



**ACREAGE FLAG FOOTBALL COED**  
**Boys and Girls**  
**Rules and Regulations Handbook**  
**2022**

## **Acreege Flag Football League General Rules**

**Acreege Flag Football League:** also known as **AFF COED**

### **Must Play Rule:**

AFF requires that every player registered with the league to have a certain percentage of playing time regardless of their ability. All players are to have either a starting position on Offense or Defense. The intent of the rule is that each player shall participate in 50% of the plays, at a minimum, regardless of skill level. The exception to the rule will be due to an injury or exhaustion. Special Team positions do not count as starting positions.

### **Scheduled Events:**

There will only be 3 allowed events per week. For example, 2 practices and one game or 1 practice and two games etc. Each practice is limited to 90 minutes.

**\*\*If a Head Coach is found violating the above requirements, they will be suspended from the next game. Repeated violations will result in removal as Head Coach.**

### **Specific Rules:**

The Pee Wee, Freshman, Junior, and Varsity divisions will follow the rules in the AFF rulebook. The Pro division will follow a combination of the AFF rulebook, AND Girl's Flag Football High School Rules. The AFF rulebook will supersede the High School Rule Book.

Peewee 4-5 years old if we get enough 4-year-olds, if not 5 years olds will stay in freshman (NO DRAFT) assigned to a team.

Freshman 6-7 years old

Junior varsity 8-10

Varsity 11-13

Pro 14-18 (Must be in high school)

Ages as of February 1<sup>st</sup>

If a coach does not freeze their child before the draft, they cannot pick them during the draft process. Their child will be placed with a different coach.

### **Sportsmanship Rules:**

A team may start a game with as few as (5) players. If for any reason a team cannot produce (5) players for a game, the team must forfeit that game. If during a (5 vs. 5) game a player is lost due to injury the game will NOT be allowed to continue with (4 vs. 4) and therefore that team must forfeit the game.

Players will not be permitted to move up or within a division to play for another team. If a team during a game is short players, the opposing team must field the same number of players. For example, a game will not be permitted to be played (7 vs. 6) or (6 vs. 5) etc.

### **Manager and Coach Suspensions:**

When a coach has been ejected from a game, they will be out the remainder of that game and the next game. No exceptions will be made. If the next game is a playoff or championship game, the same rule applies.

If a coach leaves their team during a game out of frustration, they will be ejected from the game by either the Officials or any AFF Board member.

**Scheduled Game Changes:**

There will be no changing of the regular season game schedule (unless weather or Covid related and with board approval). Playoff games may be changed only with the AFF and AAL Board approval.

**Sponsors:**

All (Head) coaches are required to have a sponsor for their team. If the coach cannot produce a sponsor for his/her team, their coaching privilege may be withdrawn the following season. The cost is \$350.00. The sponsor will have their company name printed on the uniforms of each team in their respective division, receive a team plaque and their name will appear on the sponsor board posted in the park and on the league website.

**No team will receive any sponsor money back at the end of the season.**

**Background Checks:**

All coaches and parents helping out on the fields must have passed a Background Check and must be certified. Each team has a maximum of (3) background checks at no cost to the individual. Additional background checks will be charged a fee of \$25.00 each, payable by the parent/volunteer. Minors that request to help must be accompanied by their respective coach at all times.

**Injured Players:**

If a player is injured during a game or practice that player's coach must complete an injury form. Please see "Injured Player Policy." Forms must be turned in to an AFF board member within 24 hours of the injury. If protocol is not followed, AFF has the right to sit out the Head Coach for the next scheduled game.

**Team Placement/Refunds:**

Once a player is placed on a team, they are considered property of that team. If that player refuses to play for that team, a refund check will not be issued to that player. The player may not be moved to any other team or be placed on a waiting list during that season. If a player chooses to discontinue in the league after the draft a refund check will not be issued.

- There will be **no** refunds due to COVID-19 circumstances

**Miscellaneous Rules:**

All members and players must shake hands after each game as a show of good sportsmanship towards other members and players. Failure to comply can lead to a suspension

**Draft Rules:**

All divisions (except peewee division) will have a draft following tryout to determine teams.

The draft order will be determined by the evaluation strength of each team's freezes from weakest (first) to strongest (last).

Freezes will be graded against the field of players in the respective division to be graded an A, B, or C. The coaches draft sheet will be filled out with their freezes taking the first available opening/openings in the appropriate round being either A, B, or C (see example 'A1' below).

Any player frozen that does not attend the tryout will automatically carry a grade of the strongest "A" player by the board. Coaches are required to turn their list of freezes to the board no later than 48 hrs prior to tryouts. Freezes will be announced to all coaches prior to the draft day or day of the draft. AFF requires the player's consent to be frozen by a coach with parent's approval. Each team is allowed (2) freezes unless a sibling link is applicable.

**\*\*Varsity & Pro division freezes TBD after final registration numbers are counted pending boy to girl ratio unless a sibling link is applicable determined by the AFF board. [See below]**

A Sibling link is considered one freeze. A player cannot block a coach that he/she has not played for already. To block a coach, a player must have a valid reason stated in writing to the AFF board. The letter must be signed by a parent. After review, the board will determine if a block is warranted. Any player that does not attend the tryout will be placed on a team by a "hat pick". All hat pick names will be selected by the coaches in the continuing draft order after all of the players on the board have been selected. Hat pick players are NOT allowed to block the pick of any coach.

No players will be added to a roster after the draft unless determined to be a special circumstance voted on by the AFF board

Divisions will each conduct two separate drafts (one for the girls and one for the boys) to try to distribute boys & girls as evenly as possible onto each team. Each division will conduct their dual drafts consecutively on draft day/night. Drafting procedures are conducted as stated in above rules.

**\*\*VARSITY & HIGH SCHOOL division draft will be conducted with a girls only & a boys only draft. Girls & boys will not be evaluated against each other (evaluations and drafts will be gender specific)**

Coaches					Rank of Round	
	coach 4	coach 2	coach 3	coach 1		
R O U N D	1		A	A	A	
	2			A	A	
	3				A	
	4	B	B			B
	5		B			B
	6					B
	7	C		C		C
	8					C
	9					C

  

COACH FREEZES			
Coach 1	Coach 2	Coach 3	Coach 4
A	B	A	B
A	B	C	C

- Please remove all trash from playing fields, practice fields, parking lots and other areas directly following use.
- There will be no use of tobacco products or vaping, alcohol during practices and games on the fields, or be under the influence of drugs or alcohol. SEE SPORT BYLAWS
- No coach, player or member of the AFF is permitted to bring any items to a permitted field within the Indian Trail District without approval from Indian Trails. Only approved sports equipment is permitted.

**Trophy Information:**

AFF will provide trophies for...

Each Divisional winner

Each Super Bowl runner-up

Each Super Bowl winner

**Acreage Flag Football League Injured Player Policy**  
SEE SPORT BYLAWS

**Coaches**

**Responsibility:**

Any player that was injured and has missed any games and/or practices that required Doctor's care must have a doctor's note to resume playing.

An injury report must be completed for any player injured during practice or a game. This report must be turned into an AFF Board member within 24 hours.

Players that have casts, hard or soft, or any other types of bandages, excluding band-aids, on any part of their body may not practice or play in any games.

Any player that shows any sign of a headache, nausea or shows evidence of limping, or any other signs of illness, may not practice or play in any games.

***\*\*\*The health and wellbeing of the children must come first\*\*\****

**Injuries which require a doctor's release are as follows:**

A player wearing a brace or cast that was removed.

A player who has had stitches or staples/stitches removed.

A player that was removed from a practice or a game by ambulance.

A player that was attended to by a Paramedic during a practice or game.

A player that was ill and missed at least 2 weeks (14 days) of practice or games.

A player that received Professional medical attention due to an injury on/off the fields

A player that had broken bones

A player that was hospitalized

**AFF Board Responsibilities:**

Copies of the injury report must be given to an AAL Board member within 48 hours. The AFF President or Vice-President must receive a doctor's note releasing the player to return to normal activity before the player can resume playing in the league.

Parent's permission to resume playing is not adequate.

