



TV7 SCREEN RULEBOOK

TV7 WOMEN'S | TV7 MEN'S

PLAYING RULES CAN BE MODIFIED

Any rule found in this book may be altered to suit the needs of the 5V5 NON-CONTACT Program. The UFFL recommends using this Official Rule Book as closely as possible for the following reasons:

1. All rules are subject to UFFL Tournament and League Director's discretion.
2. For a better understanding of all the rules of 5V5 NON-CONTACT Flag Football.
3. For uniformity in playing rules so that different areas of the United States can compete against one another in a safe and fair manner.



Section 1

THE GAME

1.1 COIN TOSS

1.1.1 A coin toss shall begin each game. The captain winning the toss shall choose one of the following options:

1. Offense
2. Defense
3. Designate which goal his team will defend.
4. Defer choice to the second half.

1.1.2 Loser of the coin toss shall make a choice of the remaining options.

1.1.3 Before the start of the second half, the choice of options shall be reversed.

1.2 POSSESSIONS

1.2.1 NO KICKOFFS- Game will begin with offensive team starting at the 14 yard line, zone line to gain. Touchbacks and safeties will also be placed at the 20 yard line.

1.2.2 FIRST DOWNS are achieved by crossing a zone-line-to-gain located at the 20 and 40 yard lines. A team shall have 4 downs to advance to the next zone-line-to-gain.

1.2.3 All players must start with their flag belts on. If a player starts without their flag belt properly secured with all flags attached, the team will be assessed a 5 yard penalty.

1.2.4 INTERCEPTIONS - On interceptions, the team will take possession of the ball where the defender's flag was pulled. Penalties on interceptions will be assessed where the interception occurred.

EXCEPTION: If the referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

1.3 SNAPS

1.3.1 Ball must be snapped between the legs, not off to one side, to start play. Direct snaps are not legal. The snap must be received at least 1 yard behind the center.

1.4 HUDDLE CLOCK

1.4.1 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.

1.5 SCREEN BLOCKING

1.5.1 Screen blocking is legally obstructing an opponent without contacting them with any part of the screen blocker's body. The offensive screen block shall take place without contact. The screen blocker shall have her hands and arms at her side or behind their back. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use their hand or arm to break a fall or to retain their balance. A player must be on their feet before, during and after screen blocking.

1.5.2 Screen Blocking Fundamentals — A player who screens shall not:

1. When behind a stationary opponent, take a position closer than a normal step from them.
2. When assuming a position at the side or in front of a stationary opponent, make contact with them.
3. Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take their stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.
4. After assuming a legal screening position, move to maintain it, unless they move in the same direction and path as their opponent. If the screener violates any of these provisions and contact results, they have committed a personal foul.

1.5.3 Blocking and Interlocked Interference — Teammates of a runner or passer may interfere for them by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

1.5.4 Use of Hands or Arms by the Defense — Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the Official. A blocker may use her arms or hands to break a fall or retain her balance.

PENALTY: Personal Foul (S38)

1.6 INTERCEPTIONS

1.6.1 Interceptions may be returned.

1.7 DIVISIONS OF PLAY

1.7.1 There shall be the following divisions of play offered in the holistic 7V7 SCREEN Program: Women’s Division I & Division II, Men’s Division I, Division II, Division 3, and 35 & over.

1.8 AGE CLASSIFICATIONS

1.8.1 The age classification in the 7V7 SCREEN program shall be: 18 & over and/or 35 & over. To qualify for 35 & over players have to be 35 the day before the tournament.

