. No Run Zone

- a. No-Run Zones are located 5 yards from each goal line.
- b. No run zones are designed to avoid short-yardage, power-running situations to help avoid blocks/screens & excessive contact. If a penalty or loss of yardage takes a team out of the no run zone, that team is then allowed direct hand-offs again and forward or backward passes behind the LOS.
- c. All forward passes must be in advance of the line of scrimmage. Forward passes behind the LOS in the No Run Zone will result in an illegal forward pass penalty.
- d. The offensive team may handoff or throw unlimited backward passes; but the offensive player may not advance the ball past the LOS, except through forward pass that is forward of the LOS. If the initial pass is forward the LOS, the offense may pitch or lateral the ball backwards, even if the lateral or pitch takes the ball back behind the LOS.

7. Jumping

- a. A player may not leave her feet to avoid a flag from being pulled. Athletic moves, cuts and changes of direction are not jumping.
- b. There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may not dive to try to remove a flag.
- c. Officials will throw a flag at the spot of the leap/jump, unless the penalty is such that safety of the players is a concern. If the safety of the players is a factor in the leap/jump, then the official may blow the whistle at the time of the jump.

8. Fumbles

- a. Fumbles are dead as soon as they hit the ground.
- b. Forward fumbles will be placed at the spot of the feet where the player loses possession.
- c. Backward fumbles will be placed at the spot where the ball crossed the out of bounds demarcation or hit the ground.
- d. A fumble, or backward pass, caught in the air by either team is a live ball and may be advanced.
- e. A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being de-flagged/tagged.
- f. 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 unless lost on downs.
- g. A backward pass or fumble that goes out-of-bounds, and first touches the ground between the goal lines belongs to the team last in possession at the spot the ball went out of bounds. If a ball goes out-of-bounds and first touches the ground behind a goal line, it is a touchback or safety.

C. Defense

1. Blocking: **No Blocking or Moving Screening is Allowed at Any Time**

- a. Defensive Use of Hands: Defensive players must attempt to go around the offensive player, except in their designated rush path. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.
- b. NO EXCESSIVE CONTACT will be allowed.

2. Rushing/Blitzing

- a. Any defensive players can rush from any position on the field if they are a minimum of 7 yards from the line of scrimmage. Rushers will declare by raising one arm over their head until the ball is snapped. The arm must remain raised from the time the offense is set until the snap of the ball. Raising the arm allows the offensive player to identify the rusher's path pre-snap for safety purposes. A defensive player that declares the rush by raising the arm is not required to rush the QB.
- b. Up to 4 defensive players can declare and rush on any offensive play.
- c. A rusher gets a straight path to the Quarterback, and no one may impede the rusher's path. The path is pre-determined based on pre-snap alignment at the snap of the ball. The rusher may not bend their line except for safety to avoid contact. If the rusher alters their path for reasons other than safety, the rusher loses their straight path access, and no penalty should be called. Contact is not necessary for an impeding the rusher call.
- d. Rusher must avoid making any contact with the QB other than the contact incidental to pulling a flag at the hips, including, but not limited to hitting the QB's arm and not providing the QB space to follow through.
- e. There is NO limit on the number of rushing attempts (BLITZS) by a team.
- f. A defensive player is considered a rusher as soon as any part of their body crosses the line of scrimmage.
- g. An illegal rush penalty can only be called if any of these rules are broken by a defensive player who crosses the LOS illegally.

3. Pass Defense

- a. Receivers are allowed a free release from the line of scrimmage. NO Bump and Run coverage. This is an illegal contact foul. This would be enforced from the end of the related run (running play) or previous spot (pass play).
- b. Although defenders have a right to the ball if facing the ball, Defenders are not allowed to play through the receiver to make a play on the ball.
- c. Interceptions occur if:
 - A. The interceptor possesses the ball before the ball contacts the ground, &
 - B. The interceptor has a body part down in the field of play after possessing the ball.
- d. If the defense intercepts a pass, they can return the ball for a touchdown. Wherever the flag is pulled is where the new offense will start their first series of downs.