COPY IS TO BE FORWARD TO AAL WITHING 7 DAYS

**AFF Injury Report**

**Date:** \_\_\_\_\_ **Date of Injury:** \_\_\_\_\_

**Player's Name:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone#:** \_\_\_\_\_

**Division:** \_\_\_\_\_ **Team:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Type of Injury:** \_\_\_\_\_

**When did injury happen (time and date)?**

**Practice**

**Game**

**Did Coach Witness Accident? Yes No**

**Describe Incident:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Was Medical Care Required? Yes No**

**Name of Insurance Carrier:** \_\_\_\_\_

**Policy #:** \_\_\_\_\_

**Name of Insured:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_ **Received by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Acreage Flag Football League Grievance Policy & Procedures**  
SEE SPORT BYLAWS

**Purpose:** To provide members an avenue to grieve Bylaws, Policies, Procedures and other members of this Acreage Flag Football League.

**Policy:** Members who are not satisfied with any Bylaw, Policy, Procedure or other member of the Acreage Athletic League Executive Board must fill out a “Grievance Hearing Application.” This application may be obtained from the League Secretary and must be submitted to the Vice President.

The Grievance Hearing will be held at a special meeting which will be called no later than 2 weeks after the application is submitted, at the convenience of the applicant and the Executive Board. The Parks Director will be asked to oversee the hearing to ensure fairness.

The AFF Board will provide to the applicant any information or documentation requested which pertains to the grievance.

Notice of the meeting will be posted at the concession stand at Community Park for one week prior to hearing and/or social media sites. The hearing will be open to the public.

The committee reviewing the grievance will consist of the Executive Board members less any member to which the grievance may pertain.

The applicant must be present at the grievance hearing. His/her is responsible for bringing along any witness and supportive documentation pertaining to the grievance.

The outcome of the meeting will be based on a majority vote of the Board of Directors less any member to which the grievance may pertain.

If, after completing this procedure, the applicant remains dissatisfied with the outcome, then and only then, he/she may apply for a Grievance Hearing with the Indian Trails Improvement District.

## Grievance Application

Date: \_\_\_\_\_

Name of Applicant: \_\_\_\_\_

Applicant Address: \_\_\_\_\_  
\_\_\_\_\_

Applicant Phone #: \_\_\_\_\_

Grievance:

Applicant Signature: \_\_\_\_\_

Received by: \_\_\_\_\_ Date: \_\_\_\_\_



# Acreage Flag Football 2020 Rules

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

### **SECTION 1: THE GAME**

**ART.1.....It is the object of the game** for one team to carry or pass the ball across the opponent's goal line.

**ART.2.....The game of flag football** is played with an inflated ball by two teams on a rectangular field 240 by 120 feet (80 by 40 yards). While the ball is live, an interval called a down is in progress and the team in possession attempts to advance the ball by carrying, kicking, or passing it. If a foul occurs, the penalty loss, if not declined, is enforced during the interval between downs. The team in possession has a series of four downs numbered 1, 2, 3, and 4 to advance the ball to the line-to gain. Points are scored by touchdown, successful try, safety, or defensive return of a try.

**ART.3.....Each team must begin the game** with at least 5 players, but each team normally plays with 7 players. Opposing team must match other team.

**ART.4.....The game is administered** by officials whose duties are stated in Rule 8. The use of two officials is recommended, but the game shall never be officiated with less than one official.

**ART.5.....The referee** has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game.

**ART.6.....Protests** are not recognized by the Acreage Flag Football.

### **SECTION 2: THE FIELD AND MARKINGS**

**ART.1.....The field** shall be a rectangular area with dimensions, lines, zones, goals and markers.

**ART.2.....Yard line markers**, constructed of soft, pliable materials, are placed on the sideline by the game officials. One official is to mark the line of scrimmage, and the other official is to mark the closest point the defense may line up opposite the ball.

**ART.3.....Lines and other markings**

- a. Lines shall be marked with a non-caustic material. Neither lime, hydrated lime, nor other chemical derivatives of lime, nor caustic material of any kind may be used.
- b. End lines and sidelines should be at least 4 inches wide. All other field dimensions lines should be marked 4 inches in width.
- c. Team boxes shall be marked on each side of the field between the 20-yard lines. All players and team representatives shall remain in this area during the game.

**ART.4.....Measurements** shall be from the inside edges of the boundary marks, such marks being out-of-bounds.

**ART.5.....Each goal line** mark shall be entirely in its end zone so the edge toward the field of play and its vertical plane is the actual goal line.

**ART.6.....A soft, flexible pylon**, which shall not constitute a safety hazard, 4 inches square and 18 inches high, orange or red in color, is recommended to be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines, as well as with each intersection of the inbounds lines extended and the end lines. When properly placed, the goal line pylon is out-of-bounds at the intersection of the sideline and the goal line extended. A soft, flexible cone orange or red in color may be used as a replacement for the above-mentioned pylon.

### **SECTION 3: GAME EQUIPMENT**

**ART.1.....The ball** will be supplied by the AFF and shall meet the following specifications:

- a. Ages 4-10 Wilson K2 or an equivalent approved football
- b. Ages 11-13 Wilson TDJ or an equivalent approved football
- c. Ages 14-18 Wilson TDY or an equivalent approved football
- d. Inflated to a pressure recommended on the ball

**ART.2.....The league shall supply a legal ball** to start a new game. All teams at all games are to use a league supplied football.

**ART.3.....The referee shall decide** whether the ball meets specifications based on the AFF regulations. If the field is wet, the referee, chairperson, or co-chairperson may order the ball changed between downs.

**ART.4.....Yard line markers** will be used to mark the line to gain.

**ART.5.....A timing device** referred to as “the game clock” shall be scoreboard clock. The clock operator will be a game official designated by the referee.

### **SECTION 4: PLAYER EQUIPMENT**

**ATR.1.....Flag belts:**

- a. The player’s flag belts must be the “triple threat” flag belts provided by AFF. This flag belt may never be altered or secured other than according to the manufacturer’s instructions. Any alterations to or improper securing of the flag belt is prohibited.
- b. The flag belt must be worn only on the waist. The flags must hang loosely below the waist on each side of the player.
- c. The flags must sharply contrast with the color of the player’s shorts or pants.
- d. The entire flag belt assembly must be completely visible at all times. No part of the flag belt may be obscured or camouflaged.

**ART.2.....Jerseys, shirts, and top coverings:**

- a. Team players must wear the jerseys provided to them by the AFF. The jersey must be kept tucked inside a player's shorts or pants.

**ART.3.....Shorts and pants:**

- a. Players must wear shorts provided currently by AFF and not have any other items that could cause injury to a player attempting to pull an opponent's flag.

**ART.4.....Shoes:**

- a. A player must wear cleats.
- b. May have cleats that screw into a recessed hole in the bottom of the sole area.
- c. Any shoe that has steel tipped cleats or steel reinforced toe or heel, or a squared toe is prohibited.
- d. No player may participate barefooted, or sock footed.

**ART.5.....Towels:**

- a. The offensive team may have a full-sized towel in the huddle between downs. During plays, the towel may remain on the field only if kept at least 5 yards behind the furthest offensive player.
- b. The defensive team may have a full-sized towel in the huddle between downs. Leaving the towel on the field during a play is prohibited.

**ART. 6.....Caps, hats and sunglasses: not allowed**

**ART.7.....Tape, gloves, bandages, braces, and padding:**

- a. Tape or any type of bandage worn on the hand or a finger may only be worn to protect an existing injury.
- b. Gloves are permitted.
- c. Ace bandages, "wet suit" rubber wraps, and similar materials are permitted.
- d. Knee braces or knee supports are permitted provided all exposed metal is covered by some type of cloth material.
- e. Soft padding is permitted.
- f. Hard plastic surfaced or hard plastic reinforced pads or equipment are prohibited. No helmets, shoulder pads, thigh or forearm pads, or other devices permitted.
- g. Any type of hard cast that covers any part of a player's arm, wrist, or hand is not permitted.
- h. No player may wear any pad, brace, support, splint, or any type of device that has exposed metal.

**ART.8.....All jewelry other than medical is prohibited.**

**ART.9.....Each player shall properly wear the mandatory equipment outlined above while the ball is live.**

**PENALTY: Illegal Equipment (i.e.: bracelets, necklaces, earrings, no mouthpiece, non-league issued uniform, etc.)**

**Article 1-8 Penalty:**

**1st offense – Delay of game penalty- 5 yards**

**2nd offense – Offending player is removed for the remainder of the game and 15-yard penalty.**

**Player will be removed until proper uniform is worn.**

***Rule 2 Definitions of Playing Terms***

**SECTION 1: BALL – DEAD, LIVE, LOOSE**

**ART.1.....Dead ball** is a term used to indicate it is a period between downs.

**ART.2.....Live ball**, or ball in play, is a term which indicates that the ball has been legally snapped and that a down is in progress. A live ball is always in possession of a team.