1.9 ELIGIBLE PLAYERS

1.9.1 All players are eligible in the 7V7 SCREEN Program. ..

1.10 ZERO TOLERANCE POLICY

1.10.1 The UFFL will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment WILL be asked to leave.

1.10.2 The UFFL operates under a ZERO TOLERANCE POLICY.



Section 2

THE FIELD

2.1 FIELD DIMENSIONS:

2.1.1 Field Size - 80 yards in length; 40 yards in width.

2.1.2 End Zones - (2) 10 yard end zones

2.3 OUT-OF-BOUNDS

2.3.1 Stepping on the boundary line is considered out-of-bound's

2.4 TEAM AREA

2.4.1 Team areas are located between the 20 yard lines.



Section 3

THE PLAYERS

3.1 ROSTER SIZE

3.1.1 Teams consist of a total of 30 players on the roster.

3.1.2 A player may only appear on 1 roster. NO EXCEPTIONS, even if the other team approves it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated and kicked out of the tournament/league.

3.2 NUMBER OF PLAYERS ON FIELD

3.2.1 7 players on the field at a time.

3.3 FORFEITS

3.3.1 To avoid a forfeit, you must have at least 5 players to begin the game. Game time is forfeit time.

3.6 PROTEST PROCEDURE

3.6.1 League or Tournament Director is contacted DURING THE GAME with a \$50 NON-REFUNDABLE protest fee.

3.6.2 NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER.

3.6.3 You may not protest a judgment call by an Official.



Section 4

EQUIPMENT

4.1 THE BALL

4.1.1 An officially licensed football by the UFFL must be used and it must be a regulation size ball.

4.2 FLAGS

4.2.1 All flags used in the 7V7 SCREEN program shall be an officially licensed flag of the UFFL (Triple Threat).

4.3 SHOES

4.3.1 Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed *if* the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.

4.4 UNIFORMS

4.4.1 All jerseys shall be tucked in the pants or shorts.

4.4.2 No waist length or half jerseys allowed.

4.4.3 All jerseys must have a number that matches the roster sheet. Market written on shorts, while not recommended, will be accepted. Jersey numbers must match the roster sheet number.

4.4.4 Pants or shorts with belt loops or pockets are not allowed.

4.4.5 Pants or shorts must be a contrasting color to the flags.

NOTE: Referees will check each team before the game to confirm no pockets.

4.5 MOUTHPIECES

4.5.1 Mouthpieces are optional for players.

4.6 OPTIONAL PROTECTIVE WEAR

4.6.1 Players may tape their forearms, hands and fingers.

4.6.2 Players may wear gloves, elbow pads and knee pads.

4.6.3 Braces with exposed metal are not allowed and must be taped.

4.6.4 All protective wear must be approved by game Officials prior to game time.

4.7 JEWELRY

4.7.1 Players must remove all watches, earrings or any other jewelry that Officials deem hazardous.



Section 5

GAME LENGTH & OVERTIME

5.1 GAME LENGTH

5.1.1 Regulation Play - 40 minute game length - (2) 20 minute halves with a running clock. The clock stops only for time outs.

5.1.2 Two Minute Warning – (SECOND HALF ONLY) When there are two minutes left in the game, the game clock shall stop for incomplete passes, out-of-bounds, time outs and scores (clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready for play whistle).

5.2 HALFTIME

5.2.1 Halftime is 30 seconds long.

5.3 HUDDLE CLOCK

5.3.1 Huddle clocks are 25 seconds long.

5.3.2 Each time the ball is spotted, a team has 25 seconds to snap the ball.

5.3.3 Teams will receive one warning before a delay of game penalty is enforced.

5.4 TIME OUTS

5.4.1 Each team has (2) 30 second time outs per game.

5.4.2 Each team has (1) 30 second time out per overtime period.

5.4.3 Officials can stop the clock at their discretion.

5.4.4 In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

5.5 OVERTIME

5.5.1 Each team receives an Overtime Extra Point Attempt

5.5.2 Coin Flip - 4 choices - (1) Offense, (2) Defense, (3) Direction, (4) Type of Extra Point (1, 2 or 3 points)

5.5.3 If score is tied at end of first OT, repeat second OT, reversing choices, etc.

5.5.4 1 time out per team, per overtime period.

5.5.5 Interceptions on returned Overtime Extra Points are worth the value of the attempted Overtime Extra Point (1 or 2 points).