4. De-Flagging/Tackling

- a. Flag Removal: When the flag is clearly taken from the runner in possession of the ball, the down shall end, and the ball is declared dead. A player who removes the flag from the runner should immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred.
- b. When de-flagging the ball carrier:
 - A. The ball carrier is down at the point when the flag is removed NOT where it falls off or is dropped.
 - B. The ball will be spotted using forward progress where the ball is at when the flag comes unclipped, not where the flag may fall.

- C. Forward progress is the forward-most point of the ball when de-flagged, if a player is holding the ball out in front of her body, then that's the dead-ball spot where the ball will next be put into play.
- c. Contact: In an attempt to remove the flag from a runner, defensive players may contact the body and shoulders, but not the face, neck, or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
 - A. The defender must make a play at the flags. A player may not try to slide tackle, strip, grab or knock free a ball in player possession, including a quarterback prior to passing the ball. If this occurs, it is penalized as an illegal contact foul or unsportsmanlike conduct foul.
- d. When a runner loses his/her flag either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, the play is over.
- e. Players must have possession of the ball before they can legally be de-flagged.
- f. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall administer an illegal flag pull penalty and warn the team, any further penalty will result in an unsportsmanlike conduct foul.
 - A. In circumstances where a flag belt is removed illegally, the play is dead and penalty for illegal flagging should be enforced.
- g. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
- h. A player may NOT leave his/her feet when trying to remove the flag.

D. Punting

1. On 4th down, the offensive team must declare, before the ready for play, whether they are "punting" or going for the first down and snap the ball prior to expiration of the play clock.
2. If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.
3. If the offensive team declares a "punt":
 - a. All offensive players must line up on the LOS and cannot move until the ball is punted. When the ball is punted, all players may pursue the return team's ball carrier.
 - b. At least 3 defensive players, or return team players, must line up on the LOS and cannot move, linearly, laterally or jump, until the ball is punted. The 3 players in the defensive line may attempt to block the punt by extending their arms. They may not make any other movement to block the punt. If the ball is kicked into the stationary player, the ball is dead where it lands. The remaining players will space in an attempt to return the punt.
 - c. During the return, all return team members in advance of the returner must stop in place and may not move until the returner is in advance of their position. When the returner is in advance, remaining players may pursue for lateral or pitch.
4. The return person can field a ball in the air. If the returner drops the ball or muffs the punt, the ball is considered dead at the spot, as per requirements of Section 2.B.8 Fumbles.
5. If the returner does not attempt to catch the ball in the air and the ball contacts the ground:
 - a. If in the end zone, the ball is dead and will be considered a touchback to be spotted at the 14-yard line on a regulation field and the 5-yard line on a modified field.
 - b. If out of bounds, the receiving team will take possession where the ball goes out of bounds.

- c. If first touched by a member of the punting team, the ball is dead, and the receiving team will take possession at the site of first touch.
 - d. The receiving team, provided that no other player has touched the ball, may field the ball, and return the ball. This stipulation is intended to allow, in the official's judgement, a "clean scoop" attempt. If the ball, in the official's judgment, is not cleanly scooped, the ball is dead at the site of first touch and the receiving team will take possession at the site. Officials are to be extra vigilant to contact and assess a penalty for illegal contact to a player, who in the official's judgement, initiates contact.
6. If the ball is punted into the end zone, the ball will be spotted at the 14 yd line on a regulation field or the 5 yd line on a modified field.

E. Kicking

- 1. There is no kicking, including but not limited to kickoffs and field goals, in any form.