**ART.3.....A loose ball** is a pass, fumble or a kick. The terms “pass,” “fumble,” and “kick,” are sometimes used as abbreviations when the ball is loose following that acts of passing, fumbling or kicking the ball. A loose ball is one in which it has not yet touched the ground and is in flight.

**SECTION 2: BATTING** is intentionally slapping or striking the ball with the arm or hand.

**SECTION 3: CATCH**

**ART.1.....A catch** is the act of establishing player possession of a live ball in flight. If a player attempts a catch, interception, or recovery while in the air, they must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds. Catching is always preceded by touching the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.

**ART.2.....A simultaneous catch** is a catch in where there is joint possession of a live ball by opposing players who are inbounds.

**SECTION 4: DEFENSIVE CHARGING** occurs when a defensive player runs into the offensive player and makes either no attempt to dislodge the flag of the offensive player who is in possession of the ball, or the defensive player makes no attempt to avoid a teammate of an opponent who has the ball.

**SECTION 5: DOWN – LOSS OF DOWN**

**ART.1..... A down** is action which starts with a legal snap (beginning a scrimmage down). A down ends when the ball next becomes dead.

**ART.2.....Loss of a down** is the loss of the right to replay a down.

**SECTION 6: ENCROACHMENT** is a term to indicate a player is illegally in the neutral zone during the time interval starting when the ball yard markers are placed in the proper position by the referees and before that ball is snapped. For the purposes of enforcing encroachment restrictions, an entering substitute is not considered to be a player until they are on their team’s side of the neutral zone.

**SECTION 7: EXTENDING THE BALL** is the legal act by the ball carrier to elongate the forward progress of the ball carrier.

## **SECTION 8: FAIR CATCH**

**ART.1.....A fair catch** is a catch by a receiver of a punt in the field of play, after a valid signal, under conditions in which the receiver forfeits their right to advance the ball in return for the clock to be stopped until the snap if the game time is under 2 minutes in the second half

**ART.2.....A valid fair catch signal** is the extending and lateral waving of one arm, at full arm's length above the head, by any member of the receiving team fielding the ball

**ART.3.....An invalid fair catch** is any signal by a receiver before the kick is caught or recovered:

- That does not meet the requirements of a valid signal.
- After the kick has touched a receiver.

## **SECTION 9: FIELD AREAS**

**ART.1.....The end zones** are 10-yards in depth and are located one at each end of the field between the goal line and the end line. The goal lines are in the end zone and a team's end zone is the one it is defending.

**ART.2.....The field of play** is the area within the boundary lines other than the end zones.

**SECTION 10: FIGHTING** is any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to flag football. Such acts include, but not limited to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), or the act or the attempt to fight (ex: balling up the fist and raising the hand) whether or not there is contact.

## **SECTION 11: FORMATIONS**

**ART.1.....A scrimmage formation** requires all team members on or behind the line of scrimmage at the snap.

**ART.2.....All offensive players** must be within 15 yards of the ball at the snap.

**ART.3.....A team may run a “no huddle” offense** without informing game officials or opponents prior to the snap.

**ART.4.....A minimum of four (4) players** is required to be on the line of scrimmage at the snap. In the case of a game of game with less than (7) players each, a minimum of (3) will be allowed

## **SECTION 12: FORWARD PROGRESS**

**ART.1.....Forward progress** is the end of advancement of a runner toward the opponent's goal and determines the dead ball spot.

**ART.2.....When an airborne player makes a catch,** forward progress is the furthest point of advancement after they possess the ball if contacted by a defender.

## **SECTION 13: FOULS**

**ART.1.....A foul** is a rule infraction for which a penalty is prescribed.

**ART.2.....Types of fouls are:**

- a. Dead ball – a foul which occurs in the time interval after a down has ended and before the ball is next snapped.
- b. Double – one or more live ball fouls (other than unsportsmanlike) committed by each team at such a time that the penalties offset.
- c. Live ball – a foul which occurs during a down.
- d. Multiple – two or more live ball fouls (other than unsportsmanlike) committed by same team at such a time that the offended team is permitted a choice of penalties

Non-player or unsportsmanlike – a non-contact foul while the ball is dead or during the down which is not illegal participation and does not influence the play in progress.

- e. Player – a foul (other than unsportsmanlike) by a player in the game hereafter referred to as a foul.
- f. Simultaneous with the snap – an act which becomes a foul when the ball is snapped.

**ART.3.....No foul** causes loss of the ball.

**ART.4.....No live ball foul** causes the ball to become dead.

**ART.5.....Game situations** which procedure results somewhat similar to penalties, but which are not classed as fouls are: disqualification of a player, first touching of a kick by the kicking team, incompleteness of a forward pass, and forfeiture of a game.

**SECTION 14: A FUMBLE** is any loss of player ball possession other than by legal kick, passing or handing. Ball is dead when it hits the ground.

### **SECTION 15: HANDING**

**ART.1.....Handing the ball is transferring player possession** from one player to a teammate in such a way that the ball is still in contact with the first player when it is touched by the teammate. Handing the ball is not a pass.

**ART.2.....Forward handing** is when the runner releases the ball when the entire ball is beyond the yard line where the runner is positioned.

**ART.3.....Backward handing** is when a runner releases the ball when any part of the ball is on or behind the yard line where the runner is positioned.

**SECTION 16: HUDDLE** is two or more players of the same team grouped together before a snap.

**SECTION 17: HURDLING** is an attempt by a player to jump with one or both feet or knees foremost over an opponent WITHOUT CONTACT who is contacting the ground with no part of her body except one or both feet.

**SECTION 18: AN INTERCEPTION** is the catch of an opponent's fumble or pass.

## **SECTION 19: KICKS**

**ART.1.....A kick** is the intentional striking of the ball with the knee, lower leg, or foot.

**ART.2.....A kick ends** when a player gains possession or when the ball becomes dead.

**ART.3.....A punt** is a legal kick by a player who drops the ball and kicks it before it has touched the ground.

## **SECTION 20: LINE OF SCRIMMAGE**

**ART.1.....The line of scrimmage** for each team is a vertical plane of the yard marker nearest the team's goal line. It is determined when the yard markers are set on the sidelines by the game officials.

**ART.2.....An offensive player** is on their line of scrimmage when they face the opponent's goal line with the line of their shoulders approximately parallel thereto and with their head or foot breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the snapper.

**ART.3.....A defensive player** is on their line of scrimmage when they are within 1 yard of their scrimmage line at the snap.

## **SECTION 21: LINES**

**ART.1.....The boundary lines** are the end lines and sidelines and are out-of-bounds.

**ART.2.....The end line** is the outer limit of each end zone.

**ART.3.....A goal line** is the vertical plane which separates the field of play from the end zone. When related to a live ball in a runner's possession (touching inbounds) while the ball is over the out-of-bounds area, the goal line includes the extension beyond the sidelines. A team's own goal line is the one it is defending.

**ART.4....The line-to-gain** is the yard line (20, 40 or goal line) that is closest to the offensive team's direction of advancement.

**ART.5.....The sideline** is the lateral limit of the field of play and the end zones. It extends from one end, line to the other.

**ART.6.....A yard line** is any line and its vertical plan parallel to the end lines. The yard lines marked or unmarked, in the field of play are numbered in yards from a team's own goal line to the middle of the field.

**SECTION 22: A MUFF** is the touching of a loose ball by a player in an unsuccessful attempt to secure possession. An accidental kick is a muff.

**SECTION 23: NEUTRAL ZONE** is the space between the two scrimmage lines during a scrimmage down. The neutral zone is 5 yards or less (one yard in the HS Division) for a scrimmage down and is established by the game officials.

## **SECTION 24: OUT-OF-BOUNDS**

**ART. 1.....A player** or other person is out-of-bounds when any part of them is touching anything on or outside the sideline or end line.

**ART.2.....A ball in player possession** is out-of-bounds when the runner or the ball touches anything outside a sideline or end line.

**ART.3.....A loose ball is out-of-bounds** when it touches anything, including a player or game official, who is out-of-bounds.

## **SECTION 25: PASSING**

**ART.1.....Passing** the ball is throwing it. In a pass, the ball travels in flight. The initial direction determines whether a pass is forward or backward.