5.5.6 Penalties are administered as in regular game.

5.6 UFFL SUDDEN DEATH OVERTIME

5.6.1 In UFFL Championship Games (League & Tournament Championship Games only), a UFFL Sudden Death Overtime is used:

- Same procedure as start of game - coin toss, followed by regular game conditions with each team having one series of downs to score.
- If the score is still tied at the end of each team's possession, whichever team scores next is the winner.
- One time out per, team per overtime period.



Section 6

SCORING

6.1 SCORING VALUES

6.1.1 Touchdown= 6 points

6.1.2 Extra point (field goals are not allowed) = 1 point (3 yard line - run/pass), 2 points (10 yard line - run/pass)

NOTE: A team that scores a touchdown must declare whether it wishes to attempt a 1 or 2 point conversion. Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty.

6.1.3 Interceptions on returned extra points are worth the value of the attempted extra point (1 or 2 points).

6.1.4 Extra Point Attempts - If the attempting team throws an interception and commits an infraction after the Interception, the opposing team takes offensive possession of the ball. They will get an additional 5 yards from the line of scrimmage. If a flagrant foul or intentional foul occurs on the extra point play, the penalty will still be assessed from the line of scrimmage.

6.1.5 Safety = 2 points

6.1.6 Forfeited game = 28 points (game time is forfeit time)

6.1.7 Overtime = 1 or 2 points, depending on choice

6.2 MERCY RULE

6.2.1 Two Minute Warning - If a team is ahead by 17 points or more when the Referee announces the one Minute Warning for the second half, the game shall be over.

6.2.2 After the Two Minute Warning - If a team scores during the last minute of the second half and the score creates a point differential of 17 or more, the game shall end at that point.



Section 7

LIVE & DEAD BALL

7.1 LIVE BALL

7.1.1 The ball is live at the snap and remains live until the Official whistles the ball dead.

7.1.2 One Foot In-bounds for Legal Catch - A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field-of-play.

7.1.3 Imitating Offensive Signals - The defense may not imitate the offensive team's signals by trying to confuse the offensive players while the Quarterback is calling out signals to start the play. This will result in an **Unsportsmanlike Conduct Penalty** (S27).

7.2 DEAD BALL

7.2.1 The ball is ruled dead when:

1. A snap to a Quarterback hits the ground.
2. A fumble hits the ground (no fumble recoveries allowed).
3. A ball carrier's body touches the ground. The ball carrier may use his hand to maintain balance
4. A ball carrier steps out-of-bounds.
5. A ball carrier's flags are legally removed
NOTE: If a ball carrier's flags fall off inadvertently, play shall revert to a 1 hand touch between the shoulders and knees.
6. If no flags are worn at the time of the snap, play reverts to a 1 hand touch.
PENALTY: Failure to Wear Proper Equipment (S23).
7. A touchdown, point after touchdown or safety is scored.
8. Any Official can whistle the play dead.
9. Substitutions may be made on any dead ball.

7.2.2 The Official will indicate the Neutral Zone and Line of Scrimmage. It is an automatic dead ball foul if any player on offense or defense enters the Neutral Zone. In regards to the Neutral Zone, the Official may give both teams a "courtesy" Neutral Zone notification to allow their players to move back behind the Line of Scrimmage.

NOTE:

- There are no fumbles. The ball is spotted where the ball hit the ground.
- The ball will be spotted wherever the ball was at the time of a flag pull.

7.3 INADVERTENT WHISTLE

7.3.1 In the case of an inadvertent whistle, the offense has three options:

1. The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
2. The ball is loose from a fumble, backward pass or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
3. During a legal forward pass the ball is returned to the previous spot and the down is replayed.

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

4. If a referee blows an inadvertent whistle on a scoring play the team the team WILL NOT be awarded the score. The ball will be placed at the spot of the blown whistle and awarded the appropriate down and yardage to first down. For example if its 1st and 20 and whistle is blown 5 yards after from line of scrimmage the team will have 2nd and 15 from the yard marker. If the play is 2nd and 15 and a whistle is blown after a 16 yard play the team will be awarded 1st and 19 from the yard marker and so on.