F. Scoring

- 1. Touchdown (6 points): A touchdown shall be scored when a legal forward pass is completed, or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line. The ball scores.
 - a. Flag Check: After all scores the player must go to the nearest official for flag check.
 - A. Removing a Flag: Player removing their own flag prior to a flag check will result in no score, loss of down and a warning. The ball will be placed at the previous spot.
 - a. Next infraction results in Unsportsmanlike Conduct foul.
 - B. Tampering with a Flag: If a player is determined to have tampered with their flag it will result in no score, an Unsportsmanlike Conduct foul, a loss of down and a warning. The ball will be placed at the previous spot.
 - a. Next infraction results in disqualification.
- 2. Point After Touchdown (1 or 2 Points): An opportunity to score 1 point from the 5-yard line (Pass Only) or 2 points from the 10-yard line (Run or Pass), shall be granted to the team scoring a touchdown.
 - a. The Referee must speak to the coach, asking him/her whether the coach shall try for 1 from the 5-yard line or 2 from the 10-yard line. Once the scoring team declares the choice, he/she may change the decision only by taking a charged team time out.
 - b. No kick attempts
 - c. 5 yards = 1 point (PASS ONLY)
 - d. 10 yards = 2 points (RUN OR PASS)
 - e. During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.
 - f. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense prior to a try, the down will be repeated. However, if the offensive penalty carries a loss of down, the try has ended and will not be repeated.
 - g. When time is out there shall be one scrimmage play, unless changed by penalty.
 - h. Point After Touchdown plays will be an untimed down at 2:00 or less in each half.

- i. Additionally, when a touchdown is scored and the PAT down has not been played when any half reaches 0:00, the period shall be extended for the PAT down on the same end of the field that the touchdown was scored.
3. Safety (2 Points): It is a safety when a runner carries the ball from the field of play to or across her own goal line, and it becomes dead there in her team's possession. The only exception is the Momentum Rule. When a player secures an interception or catches a punt in the air inside her 5-yard line and momentum takes her into the end zone, and the ball becomes dead there, the ball is returned to the spot where possession was gained.
 - a. A safety is also when an offensive player commits a foul for which the penalty is accepted, and the measurement is from the spot of the foul that is in the end zone.
 - b. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the 14-yard line on a regulation field or the 5-yard line on a modified field.

G. Onside Kick Provision

1. During the last 12 minutes of the second half, a team that is trailing may choose to "On side kick" to retain possession.
2. Following the point after try, the scoring coach must declare their intent to "On-side kick" prior to the Ready for Play at the change of possession to the head referee.
3. The "On-side kick" will be 4th and 18 from the opponent's 22-yard line on a regulation field and 4th and 15 from the opponent's 10-yard line on a modified field.
4. All timing rules will coincide with the normal clock procedures. If the game clock is under 2 minutes, the clock will start on the legal snap during the "On-side kick" down and will stop according to rule.
5. Once the Coach makes the choice for an "On-side kick", the decision may only change when either team is charged a timeout. This decision cannot be changed once either team commits a foul.
6. Both teams may score during an "On-side kick" down.

H. Penalties

1. Penalty Summary: All Penalties will be assessed from the line of scrimmage, except those noted as spot fouls. Offensive spot fouls in the endzone will be ruled a safety. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
2. Offensive Penalties
 - a. **False Start/Offsides** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
 - i. False Start: The snapper, after assuming position for the snap 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 may be charged whether the ball is snapped or not. *(Page 9 – Section B2d)*

- ii. False Start: Officials are responsible for determining the spot of the ball. The ball should always be placed in the center of the field at the LOS. Any request to place the ball on the left or right side of center should be ignored. If a player attempts to move the ball after it has been placed ready for play it shall be deemed a false start. *(Page 8 – Section A5)*
 - iii. Offsides: An offensive player lined up over the LOS.
- b. Snap Infraction** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. Ball must be snapped from the ground, but does not have to go through the knees. *(Page 9 – Section B2a)*
 - ii. Ball must be snapped to a person that is behind the LOS. *(Page 9 – Section B2b)*
- c. Illegal Shift / Motion** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. When more than one offensive player goes in motion and does not reset for 1 second or an offensive player moves towards the line of scrimmage before the ball is snapped. *(Page 16 – Section H1f)*
- d. Illegal Formation** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. When the offensive team has more than 4 players lined up behind or off the LOS by more than 1 yard at the snap. *(Page 16 – Section H1h)*
- e. Illegal Run** – 5 Yds, Previous Spot, Loss of Down
- i. The person receiving the snap, considered the Quarterback for the play, cannot run the ball anywhere on the field unless the QB has handed off to another player and the ball gets back to the original QB in some manner. *(Page 10 – Section 5a) also (Page 15 – Section H1e)*
 - ii. No Run Zone
 - 1. Running the ball is not allowed in any manner in the no run zone. Ball must be thrown over the LOS regardless of handoffs and backward passes or laterals.
 - 2. A backward pass may not be advanced in a no run zone unless the initial pass is forward the LOS. *(Page 9 – Section B3b) also (Page 15 – Section H1e)*
- f. Grounding** – 5 Yds, Previous Spot, Loss of Down
- i. QB may not intentionally ground the ball by throwing the ball into the ground to **avoid a sack**. If the ball extends past the LOS, this will not be grounding. *(page 9 – B3e)*
- g. Illegal Forward Pass** – 5 Yds, Spot Foul, Loss of Down
- i. May not throw more than one forward pass per play. *(Page 9 – Section B3a & 3d)*