**ART.2.....A forward pass** is a pass thrown with its initial direction toward the opponent's end line.

**NOTE:** Prior to releasing the ball on a pass, if the potential passer is contacted, and the ball is released, it is a forward pass if their arm was moving forward on contact.

**ART.3.....A forward pass has gone beyond** the neutral zone if at any time during the pass; the entire ball is beyond the neutral zone.

**ART.4.....A forward pass ends** when it is caught, touches the ground or is out-of-bounds.

**ART.5.....A backward pass** is a pass thrown with its initial direction parallel with or toward the runner's end line.

**ART.6.....A backward pass end** when it is caught, touches the ground, or is out-of-bounds.

## **SECTION 26: PLAYER DESIGNATIONS**

**ART.1.....A player** is one of the team members who are designated to start either half of the game or who replaces another player. A player continues to be a player until a substitute enters the field and indicates to the player that they are replaced, or when the substitute becomes a player.

**ART.2.....A player of Team A** is A1 and teammates are A2 and A3. Other abbreviations are B1 for a player of Team B, K1 for a player of the kickers and R1 for one of the receivers,

**ART.3.....A back** is any Team A player, except for the player under the snapper, who has no part of their body breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the nearest teammate who is legally on the line.

**ART.4....A captain of a team** is a player designated to represent their team during:

- a. The pre-game toss ceremony.
- b. Penalty decisions following a foul.
- c. Overtime session

**ART.5.....A disqualified player** is a player barred from further participation in a game, plus the next game. See unsportsmanlike.



**ART.6.....A kicker** is any player who legally punts. They continue to be the kicker until they have had reasonable opportunity to regain their balance.

**ART.7.....A lineman** is any Team A player legally on their line of scrimmage when the ball is snapped.

**ART.8.....A non-player** is a coach, trainer, or other attendant, or a substitute who does not participate by touching the ball, hindering an opponent, or influencing the play. See 9-5 for illegal participation.

**ART.9.....A passer** is a player who throws a forward pass. They continue to be a passer until the pass ends or until they move to participate in the play.

**ART.10....A replaced player** is one who has been notified by a substitute that they are to leave the field. A player is also replaced when the entering substitute becomes a player.

**ART.11....A runner** is a player who is in possession of a live ball or is simulating possession of a live ball.

**ART.12....A snapper** is the player who snaps the ball.

**ART.13....A substitute** is a team member who may replace a player. A substitute becomes a player when they enter the field and communicates with a teammate or an official, enters the huddle, is positioned in a formation or participates in the play. An entering substitute is not considered to be a player for encroachment restrictions until they are on their team's side of the neutral zone.

## **SECTION 27: PLAYS- FOR PENALTY ENFORCEMENT**

**ART.1.....A loose ball play** is action during.

- a. A legal forward pass.
- b. A backward pass (including the snap) or fumble made by Team A from in or behind the neutral zone prior to touching the ground.
- c. The run or runs which precede such legal forward pass, legal kick or fumble.
- d. **ART.2.....A running play** is any action not included in Article 1.

## **SECTION 28: POSSESSION**

**ART.1.....A ball in player possession** is a live ball held or controlled by a player after it has been handed or snapped to them, or after they have caught or recovered it.

**ART.2.....A ball in team possession** is a live ball which is in player possession or one which is loose following loss of such player possession.

**SECTION 29: READY-FOR-PLAY** is a term which signifies the referee has signaled the ball may be put in play by a snap or free kick.

## **SECTION 30: RESTRAINING LINE**

**ART.1.....The defensive restraining line is 5 yards** closest to the goal line of team "B" except:

- a. If the line to gain is less than 5 yards, the defense's restraining line is the next line-to-gain.
- b. On a 1 point try, the goal line is the defense's restraining line.
- c. On a 2 point try, the 5-yard line is the defense's restraining line, unless affected by penalty.
- d. **SECTION 31: A RULE** is one of the groups of regulations which govern the game. A rule sometimes states what a player may do, but if there is no such statement for a given act, it is assumed that the player may do what is not prohibited. In like manner, a rule sometimes states or implies that the ball is dead or that a foul is involved. If it does not, it is assumed that the ball is live and that no foul has occurred to affect the given situation. If a foul is mentioned, it is assumed that it is not part of a double or multiple foul unless so stated or implied.

**SECTION 32: SCRIMMAGE** is the action of the two teams during a down which begins with a snap.

**SECTION 33: SHIFT** is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

### **SECTION 34: SNAP**

**ART.1.....A snap** is the legal act of passing or handing the ball backward from its position on the ground.

**ART.2.....The snap begins** when the snapper first moves the ball legally between legs. (NO SIDE SNAP) other than in adjustment. In a snap, the movement must be quick and continuous backward motion of the ball during which the ball immediately leaves the hand(s) of the snapper and touches a back or the ground before it touches a Team A lineman.

**ART.3.....The snap ends** when the ball touches the ground or any player.

### **SECTION 35: SPOTS**

**ART.1.....The basic spot** is a point of reference for penalty enforcement. It is the previous spot for a loose ball play and the end of the run for a running play. The ball will be placed on the center of the field to where the ball became dead by rule

**ART.2.....The dead ball spot** is the spot under the foremost point of the ball when it becomes dead by rule.

**ART.3.....The inbounds spot** is the intersection of the inbounds line and the yard line:

- a. Through the foremost point of the ball when the ball becomes dead in a side zone.
- b. Through the foremost point of the ball on the sideline between the goal lines when a loose ball goes out- of-bounds.
- c. Through the spot under the foremost point of the ball in possession of a runner when they cross the plane of the sideline and go out-of-bounds.

**NOTE:** If a penalty measurement leaves the ball in a side zone, the new inbounds spot is fixed by the yard line through the spot of the ball after measurement.

**ART.4.....The out-of-bounds spot** is where the ball becomes dead because of going out-of-bounds.

**ART.5.....The spot of foul** is where the foul occurs. If a foul occurs out-of-bounds, the spot of the foul is at the intersection of the inbounds line and the yard line extended on which the foul occurs.

**ART.6.....The previous spot** is where the ball was last snapped or free kicked.

**ART.7.....The spot where the run ends** is where the runner loses possession or where the ball becomes dead in their possession.

**ART.8.....The succeeding spot** is where the ball would next be snapped or free kicked if a foul had not occurred.

**SECTION 36: TACKLING** is the detaching of the ball-carrier's flag by a defensive player or one hand touching the player between the shoulders and the knees in the event of a flag falling off inadvertently.

### **SECTION 37: TEAM DESIGNATIONS**

**ART.1....The offense** is the team which is in possession of the ball, the opponent is the defense.

**ART.2.....Team A** is the team which puts the ball in play, the opponent is Team B.

**ART.3.....Team K** is the team which legally kicks the ball during the down, the opponent is Team R.

**SECTION 38: TOUCHING** refers to any contact with the ball: i.e., either by touching or being touched by it.

**SECTION 39: TRIPPING** is the illegal contact of the lower leg or foot by a player to obstruct an opponent below the knee who is either a runner or teammate of a runner.

## ***Rule 3 Periods, Time Factors and Substitutions***

### **SECTION 1: LENGTH OF HALVES**

**ART.1.....The clock running time** for a game shall be 40 minutes with (4) quarters, (2) halves and intermissions as indicated. If, at the end of the second half, the teams have identical scores, an attempt to resolve the tie will be utilized. The overtime is considered part of the second half.

**ART.2.....The playing time** for each quarter will be as follows:

- a. The first, second and third quarter of the game the clock will continuously run and the first 8 minutes of the fourth quarter. The only times the clock will be stopped during this time is for team time outs, also for injuries that keep a player from being removed immediately, and for any other unusual situations that may occur. The 2-minute warning will then be issued to both teams by the referee at the end of the second and fourth quarter. However, once the teams have been notified, the 25 second ready for play clock will start.
- b. The final 2 minutes of the fourth quarter the clock will stop on incomplete forward passes, scoring plays, penalty enforcement's, out-of-bounds situations, once a punt has been announced, time outs (official or team), and first downs achieved. In this circumstance, the clock will begin on the referee's ready for play signal.
- c. The teams will switch directions at the start of the second and fourth quarters.

**ART.3.....Halftime intermission** will be 5 minutes. At 4 minutes, the referee will blow his whistle to inform both teams that they need to be on the field, ready to play in 1 minute.

**ART.4.....Charged time outs** shall be 45 seconds in length.

**ART.5.....The game officials shall assume authority** for the contest, including penalizing unsportsmanlike acts, 10 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present.