Section 8

RUNNING PLAYS

8.1.1 The ball will be spotted wherever the ball was at the time of a flag pull.

8.1.2 The Quarterback MAY run with the ball only after handoff or lateral. In coed a male QB and female QB can run anytime during the game. For a QB to run they must receive the ball from a throw backwards or handoff.

8.1.3 The offense may use multiple handoffs:

1. **"Center Sneak" play** - The ball must completely leave the centers hands on the snap and he must step backwards off the Line of Scrimmage in order to receive a direct handoff from the Quarterback before advancing the ball.

2. Laterals and pitches ARE allowed anywhere on the field.

8.1.4 All defensive players are eligible to rush at the snap.

8.1.5 Runners may not leave their feet (diving) to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.

8.1.6 Spinning is allowed. Lateral moves to the left or right are permitted.

8.1.7 Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without a flag guarding penalty enforced.

8.1.8 NO CONTACT, only screen blocking is allowed.

8.1.9 Downfield Blocking - Screen blocking for the ball carrier is allowed downfield but must be a set block.

8.2.10 Flag Obstruction - All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.



Section 9

PASSING PLAYS

9.1.1 Backward passes and laterals ARE allowed.

9.1.2 Only one forward pass per down.

9.1.3 If a passer crosses the Line of Scrimmage and comes back behind the Line of Scrimmage and throws pass, it is an illegal forward pass.

9.1.4 Interceptions change the possession of the ball at the point of interception.

9.1.5 Interceptions may be returned.

9.1.7 If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.

9.1.8 If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.



Section 10

RECEIVING PLAYS

- 10.1.1** All players are eligible to receive passes.
- 10.1.2** No contact allowed on the center or receivers on offense.
- 10.1.3** Only 1 player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- 10.1.4** In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 10.1.5** A player must have at least 1 foot in bounds to make a legal reception.
- 10.1.6** Interceptions change the possession of the ball at the point of interception.
- 10.1.7** Interceptions are returnable on extra point plays and the points awarded will be the same as the extra point attempt.



Section 11

KICKING (THE KICKING GAME)

11.1 KICKOFF (FREE KICK)

- 11.1.1** No kickoffs - place ball on 14 yard line after a touchdown.
- 11.1.2** SAFETY --- Place ball on 20 yard line.

11.2 PUNT (SCRIMMAGE KICK)

- 11.2.1** Protected Punt — The Referee asks Team Captain if they want a protected punt.
- 11.2.2** Teams may ask for a protected punt on any down.
- 11.2.3** In order to change the decision of a protected punt, a team must call timeout.
- 11.2.4** If a protected scrimmage kick has been announced and the kicking team purposely runs an offensive play, other than the punt, the penalty shall be a dead ball foul. Unsportsmanlike Conduct penalty, 10 yards and loss of down (S7, S27 & SQ).
- 11.2.5** At least 4 players on the Line of Scrimmage at the time of a punt.

11.2.6 Defense may raise their arms or jump to try to block the punt but cannot cross the Line of Scrimmage.

11.2.7 If punter drops the snap, the ball is dead at the spot.

11.2.8 Punter must be at least 5 yards behind the center when receiving the snap.

Punter must punt the ball immediately and in a continuous motion. The penalty for not punting the ball immediately shall be a 5 yard Illegal Procedure penalty (S19).

PENALTY: Delay of game — 5 yards (S21)

NOTE: If repeated, it is an Unsportsmanlike Conduct penalty, 10 yards and loss of down (S27 & S9) J. Non-Protected Punt — Some teams may wish to punt with no protection or no announcement.

When using no protection, rough contact with the kicker results in a penalty.