- ii. May not throw a forward pass if that player is beyond the LOS i.e. the passers foot beyond the LOS (*Page 9 – Section B3d*)
 - iii. It does not cross the LOS in the no run zone whether caught or not. (*Page 9 – Section 3d & 3g*) & (*Page 10 – Section 6c*)
 - iv. No forward passes are allowed after an interception. (*Page 9 – Section B3f*)
- h. **Impeding The Rusher** – 5 Yds, Previous Spot, Loss of Down
 - i. Rusher gets a straight path to the quarterback, and no one may impede the rusher's path. The path is predetermined based on pre-snap alignment at the snap of the ball. The rusher may not bend their line except for safety to avoid contact. If the rusher alters their path for reasons other than safety, the rusher loses their path access and no penalty should be called. Contact is not necessary for an impeding the rusher call. (*Page 11 – Section 2c*)
 - ii. An offensive player may not cross through the pre-determined path of the rusher in a way that impedes the rusher's progress. (*Page 16 – Section H1k*)
- i. **Offensive Pass Interference** – 10 Yds, Previous Spot, Loss of Down
 - i. When an offensive player hinders a defensive player's ability to catch a pass by making physical contact with the defensive player.
 - ii. It is not PI if unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass. (*Page 15 – Section H1c*)
- j. **Flag Guarding** – 10 Yds, Spot Foul, Loss of Down
 - i. When a player either intentionally or accidentally, inhibits a player from de-flagging them using their hands, arms, lowering their shoulder, jumps to avoid flag pull, lowers the ball over the flags, etc... including stiff arming. (*Page 16 – Section H1g*)
- k. **Illegal Hurdling / Jumping / Diving** – 10 Yds, Spot Foul, Loss of Down
 - i. A player may not leave their feet to avoid having a flag pulled. Athletic moves, cuts and changes of direction are allowed. (*Page 11 – Section 7a*)
 - ii. There is no diving while running with the ball. A receiver may dive to catch a ball. (*Page 11 – Section 7b*)
- l. **Illegal Contact / Charging / Blocking / Screening / Holding / Tripping** – 15 Yds, Spot Foul, Loss of Down
 - i. Contact - When an offensive player makes excessive contact with a defensive player
 - ii. Contact - Judgement of the referee as to any excessive contact.
 - iii. Charging - The ball carrier may not run through a defensive player that has established position while attempting to pull the flag.
 - iv. Blocking / Screening - An offensive player without the ball may not run in front of the offensive player with the ball so as to screen or block for the player with the

ball. After the ball has crossed the LOS the offensive players beyond the ball carrier must stop until the ball carrier passes them. At that point they are allowed to follow behind the ball carrier.

- v. Blocking / Screening - No offensive player is allowed to move along or behind the LOS so as to intentionally block the defender from getting to the QB or other ball carrier.
- vi. Tripping – is the use of the lower leg, foot, hand or arm to obstruct an opponent, including the runner below the knee. *(Page 20 – Definition)*
- vii. Holding - No offensive player is allowed to hold a defensive player in any way that inhibits their ability to move about the field.

m. Flag Check After TD – Varies Depending on Infraction

- i. Player must remove flags in front of official after TD. Removing of flag before a check will result in no score, loss of down and a warning. Next infraction is an unsportsmanlike conduct penalty. Ball placed at previous spot. *(Page 14 – Section F1a)*
- ii. If determined that the flags were tampered with it will result in no score, an unsportsmanlike conduct foul, loss of down, and a warning that next infraction will result in disqualification. Ball will be placed at previous spot for penalty enforcement. *(Page 14 – Section F1a)*