**ART.6.....A period or periods may be shortened** by any emergency by agreement of the team captains and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated.

**ART.7.....Games interrupted because of events beyond the control** of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score, or there are conference or league rules which apply.

**ART.8.....When weather conditions** are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game.

**ART.9.....The referee** shall have authority to correct **obvious errors in timing** if discovery is prior to the second live ball following the error unless the period has officially ended.

## **SECTION 2: STARTING EACH HALF**

**ART.1.....Each half** of the game shall be started by placing the ball on the 14 yard line on the center hash mark. Before the scheduled game starting time the referee, in the presence of the field captains, shall toss a coin which the visiting captain shall call. If the coin toss is held on the playing field, it shall be held 3 minutes prior to the scheduled game starting time.

**ART.2.....Not more than three captains** from each team may be present at the coin toss and only one from each team shall be designated as its spokesman. All team personnel on the playing field, other than the captains involved in the coin toss ceremony, shall be restricted to their respective team box areas or well away from the vicinity of the toss. Coaches may be present as well.

**ART.3.....The winner of the toss** shall have first choice of options for the first half or to defer and have first choice in the second half. **The loser** shall have the first choice of options for the half the winner of the toss did not select. **The options** for each half shall be:

- a. To choose whether their team will start on offense or defense.
- b. To choose the goal their team will defend.

**The captain** not having the first choice for a half shall exercise the remaining option.

## **SECTION 3: ENDING A HALF**

**ART.1.....Approximately 2 minutes** before the end of each half; the referee shall notify the field captains of the time remaining. If time is not out, the referee shall order the clock stopped while he does this.

**ART.2.....If time for any period** expires during a down, play shall continue until the down ends.

**ART.3.....A period must be extended by an un-timed down**, except for unsportsmanlike or non-player fouls, if during the last timed down, one of the following occurred:

- a. There was a foul by either team and the penalty is accepted.
- b. There was a double foul.
- c. There was an inadvertent whistle and the down is to be replayed at the spot of where the play was blown dead.
- d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the 2nd half and the point(s) would not affect the outcome of the game or play-off qualifying.

If (a, b, c, or d) occurs during the un-timed down, the procedure is repeated.

**ART.4.....If a dead ball occurs** after time expires for any period, the penalty shall be measured from the succeeding spot.

#### **SECTION 4: STARTING AND STOPPING THE CLOCK**

**ART.1.....The clock shall start for a half:**

- a. When the ball is legally snapped.

**ART.2.....The clock shall run continuously for the first three quarters and 8 minutes of the fourth quarter**

except for the following situations:

- a. For an official's time out.
- b. For a team's time out.
- c. Because of an inadvertent whistle that cause an unusual delay in the game.
- d. An injury that causes a player not to be immediately removed.

**ART.3.....The clock shall be stopped and shall not start until the snap, providing the time remaining for the second half is under 2 minutes because:**

- a. The ball goes out of bounds.
- b. A fair catch is made.
- c. The ball becomes dead behind the goal line.
- d. A forward pass is incomplete.
- e. Once a punt has been announced.
- f. A request for a charged time out is granted.
- g. The penalty for a delay of game foul is accepted.

#### **SECTION 5: CHARGED AND OFFICIAL'S TIME OUTS -INTERMISSIONS**

**ART.1.....Two (2) time outs only** may be charged to a team during each half of a regulation game. Unused 1st half time outs may not be utilized in the 2nd half. One (1) time out is permitted during overtime games during the regular season, and one (1) time out is permitted for each additional overtime period during the playoffs.

**ART.2.....A charged time out** occurs when the ball is dead and a player's request is legally granted.

**ART.3.....A single charge time out** shall not exceed 45 seconds in length. Charged time outs shall be reduced only if both teams are ready to play prior to the 25 second ready for play signal by the referee.

**ART.4....Successive charged timeouts may be granted** during the same dead ball period. When a team's permissible charged timeouts during a half have been used, its captain should be notified.

**ART.5.....After a team** has used its permissible charged timeouts in a half, any subsequent request shall be denied.

**ART.6.....An official's timeout occurs** during a dead ball without a time out being charged to either team:

- a. When captains are notified of 2 minutes left in each half.
- b. For a player who appears to be injured, bleeding, has an open wound, or has an excessive amount of blood on their uniform.
- c. A water break for unusual heat or humidity which may cause a health risk to the players and/or officials.

## **SECTION 6: BALL READY FOR PLAY AND DELAY**

**ART.1.....The ball is ready for play** when the whistle is blown by the referee signaling the end of the previous play, or when the referee gives the ready for play signal after:

- a. An official's time out.
- b. Penalty enforcement.
- c. An inadvertent whistle.
- d. A charged time out to either team.

**ART.2.....The ball shall be put in play** within 40 seconds from the time the last play has ended. If the referee gives a ready for play signal, then the time to put the ball in play is reduced to 25 seconds.

**ART.3.....Failure of a team to play** within 2 minutes after being ordered to do so by the referee shall result in forfeiture.

## **SECTION 7: SUBSTITUTIONS**

**ART.1.....No substitute shall enter** during a down.

**ART.2.....Between downs** any number of eligible substitutes may replace players. Replaced players shall leave the field immediately.

**ART.3.....A replaced player**, or a substitute who has been unable to complete the substitution, is required to leave the field at the side on which his team box is located and go directly to their team box.

**PENALTY: Illegal substitution – 5 yards.**

## **SECTION 8: OVERTIME PROCEDURES**

### **REGULAR AND PLAYOFFS:**

Teams will play a series of (4) downs from the 10-yard line each. The teams will continue to play overtime series until there is a point's winner alternating possessions. There shall be a (1) minute break between the last play of the second half until the opposing captains are required to be present during the subsequent coin toss to begin the overtime. No additional breaks between overtimes are permitted unless a team is granted a time out.

**ART.1.....The team in possession of the ball** at the end of the last play during the second half shall call the coin toss.

**ART.2.....The winner of the toss** shall have first choice of options for the overtime. **The loser** shall have a choice of the option that remains. If any additional overtimes are played, the first choice option will alternate between teams-for example the loser of the toss during the first overtime will have first choice in the second overtime, etc. **The options** for each overtime shall be:

- a. To choose whether your team shall be on offense or defense first.
- b. To choose which end zone the entire overtime session will be played in. Both teams will attempt to score in the same end zone.

**ART.3.....The ball shall be placed at the opponents 10 yard line** for team "A" to attempt to score a touchdown. If, at the end of the possession, the team fails to score, they lose possession and team "B" acquires possession. The ball is then returned to the 10-yard line for their attempt to score a touchdown. If team "B" then fails to score, the process shall be repeated.

**ART.4.....If the defensive team intercepts the ball** during overtime the play is dead

**ART.5.....If a team scores a touchdown during overtime**, a try for point is permitted providing the try has a direct influence on the outcome of the game.

**ART.6.....After a touchdown is scored; a team may select** to go for 3 points, 2 points, or for 1 point on a try. If the team selects a try for 3 points the ball will be placed on the 20-yard line; for 2 points, the ball will be placed on the 10 yard line; a try for 1 point, the ball will be place on the 5 yard line. If the team possesses the ball in the end zone after the play is completed, the points are awarded.

**ART.7.....Each team receives 1 time out** during each overtime series.

### ***Rule 4 Ball in play, Dead Ball and Out Of Bounds***

## **SECTION 1: PUTTING THE BALL IN PLAY**

**ART.1.....To start each half** the ball shall be placed at the 14 yard line at the center hash mark. After a score the ball will be put in play at the offense's team's 14-yard line at the center hash mark.

**ART.2.....A snap** shall put the ball in play.

**ART.3.....A snap** shall be started between the inbounds lines.

**ART.4.....After being put in play;** the ball remains live until the down ends.

**ART.5.....The ball remains dead** and a down is not begun if there is an illegal snap or other snap infraction.

## **SECTION 2: DEAD BALL AND END OF THE DOWN**

**ART.1.....An official** shall indicate the ball remains dead by sounding his whistle immediately when a foul occurs before a snap or free kick.