11.2.9 If the punting team or the punt return team touches a punt and it hits the ground, the ball is dead at the spot.

11.2.10 Muffs and fumbled punts are dead at the spot.

11.2.11 Punt in the End Zone — Place the ball on the 20 yard line if not returned.

11.2.12 Punt Out-of-Bounds — Play ball on spot.

11.2.13 Punts that hit the ground may be advanced by the punt return team or downed by the punting team.

11.2.14 A fair catch of a declared Punt — The receiving team may request a free kick for 3 points (field goal) and the defense may not rush the kicker. A kicking tee or block may be used.

11.2.15 If the clock has been stopped for some reason and there is a request for a protected Punt, the clock will start at the snap.

11.2.16 Fair Catch — Any punt returner may signal for a Fair Catch while any punt is in flight and is beyond the punter's line of scrimmage.

11.2.17 Fair Catch Interference — No member of the punting team may interfere with the punt returner after making a Fair Catch signal — Fair Catch Interference, 10 yards (S33). T.

11.2.18 Touchback — If a punt returner catches a punt in the End Zone and kneels down, it is a Touchback and the ball is brought out to the 20 yard line, first down, Zone-Line-to-Gain. If a punt goes through the End Zone, the ball is brought out to the 20 yard line — first down, Zone-Line-toGain.

11.3 EXTRA POINTS (TRY-FOR-POINT)

11.3.1 SCORING VALUES

- 1 point = 3 yard line - run, pass
- 2 points = 10 yard line - run, pass

11.3.2 Change Extra Point choice - You may only change your Extra Point choice by calling a timeout.

11.3.3 Next Play — After an Extra Point, the next play shall be FROM 14 YARD LINE.

11.3.4 Penalty During an Extra Point Attempt — If a penalty occurs during an Extra Point attempt, assess the penalty but the Extra Point value remains the same.

11.3.5 There is no kicking for extra points.

11.3.6 Minimum number of players on the line of scrimmage is 4.

11.4 THE ONSIDE KICK

After a score a team can ask for an onside kick. The scoring team must take the ball at the 15 yard line and must in one play cross over the 40 yard line. If accomplished the team with the ball continues. If unsuccessful the defense gets the ball where the play ends. If the offense throws an interception and during the return the intercepting team laterals and that lateral is intercepted and then a flag pull the team will maintain the ball 1st down at the flag pull. The interception is a change of possession and therefore reverts back to normal UFFL rules. A team is allowed to do this one time during each half. If a team has chosen to apply time preservation rule (20 yd line) they can still attempt an onside kick. If team does accomplish the attempt they keep the ball. If they do not make the yardage needed the ball goes back to the best spot for the defending team. Example: if team attempts pass and it is incomplete the ball comes back to the 15 not the 20 yard line. If they attempt a pass and get to the 35 yard line ball is turned over to the defending team at the 20 yard line This is only an example of time preservation rule. Normal takeover rule applies in other cases. This onside kick is an untimed down and the offense has 45 seconds to declare and get play off from the time of extra point completion.



Section 12

RUSHING THE PASSER: RUSHING PLAYS

12.1.1 Restraining Line (Rush) - Defensive players who rush the passer may line up on the restraining line, located 1 yard off the line of scrimmage, when the ball is snapped. Any number of players can rush the Quarterback at the snap.

12.1.2 A Ball Spotter shall be used to mark the line of scrimmage.

12.1.3 Players rushing the Quarterback may attempt to block a pass, however, NO contact can be made with the Quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty. Players must go for the Quarterback's flag.

12.1.4 A sack occurs if the Quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.



Section 13

FLAG PULLING

13.1.1 DE-FLAGGING: De-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.

13.1.2 A legal flag pull takes place when the ball carrier is in full possession of the ball.

13.1.3 Defenders can dive to pull flags but cannot tackle, hold or run thru the ball carrier when pulling flags.

13.1.4 It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

13.1.5 If a player's flag inadvertently falls off during the play, the de-flagging reverts to a one hand touch of the runner between the shoulder and the knees.

13.1.6 If a flag is removed illegally, play should continue with the option of the penalty or the play.

13.1.7 A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

13.1.8 Tampering with the flag in any way to gain an advantage including, tying the flag cutting the flag, using foreign materials or other such acts are illegal. PLAYER WILL BE DISQUALIFIED.