3. Defensive Penalties

a. Illegal Flag Pulling – 5 yds, EOP or Previous Spot, Automatic 1st Down

- i. A defensive player intentionally pulling a flag from an offensive player without the ball is illegal with an illegal flag pull penalty administered plus a warning to the offending sideline that next offense will be an unsportsmanlike conduct penalty. *(Page 13 – Section 4f)*

b. Encroachment – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down

- i. After the snapper has placed her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except the snappers right to be over the ball. Encroachment is when a defensive player crosses the line of scrimmage before the ball is snapped. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor contact any opponents or in any way interfere with them to break the LOS plane. This includes standing in the neutral zone to give defensive signals or shifting through the zone. *(Page 9 – Section B2e) also (Page 17 – Section 2g)*

c. Illegal Rush – 5 Yds, Previous Spot, Automatic 1st Down

- i. Rushers must rush from a minimum of 7 yards from the LOS. Rushers must declare before the ball is snapped with a maximum of 4 rushers in a down. *(Page 11 – Section 2a & 2b)*

- d. **Defensive Holding** – 10 Yds, Spot Foul, Automatic 1st Down
 - i. When a defensive player holds up the offensive player while attempting to de-flag that player. *(Page 17 – Section 2f)*
- e. **Defensive Pass Interference** – Spot Foul, Spot, Automatic 1st Down
 - i. When a defensive player hinders an offensive player's ability to catch a pass by making physical contact with that offensive player. *(Page 16 – Section 2e)*
 - ii. It is not PI if unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass. However, a defender may not play through an offensive player trying to make the catch (see illegal contact). *(Page 16 – Section 2e)*
- f. **Illegal Contact, and or, Excessive Contact / Illegal Blocking / Illegal Screening** – 15 Yds, Spot Foul, Automatic 1st Down
 - i. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player to inhibit their attempt to run a route. *(Page 11 Section 1a & 1b)*
 - ii. No bump and run or contact in any way at the LOS, receivers must have a free release. *(Page 12 – Section 3a)*
 - iii. Defender may not play through the receiver to make a play on the ball. Ref interpretation as to whether DPI or Illegal Contact depending on severity. *(Page 12 – Section 3b)*
 - iv. In an attempt to remove a flag from the runner a defensive player may contact the body and shoulders, but not the face, neck, or head. A defensive player may not hold, push or knock the runner down in an attempt to remove the flag. *(Page 12 – Section 4c)*
- g. **Illegal Tackle/Slide/Trip/Strip/Dive** – 15 Yds, Spot Foul, Automatic 1st Down
 - i. The defender must make a play at the flags. A player may not try to slide tackle, strip, grab or knock free a ball in a player's possession, including a QB before throwing the ball. *(Page 12 – Section 4 cA)*
 - ii. A player may not dive on the backs of the legs, or slide at the knees of the ball carrier when pulling the flag. *(Page 11 – Section 7b) also (Page 16 – Section 2b)*
- h. **Roughing the Passer** – 15 Yds, Previous Spot, Automatic 1st Down
 - i. The rusher must avoid making any contact with the QB including, but not limited to, hitting the QB's arm and not providing the QB space to follow through. The only exception is the contact incidental to pulling a flag at the hips. *(Page 12 – Section 2d) also (Page 16 – Section 2d)*

4. General Penalties

- a. **Illegal Formation (Punt)** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
 - i. Kicking Team