**ART.2.....The ball becomes dead and the down is ended:**

- a. When a runner goes out-of-bounds, their flag becomes unattached from their body by a defensive player grasping their flags, being one hand touched down if the ball carrier's flag inadvertently falls off or allows any part of their person other than hand or foot to touch the ground.
- b. When a live ball goes out of bound
- c. When any forward pass (legal or illegal) is incomplete or is simultaneously caught by opposing players.
- d. When any legal kick (punt) touches anything while the kicked ball is on or behind R's goal line (plane) or is muffed by the receiving team.
- e. When any loose ball:
  1. Is simultaneously caught or recovered by opposing players.
  2. Is on the ground motionless and no player attempts to secure possession
  3. Touches, or is touched by, anything inbounds other than a player, substitute, replaced player, an official, the ground, or authorized equipment. In this case the ball will be put in play in accordance with the procedure for an inadvertent whistle as in 4-2-3b.
- f. When the kickers are first (i.e. before any touching by the receivers) to touch a punt after it has come to rest beyond the neutral zone and between the goal lines.
- g. Following a valid or invalid fair catch signal given by any member of the receiving team when a punt is caught or recovered by any member of the receiving team beyond, in, or behind the neutral zone.
- h. When a touchdown occurs.
- j. When an official sounds his whistle inadvertently.

**ART.3.....Inadvertent Whistle.** During a down, or during a down in which the penalty for a foul is declined, if an inadvertent whistle occurs while:

- a. A legal forward pass or snap is in flight, or during a legal kick, the down shall be replayed.
- b. The ball is loose following a backward pass, fumble, illegal pass, or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down.
- c. The ball is in player possession, that team may choose to accept the play at that spot or replay the down.



### **SECTION 3: OUT-OF BOUNDS AND INBOUNDS SPOT**

**ART.1.....When a loose ball goes out-of-bounds**, the out-of-bounds spot is fixed by the yard line where the flag became legally detached by a defensive player. When the ball becomes dead in the field of play because of touching a person who is out-of-bounds, the out-of-bounds spot is fixed by the yard line through the belt line of the player in possession of the ball.

**ART.2.....When the out-of-bounds spot is between the goal lines**, the ball shall be put in play at the inbounds spot unless a forward pass is involved. **If the out-of-bounds spot is behind a goal line**, it is a safety, or touchback. If the ball touches a pylon, it is out-of-bounds behind the goal line.

**ART.3.....When a runner goes out-of-bounds**, the inbounds spot is fixed by the yard line through the belt line of the player in possession of the ball at the time the runner crosses the plane of the sideline.

**ART.4.....When the ball becomes dead** between the inbounds lines, play is resumed at the dead ball spot, unless it is a legal forward pass incompleteness in which case the ball is returned to the previous spot.

**ART.5.....When the ball becomes dead in the side zone** or is awarded to a team there or is left there by a penalty, play is resumed at the inbounds spot. This does not apply to:

- a. A legal forward pass incompleteness.
- b. A replay due to inadvertent whistle
- c. A replayed try.
- d. A snap which follows a fair catch or awarded fair catch in a side zone.

**ART.6.....Before the ready-for-play signal. Team "A" may designate the spot** from which the ball is put in play anywhere between the inbounds lines:

- a. Following a safety.
- b. Following a fair catch.
- c. Following an awarded fair catch.
- d. Following a touchback.
- e. For the start of each series using the 20-yard line overtime procedure.

### ***Rule 5 Series of Downs, Number of Down, and Team Possession after Penalty***

#### **SECTION 1: SERIES OF DOWNS**

**ART.1.....The team which puts the ball** in play from scrimmage following a start of half, touchdown, touchback or fair catch is awarded a series of four consecutively numbered downs in which to advance the ball to the line-to-gain. Each awarded 1st down starts a new series of four downs.

**ART.2.....When a scrimmage down ends** with the ball in the field of play or out-of-bounds between the goal lines, a new series is awarded to:

- a. Team "A", if the ball belongs to "A" on or beyond the line-to-gain.
- b. Team "B", if the ball belongs to "B" at the end of any down.
- c. Team "B", at the end of the 4th down, the ball belongs to "A" behind the line-to-gain.
- d. The team is possession at the end of the down, if there is a change of team possession during the down, unless the penalty is accepted for a foul which occurred before the change of possession.
- e. Team "R", if "K" legally kicks during any scrimmage down and the ball is recovered by "R", is in

joint possession of opponents, or goes out-of-bounds, or becomes dead with no player in possession.

- f. The team in possession at the end of the down, if “R” is the first to touch a punt while it is beyond the expanded neutral zone, unless the penalty is accepted for a foul which occurred before the kick ended.

**The loss of down aspect** of a penalty has no significance following a change of possession of in the line- to-gain is reached after enforcement.

**ART.3.....When a punt ends with the ball in the field of play or out-of-bounds between the goal lines, a new series is awarded to:**

- a. Team “R” at the inbounds spot if “R” is the last to touch the kicked ball before it goes out-of bounds.
- b. The team in possession of the ball when the down ends, if the ball is recovered beyond “R”'s scrimmage line with no first touching by “K”.
- c. Team “R” at the spot of recovery if “K” recovers the kicked ball before a player of team “R” gains possession.
- d. Team “R” if there is joint possession by “R” and “K” of a recovered kick.

**ART.4.....If the kickers recover a punt** in or beyond the neutral zone and the ball had not been in player possession of team “R”, the ball remains live and belongs to “R” and the down counts at the spot of first touching by “K”.

## **SECTION 2: DOWN AND POSSESSION AFTER PENALTY**

**ART.1.....When a penalty is declined**, the number of the next down is the same as if the foul had not occurred. **If a double foul occurs** during a down, the number of the next down is the same as that of the down in which the foul occurred. **After a distance penalty**, the ball belongs to the team in possession at the time of the foul. Team possession may then change if a new series is awarded.

**ART.2.....When a foul occurs during a scrimmage down** and before any change of team possession, and before a receiver is first to touch a punt while it is beyond the neutral zone, the ball belongs to “A” after enforcement. The number of the next down is the same as that of the down during which the foul occurred unless penalty acceptance includes a 1st down or loss of down, or the enforcement of the advance results in a 1st down.

**ART.3.....When a foul occurs prior to a scrimmage down**, or simultaneously with the snap, the number of the next down after enforcement is the same as the number established before the foul occurred unless enforcement for a foul by “B” results in a 1st down.

**ART.4.....Following a foul, a series of downs ends when:**

- a. The acceptance of the penalty includes the award of a 1st down.
- b. Acceptance of declination of any penalty leaves “A” in possession beyond the line-to-gain.
- c. Declination of any penalty leaves “A” in possession behind the line-to-gain after 4th down.
- d. Declination of any penalty leaves “B” in possession.
- e. There is acceptance or declination of the penalty for any foul which occurs after team possession changes during the down, or after “R” is first to touch a punt while it is beyond the neutral zone, unless the foul occurs before the kick ends and the penalty is accepted.
- f. Acceptance of a penalty on 4th down which carries a loss of down leaves “A” in possession behind the line-to-gain.

**After a series of down ends**, a new series with 1st and the next line-to-gain (either Team “A”’s 20-yard line, or the 40 yard line, Team “B”’s 20 yard line) is awarded unless one of the following is involved: a try; or awarded fair catch. The 1st down is awarded to the team in possession when the foul occurs unless, declining the penalty leaves the other team in possession, or as in [c] and [f], accepting or declining the penalty leave the other team in possession after 4th down.

### **SECTION 3: THE LINE-TO-GAIN AND MEASUREMENTS**

**ART.1.....The line-to-gain is** Team “A”’s 20 yard line, the 40 yard line (midfield), and team “B” ‘s 20 yard line when a new series of downs is awarded. The line to gain is established at the end of the down in which a new series is awarded and after considering the effect of any act which occurs during that down other than a non- player or unsportsmanlike foul. The line-to-gain than remains fixed until the series ends and a new line-to-gain is established.

**ART.2.....To start a new series of downs**, the “tackle” by the defensive team must be on or ahead of the line- to-gain. **To start a new series of downs after:**

- a. A change of team possession, which does not involve a 4th down incomplete forward pass, a safety or touchback, the foremost point of the ball at the time it became dead becomes the rear point when the direction of the offense is changed. The ball will be placed in the middle of the field.
- b. A 4th down incomplete forward pass, the ball is placed as it was at the start of the down so the rear point becomes the foremost point.
- c. A safety or touchback, the foremost point of the ball is placed on the 14-yard line.

**ART.3.....A ball touching the goal line plane**, when it becomes dead is in the end zone, even though it is moving away from the nearer end line and has its foremost point in the field of play. When any kick is touched near “R”’s goal line, the ball becomes dead only if it is in behind the goal line plane at the time it is touched except as in 4-2-2d. In doubtful cases, the ball should be considered behind the goal line.