13.1.9 Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.



Section 14

FORMATIONS

14.1 MINIMUM PLAYERS ON LINE

14.1.1 Offense must have a minimum of 4 players on the Line of Scrimmage (the center) and up to 6 players on the Line of Scrimmage. The Quarterback must be off the Line of

Scrimmage.

14.2 MOTION

14.2.1 Offensive players must come to a complete stop for 1 second before the ball is snapped unless he is the only player in motion.

- One player at a time may go in motion 1 yard behind and parallel to the Line of Scrimmage.
- No motion is allowed towards Line of Scrimmage.

14.2.2 Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

14.2.3 The center must snap the ball with a rapid and continuous motion between their legs to a player in the backfield and the ball must completely leave their hands.



Section 15

UNSPORTSMANLIKE CONDUCT

15.1.1 If the Referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game AND TOURNAMENT. The decision is made at the Referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

15.1.2 Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the Referee will give one warning. If it continues, the player or players will be ejected from the game.

15.1.3 Players may not physically or verbally abuse any opponent, coach or official.

15.1.4 Ball carriers MUST make an effort to avoid defenders with an established position.

15.1.5 Defenders are not allowed to run through the ball carrier when pulling flags.

15.1.6 Fans must also adhere to good sportsmanship as well:

- Yell to cheer on your players, not to harass Officials or other teams.
- Keep comments clean and profanity free.
- Compliment ALL players, not just one player or team.

15.1.7 Fans are required to keep fields safe and kid friendly.

- Younger kids and equipment such as coolers, chairs and tents are required to be kept a minimum of 10 yards away from the field.

15.1.8 Teams/Players leaving the bench area during a fight:

1. If either team leaves the bench during a fight, the game will immediately be forfeited and both teams ejected from the tournament with no refund.
2. Any player that comes off the sideline during a fight will be ejected from both the game and tournament.



Section 16

PENALTIES

16.1 GENERAL

16.1.1 The Referee will call all penalties.

16.1.2 All penalties will be assessed from the Line of Scrimmage except as noted (spot fouls).

16.1.3 Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question judgment calls.

16.1.4 Games may not end on a defensive penalty unless the offense declines it.

16.1.5 Penalties are assessed live ball than dead ball. Live ball penalties must be assessed before play is considered complete.

16.1.6 Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

16.1.7 Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a reinstatement fee as determined by the UFFL.

16.2 SPOT FOULS - OFFENSE

Illegal Forward Pass	Spot foul -5 yards Loss of down
Illegal Block Downfield	Spot foul -5 yards Loss of down
Flag Guarding	Spot foul -10 yards Loss of down
Targeting	Spot foul -10 yards Loss of down
Holding	Spot foul -10 yards Replay down
Illegal Contact	Spot foul -10 yards Replay down
Diving Forward	Spot foul -10 yards Replay down
Unnecessary Roughness	Spot Foul -15 yards Loss of down

16.3 SPOT FOULS - DEFENSE

Pass Interference	Spot foul Automatic first down
Unnecessary Roughness	Spot would +15 yards Automatic first down
Targeting	Spot foul +10 yards Automatic first down
Stripping	Spot foul +10 yards from end of run Replay down
Illegal Contact	Spot foul +10 yards Replay down

16.4 DEFENSIVE PENALTIES

Illegal Contact	+5 yards from line of scrimmage Automatic first down
Illegal Flag Pull	+5 yards from line of scrimmage Automatic first down
Holding W/O Ball	+10 yards from line of scrimmage Automatic first down
Holding Ball Carrier	+10 yards from end of run Replay down
Offsides	+5 yards from line of scrimmage Play down Consecutive +10 yards line of scrimmage, replay down
Illegal Substitution	+5 yards from line of scrimmage Replay down
Roughing the Passer	+15 yards from line of scrimmage Automatic first down
Illegal Contact Behind Line of Scrimmage	+10 yards from line of scrimmage Replay down
Illegal Participation	+10 yards from line of scrimmage Replay down
Simulating Snap	+10 yards from line of scrimmage Replay down