1. All offensive players must line up on the LOS except the punter and cannot move until after the punt has been kicked. (Page 13 – Section D3a)
 - ii. Receiving Team
 1. Must have at least 3 players on the LOS and cannot move until the ball is punted and or the returner is past them. (Page 13 – Section D3b)
 2. Receiving team members in advance of the returned must stop in place until the returner passes them or could be assessed an illegal blocking penalty (Interpretation – (Page 13 Section D3c)
- b. **Delay of Game** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. Offense
 - a. Failure to snap the ball within 25 seconds after the ball is ready for play. (Page 16 – Section H1j)
 - b. Intentionally throwing the backward and out of bounds to conserve time (Page 11 – Section 8e)
 - ii. General
 - a. **Failure to Have Flag Belt at Snap** – All players must wear two flags and a belt before the ball becomes live. Failure to properly wear the required player equipment when the ball is about to become live results in a dead ball penalty for delay of game. (Page 5 – Section 4d)
 - b. Referee's discretion: Any act which in the determination of the referee is used to intentionally slow the natural progress of the game.
- c. **Attendant Illegally on the Field** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. Non-player on the field of play. (Page 17 – Section 3aD)
 - ii. Repeated offenses result in Unsportsmanlike Conduct Penalty
- d. **Non-Player Outside of Team Box** – Dead Ball Foul, 5 Yds, Previous Spot, Replay Down
- i. Non-players outside the team box. Team box / area consists of 2 yards from each sideline between the 20 yard markers (5 yard markers on Shortened Field). (Page 3 – Section B4 also Page 17 – Section 3aF)
 - ii. Repeated offenses result in an Unsportsmanlike Conduct Penalty (Also listed in Unsportsmanlike Conduct)
- e. **Illegal Substitution** – 5 Yds, Previous Spot, Off - LOD / Def - A1D
- i. No player from either offense or defense shall enter during a down. All substitutions must enter the game during a dead ball. (Page 17 – Section 3bD & Section 3cC)

- f. **Sideline Interference** – 15 Yds, Previous Spot, Off - LOD / Def - A1D
 - i. Any physical interference with the game play from players, coaches, staff, etc., that disrupts the action of players actively playing on the field at that time.
- g. **Illegal or Unintentional Contact with Official** – 15 Yds, Previous Spot, Off - LOD / Def - A1D
 - i. Any contact with an official in the restricted area while the ball is live including, but not limited to physical contact with a person or items being left within the restricted area that could be trip hazards. Restricted area is the 2 yards from the sideline out of bounds surrounding the entire field. *(Page 18 – Section 3eH)*
- h. **Unfair Acts / Unsportsmanlike Conduct** – 15 Yards, Spot of Ball, Off - LOD / Def - A1D
 - i. Any act made by a team to gain an illegal advantage over the other team.
 - ii. Tampering with the flag belt in any way to gain an advantage
 - iii. Committing a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. Officials should treat these as intentional fouls unsportsmanlike conduct fouls.
 - iv. A player or coach is allowed only 1 unsportsmanlike conduct penalty a game. Upon the second infraction they will be disqualified.
 - v. A player or non-player or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage
 - vi. No team shall hide the ball under the jersey
 - vii. Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game
 - viii. Any player or coach who act disrespectfully towards an official
 - ix. The officials shall not permit any team member to participate while wearing apparel or equipment if in his or her judgement any item is dangerous or confusing to other players, is not appropriate or constitutes a safety concern. Failure to remove illegal or defective equipment will result in an unsportsmanlike conduct penalty. *(Page 6 – Section 8)*
 - x. See Official Rule Book for additional details within category

5. **Disqualifications** Related to penalties can include but are not limited to the following.

- a. Flagrant, Excessive Contact
- b. Fighting be player or non-player
- c. Intentionally contacting a game official
- d. Striking, kicking, kneeing
- e. A second unsportsmanlike foul by player or non-player
- f. A substitute leaving the team box during a fight
- g. Second Violation of tampering with a flag
- h. Second violation of not wearing mouth and tooth protector

6. Officials will enforce half the distance anytime the full penalty would be more than half the distance to the goal line from the point of enforcement. For example, inside the 30 on a 15-yard penalty, inside the 20 on a 10-yard penalty, and inside the 10 on a 5-yard penalty.
7. The Referee has much latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. Officials should treat these intentional fouls as Unsportsmanlike Conduct fouls. Each player committing these unsportsmanlike acts will have a counted unsportsmanlike conduct foul, with 2 unsportsmanlike conduct fouls by a single player or coach resulting in disqualification. The following is a list some other potential intentional fouls that could be committed during the game:
 - a. A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
 - b. No team shall repeatedly commit fouls which halve the distance to the goal line. No player shall hide the ball under the jersey.
 - c. Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.
8. Fouls During a Point After Touchdown or in Overtime After a Change of Team Possession:
 - d. A score by a team committing a foul during the down is canceled. Exception: Live- ball fouls treated as dead-ball fouls.
 - e. If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel, and the down is not repeated. Penalties against either team are declined by rule. Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead- ball personal fouls and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (14-yard line).