### ***Rule 6 Kicking the Ball and Fair Catch***

#### **SECTION 1: PUNTS**

**ART.1.....The offensive team must announce** their intention to kick the ball at least 20 seconds prior to any punt. The punt will take place from the spot following the last play. See section 35, Article 2.

**ART.2.....Team “A” may punt** from in or behind the neutral zone before team possession has changed.

**ART.3.....No offensive player may go** downfield until the ball is kicked by the punter.

**ART.4....Any receiver may catch or recover a punt** in the field of play and advance unless any member of the receiving team has given a valid or invalid fair catch signal. “R” may catch or recover a punt in “K”’s end zone.

**ART.5.....When any scrimmage kick is out-of-bounds between the goal lines** or becomes dead inbounds between the goal lines while no player is in possession, or inbounds anywhere while opponents are in joint possession, the ball is awarded to “R”. Following an out-of-bounds, the ball is put in play at the inbounds spot unless “R” chooses a spot of first touching.

**ART.6.....Players on the receiving team** can be aligned anywhere on the field behind their line of scrimmage. No players are required to be directly on the line.

**ART.7.....The center, after snapping the ball** may move away from the punter to avoid being accidentally contacted by the punter or the ball.

**PENALTY: Delay of game (ARTS. 1, 4) – 5 Yards; Encroachment (ART. 2, 3) – 5 Yards; Illegal procedure (ART.6) – 5 Yards**

## **SECTION 2: TOUCHBACK**

**ART.1.....If any punt** touches anything while the kicked ball is on or behind “R”’s goal line or goal line plane, it becomes dead and is a touchback.

**ART.2.....If any punt becomes dead** in the kicker’s end zone while no player has possession, it is a safety or touchback, as in 8-5-2 and 3.

## **SECTION 3: FAIR CATCH**

**ART.1.....Any receiver may signal** for a fair catch while any legal kick is in flight.

**ART.2.....It is a fair catch and the ball is dead** if any receiver gives a valid fair catch signal, as is Art. 1 and they catch a punt beyond the neutral zone and between the goal lines.

**ART.3.....When a fair catch** is made, the captain may choose to snap anywhere between the inbounds line through the spot of the catch. This choice remains if a dead ball foul occurs prior to the down, or a foul or an inadvertent whistle occurs during the down and the down is replayed.

**ART.4.....No receiver may advance the ball** after a valid or invalid fair catch signal has been given by any member or the receiving team.

**ART.5.....No receiver shall give** an invalid fair catch signal.

**PENALTY: Delay of game (Art.4, 5) – 5 Yards**

## **Rule 7 Snapping, Handing and Passing the Ball**

### **SECTION 1: BEFORE THE SNAP**

**ART.1.....No player shall encroach** on the neutral zone after the ball is ready-for-play by touching the ball or an opponent or by being in the neutral zone to give defensive signals.

**ART.2.....Following the ready-for-play** or after the snapper has placed their hand(s) on the ball, encroachment occurs if any player, other than the snapper breaks the plane of the neutral zone.

**ART.3.....The snapper may be over the ball** but their feet must be behind the neutral zone and no part of this person other than a hand(s) on the ball may be beyond the foremost point of the ball.

**ART.4.....The snapper may lift the ball** for later rotation but may not rotate end-for-end or move the location or fail to keep the long axis of the ball at right angles to the line of scrimmage.

**ART.5.....Following the ready-for-play** or after touching the ball, the snapper shall not:

- a. Remove both hands
- b. Make any movement that simulates a snap.
- c. Fail to clearly pause before the snap.
- d. Following adjustment, lift or move the ball other than in a legal snap. An illegal snap or other snap infraction causes the ball to remain dead.

**ART.6.....After the ball is ready-for-play or before the snap, no false start** shall be made by any “A” player.

**It is a false start if:**

- a. A shift or feigned charge simulates action at the snap.
- b. Any act is clearly intended to cause “B” to encroach.

**If the false start** causes “B” to encroach, only the false start is penalized.

**ART.7.....A team may not use more than the allotted time** between plays

**PENALTY: Encroachment (ARTS. 1, 2, 3) – 5 Yards; Snap infraction (ARTS. 4, 5) - 5 Yards; False start (ART. 6) – 5 Yards; Delay of Game (ART.7)**

## **SECTION 2: POSITION AND ACTION AT THE SNAP**

**ART.1.....No later than 10 seconds prior to the snap**, each player of team “A” must have been, momentarily, within 15 yards of the ball.

**ART.2.....Team “A” players may stand, crouch, or kneel.**

**ART.3.....A snap** shall be such that the ball immediately leaves the hand or hands of the snapper and touches backfield player or the ground. A scrimmage down must start with a legal snap. **An illegal snap** causes the ball to remain dead.

**ART.4.....After a huddle or shift** all seven players of team “A”, except the player in motion shall come to an absolute stop and shall remain stationary simultaneously without movement of hands, feet, head, or body for **at least one second** before the snap.

**ART.5.....Not more than one team “A” player may be in motion at the snap** and then only if such motion is not towards their opponent’s goal line. Except for the player “under the snapper”, the player in motion shall be at least 1 yard behind their line of scrimmage at the snap if they started from any position not clearly behind the line and did not establish themselves as a back by stopping for at least one full second while no part of their body is breaking the vertical plane through the waistline of their nearest teammate who is on the line of scrimmage.

**PENALTY: Illegal procedure or illegal formation (ART. 1); Illegal snap (ART. 3); Illegal shift (ART. 4); Illegal Motion (ART. 5)**

## **SECTION 3: HANDING THE BALL**

**ART.1.....Any player may hand the ball backward** at any time.

**ART.2.....No player may hand the ball forward** except during a scrimmage down before a change in possession, provided both players are in or behind the neutral zone and it is to a teammate who was not the snapper, unless the snapper steps back 1 yard off of the line of scrimmage after the snap.

**ART.3.....During a scrimmage down** after a change of team possession, no player may hand the ball forward to a teammate.

**PENALTY: Illegal handing: (ARTS. 2, 3) – 5 Yards – and loss of down. The loss of down penalty does not apply when there has been a change in team possession.**

#### **SECTION 4: FUMBLE AND BACKWARD PASS**

**ART.1.....During any down**, any player in possession may make a backward pass or may lose player possession through a fumble.

**ART.2.....If a fumble or backward pass is caught** by a player, she may advance.

**ART.3.....If a fumble or backward pass** goes out-of-bounds between the goal lines or becomes dead while no player is in possession or while opponents are in joint possession, the ball belongs to the passing or fumbling team unless lost after 4th down.

**ART.4.....If a fumble or backward pass** is out-of-bounds behind a goal line, the ball belongs to the team defending that goal and the result is either a touchback or a safety.

#### **SECTION 5: FORWARD PASS CLARIFICATION**

**ART.1.....It is a legal forward pass**, if during a scrimmage down and before team possession has changes, a player of Team “A” throws the ball with both feet of the passer in or behind the neutral zone when the ball is released. **More than one forward pass may be thrown during the down, EXCEPT IN THE HS DIVISION.**

**ART.2.....An illegal forward pass** is a foul. The illegal forward passes are:

- a. A pass after team possession has changed during the down.
- b. A pass from beyond the neutral zone.
- c. A pass intentionally thrown into an area not occupied by an offensive player.
- d. A pass intentionally thrown incomplete to save loss of yardage or to conserve time. **EXCEPTION:** It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap.

**ART.3.....If the penalty for an illegal forward pass is accepted**, measurement is from the spot of such forward pass. If the offended team declines the distance penalty, it has the choice of having the down counted at the spot of illegal incomplete forward pass or (if the illegal forward pass is caught or intercepted) of having the ball put in play determined by the action which followed the catch.

**ART.4.....A forward pass, legal or illegal, is complete** and the ball may be advanced when caught by any player of “A” or “B”. If a forward pass is **caught simultaneously** by two opponents, then the ball becomes dead and belongs to the passing team.

**ART.5.....A forward pass, legal or illegal is incomplete** and the ball becomes dead when the pass touches the ground or goes out-of-bounds. It is also incomplete when a player in the air possesses the pass

and their flight causes the first contact with the ground or with anything other than a player or game official to be on or outside a boundary. **When an incompleton occurs** the down counts unless the pass is after a change in possession. If the pass is legal the passing team next snaps the ball, unless lost after 4th down, at the spot of the previous snap.