16.5 OFFENSIVE PENALTIES

Delay of Game	-5 yards from line of scrimmage Replay down Excessive is -10 yards from line of scrimmage; replay down
Illegal Motion	-5 yards from line of scrimmage Replay down
Illegal Formation	-5 yards from line of scrimmage Replay down
Illegal Substitution	-5 yards from line of scrimmage Replay down
Illegal Participation	-10 yards from line of scrimmage Loss of down
Offensive Pass Interference	-10 yards from line of scrimmage Loss of down

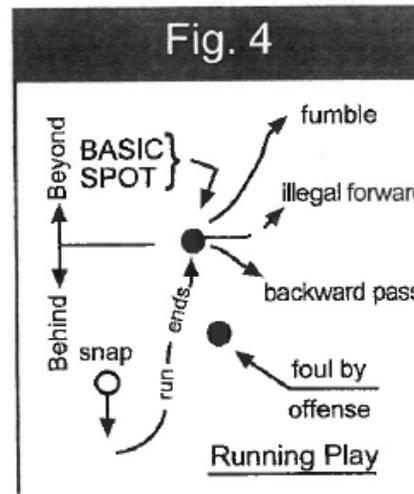
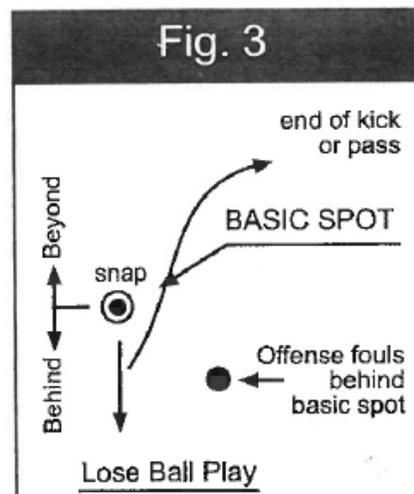
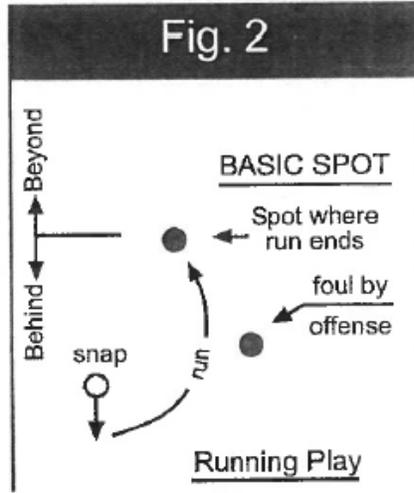
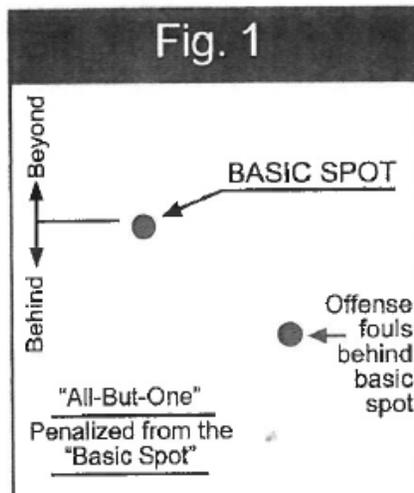
16.6 GENERAL PENALTIES

Unsportsmanlike Conduct	15 yards from line of scrimmage
Fighting	15 yards from line of scrimmage
Profanity	15 yards from line of scrimmage Possible ejection
Taunting	15 yards from line of scrimmage

15.5 ALL-BUT-ONE ENFORCEMENT PHILOSOPHY

15.5.1 Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give us this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot, unless it occurs behind the Line of Scrimmage. Then it is assessed from the Line of Scrimmage.

EXCEPTION: Any foul that occurs by the offense in their own end zone shall be ruled a safety.





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