3. Coach and Player Conduct

A. General

1. Coaches and/or players who disrespectfully object to a game official's call may be assessed an Unsportsmanlike Conduct penalty.
2. No coach, player or substitute shall act in an unsportsmanlike manner once the game officials assume authority of the contest.
 - a. Examples are, but not limited to:
 - A. Using Profanity, insulting or vulgar language or gestures.
 - B. Attempting to influence a decision by a game official.
 - C. Disrespectfully addressing a game official.
 - D. Failure of a head coach, following verification, to have player(s) wear legal and/or required equipment.
 - E. Being on the field except as a substitute or replaced player.
 - F. Being outside the team box, but not on the field.

1. These actions result in an unsportsmanlike conduct penalty enforcement, with a second unsportsmanlike conduct foul resulting in disqualification for the remainder of the game.
2. Unsportsmanlike Conduct penalty enforcement will be treated the same as a dead ball foul with the penalty being enforced 15 yards from the spot of the ball at the end of the play. A second Unsportsmanlike Conduct foul will result in the coach or player being disqualified for the remainder of the game.
3. The Head Coach and/or team captains address the officials.
4. Fighting is any attempt by a player or nonplayer to strike or engage a player or nonplayer in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with the arm, hand, leg, or foot, whether there is contact or not. Fighting, before, during, or after the game, will result in a minimum 3 game player suspension for all players involved and the League shall be notified.

DEFINITIONS OF PLAYING TERMS

A1D: Automatic First Down

Catch: A catch is an act of establishing player possession of a live ball in flight.

Clipping: Clipping is running or diving into the back or throwing or dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back.

Encroachment: Encroachment is a term to indicate a defensive 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.

Foul: A foul is a rule infraction for which a penalty is assessed.

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

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

Hurdling: Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

Interception: A catch of an opponent's pass or fumble in flight is an interception.

Live Ball: A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

LOD: Loss of Down

Neutral Zone: The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the spot cone markers and extends to each sideline. It is established when the ball is ready for play.

Pass (Forward and Backward): 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 with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Penalty: A penalty is a loss imposed by rule upon a team that has committed a foul.

Tripping: Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

Other definitions contained in the NFHS Football rule book that use the same terminology used in flag football will be used. Examples of these are – False start, Encroachment and Pass Interference and are not limited to these examples. Timing rules for under 2 minutes in each half will also mirror timing rules from the NFHS rule book unless otherwise expressly directed in these rules.

<u>Revision History</u>		
<u>Issue</u>	<u>Date</u>	<u>Description of Revision</u>
0	11-10-23	Original Issue
1	1-24-24	<ol style="list-style-type: none"> 1. The referee will audibly count down the play clock from 10. Page 8 2. The referee will audibly count the 7 second QB clock. Page 10 3. Impeding the rusher was not defined or listed as an offensive penalty. Page 16 4. Pre-snap penalties blown dead. Page 17 5. Illegally Handing ball forward eliminated (must have been a carry over from CA rules missed in editing) Page 17 6. Illegal Substitution and Impeding the rusher were defined as penalties but not included in the Penalty areas. Page 17 7. Illegal Contact was not defined as a spot foul; so, if it occurred down field, the entire play would be negated. Moved to spot foul. Page 17
2	2-23-24	<ol style="list-style-type: none"> 1. The No Run Zone was switched to the 5 yard line. Page 3, 10 2. Section H Penalties was revised to include enforcements and details of each penalty. Pages 15-22
3	1-14-25	<ol style="list-style-type: none"> 1. 1D1 was added to require an official equipment review at the start of each game. 2. 2B5b and c The Center Sneak was eliminated. 3. 2B2a and b Clarification was added that the rusher must have their arm up from the time the offense is set until the snap. A player declaring as a rusher is not required to rush. 4. 2D3b Clarification was added to signify that a punt block is legal; as long as the defensive player does not move laterally, linearly, or jump to block the punt. <p>*All changes highlighted in yellow</p>