**ART.6.....All players are eligible to receive a pass.**

**ART.7.....Pass interference restrictions only apply** beyond the neutral zone and only if the legal forward pass crosses the neutral zone.

**ART.8.....Pass interference restrictions end** when a “B” player touched the pass, or last pass if more than one.

**ART.9.....It is forward pass interference if any player of “A” or “B” who is beyond** the neutral zone interferes with an eligible opponent’s opportunity to move forward, catch or bat the pass.

**ART.10....It is not forward pass interference if unavoidable contact occurs** when two or more eligible’s are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.

**PENALTY: Illegal forward pass (ARTS. 2a, b) – Intentional grounding (ARTS. 2c, d) – 5 Yards plus loss of down for (ARTS. 2b,c,d); Pass interference (ART.9) – 10 Yards plus loss of down if by “A” and if the ball is caught, a 10 yard penalty from the successive spot – If by “B”, it is a first down for “A”. If the pass interference by either play is intentional, his shall be penalized an additional 15 yards**

## **RULE 8 SCORING PLAYS AND TOUCHBACK**

**SECTION 1: THE GAME IS WON** by the team which accumulates the most points. Points are scored as follows for Co-Ed High School Division.

**TOUCHDOWN.....6 Points**

**SAFETY – points awarded to the opponent.....2 Points**

### **SUCCESSFUL TRY FOR AN EXTRA POINT ATTEMPT**

- a. Touchdown from the 20-yard line.....**3 Points**
- b. Touchdown from the 10-yard line.....**2 Points**
- c. Touchdown from the 5-yard line.....**1 Point**

**DEFENSIVE RETURN OF A TRY- EXTRA POINT ATTEMPT.....3 Points**

### **FORFEITED GAME**

Game score is: Offended Team.....1; Opponent.      0

But if offended team is ahead, the score stands.

## **SECTION 2: TOUCHDOWN**

**ART.1.....It is a touchdown when a runner** advances from the field of play across the goal line in possession of the football with both flags attached.

**ART.2.....It is a touchdown when a loose ball** is caught or recovered by a player while the ball is on or behinds their opponent's goal line.

**ART.3.....If a foul by the opponents of the scoring team occurs during a touchdown**, the penalty is automatically declined and no penalty is assessed on the try.

### **SECTION 3: TRY (EXTRA POINT ATTEMPT)**

**ART.1.....After a touchdown**, the scoring team shall attempt a try during which the ball is snapped from a spot designated by Team "A" anywhere between the inbounds lines. This involves a scrimmage down which is neither numbered nor timed. The ball shall be placed on the:

- a. The 20-yard line, if the scoring team elects to score 3 points
- b. The 10-yard line, if the scoring team elects to score 2 points.
- c. The 5-yard line, if the scoring team elects to score 1 point.

**EXCEPTION: If a touchdown is scored during the last down** of the 2nd half, the try shall not be attempted unless the point(s) would affect the outcome of the game or playoff qualifying.

**ART.2.....The try begins** when the ball is ready-for-play. It ends when:

- a. "B" secures possession or scores a defensive touchdown.
- b. The try is successful
- c. The ball becomes dead for any other reason

**ART.3.....During a try**, Team "A" may score 1, 2 or 3 points from what would be a touchdown outlined in 8-1.

**ART.4....If during a successful try, a loss of down foul by "A" occurs**, there is no score and no replay.

**ART.5.....If during an unsuccessful try, a foul by "A" occurs**, the penalty is obviously declined, the results of the play stand and there is no replay. **If "B" fouls**, the down is replayed after enforcement.

**ART.6.....If a double foul occurs**, the down shall be replayed.

**ART.7.....When a try down is replayed**, the snap may be from any point between the inbounds lines on the yard line through the spot of the ball.

**ART.8.....After a try**, the opponent of the scoring team shall obtain possession of the ball at their own 14 yard line.

### **SECTION 4: SAFETY AND TOUCHBACK**

**ART.1.....It is a safety when:**

- a. A runner carries the ball from the field of play to or across their own goal line, and it becomes dead then in their team's possession.

**EXCEPTION: When a Team "B" player intercepts a forward pass or catches a punt between their 5-yard line and the goal line and their original momentum carries them into the end zone** where the

ball is declared dead in their team's possession or it goes out-of-bounds in the end zone, the ball belongs to Team "B" at the spot where the pass was intercepted or the kick was caught.



- b. A player, who is either in the field of play or in their end zone, forces a loose ball from the field of play to or across their goal line by their kick, pass, fumble, snap, or by a new force with their muff or bat or illegal kick, provided the ball becomes dead then in their team's possession (including when the ball is declared dead with no player in possession), or the ball is out-of-bounds when it becomes dead on or behind their goal line. This does not apply to a legal forward pass which becomes incomplete.
- c. A player on offense commits any foul for which the penalty is accepted and measurement is from the spot in their end zone; or throws an illegal forward pass from their end zone and the penalty is declined in a situation which leaves them in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

**ART.2.....It is a touchback when:**

- a. Any punt touches anything while the ball is on or behind "R" 's goal line, unless "R" chooses a spot of first touching by "K".
- b. Any punt becomes dead on or behind "K" 's goal line with the ball in possession of Team "K" (including when the ball is declared dead with no player in possession) and the new force is "R" 's muff or bat of the kick after it has touched the ground.
- c. A forward pass is intercepted in "B" 's end zone and becomes dead there in "B" 's possession.

**ART.3.....The team whose goal line is involved** shall put the ball in play at the center hash mark on its 14 yard line by a snap after a touchback.

**SECTION 1: HELPING THE RUNNER** is a foul. An offensive player shall not push, pull, or lift their teammate the runner.

**PENALTY: If no contact by either the runner or the other offensive player – 5 yards and loss of down; If there is contact with the defensive player by either the runner or the other offensive player – 10 yards and loss of down.**

**SECTION 2: ILLEGAL BLOCKING AND GUARDING**

**ART.1.....An offensive player shall not:**

- a. Screen block a defensive player when the offensive player is within 4 yards of the player in possession of the ball, except in HS Division, distance is reduced to 1 yard.
- b. Contact a defensive player who is making a bona fide attempt to dislodge a flag belt of a player in possession of the ball.
- c. Use hands, arms, or legs to hook, lock, clamp, encircle or hold in an effort to restrain an opponent.
- d. Lean across the restraining line prior to the ball being snapped.

**ART.2.....The runner shall not:**

- a. Use any contact or force preventing or hindering the defensive team from

- dislodging their flag belt.
- b. Jump or hurdle and contact a defensive player. See 9-2-2j.
- c. Stiff arm an opponent.
- d. Lower the ball to obscure the flags from being dislodged by an opponent.
- e. Intentionally remove their flag belt.
- f. Illegally fasten their flag belt to not permit the flags to be dislodged as designed by the manufacturer.
- g. Lower their head into an opponent.
- h. Hide the ball under a jersey.
- i. Charge into an opponent. The player in possession must attempt to avoid contact with an opponent.

**NOTE: A player in possession of the ball who touched the ground** with any body part other than a hand or foot is considered down at the point of contact.

**Spinning 360 degrees is allowed in all age divisions.**

**ART.3.....A defensive player shall not:**

- a. Hold or grab an opponent's jersey.
- b. Grab, push, or hold an opponent.
- c. Physically tackle an opponent.

Attempt to strip the ball once an opponent clearly has possession of the ball.

- d. "Chuck" or contact a receiver illegally.
- e. Remove a flag of a player who does not have possession of the ball.
- f. Contact the passer, except in a clear attempt to remove the passer's flag.
- g. Run through an offensive player who has established a legal position on the field.
- h. Interfere with a receiver's opportunity to catch the ball once the ball is in the air and the ball is catchable.
- i. Lean across the restraining line prior to the ball being snapped.

**PENALTY: Illegal screen (ART. 1a,b) – 10 yards and loss of down; Illegal Use of Hands (ART. 1c) – 10 yards and loss of down; Flag guarding (ART. 2a,b,e) – 10 yards and loss of down; Offensive charging (ART. 2c,d,h,j) – 10 yards and loss of down; Unsportsmanlike conduct (ART. 2f,i) – 15 yards and loss of down on 1st offense, 15 yards and loss of down plus removal from the game on 2nd offense; Encroachment (ART. 1d, 3j) – 5 yards and repeat of down; Defensive holding (ART. 3a,b) – 10 yards and automatic 1st down; Goss Unsportsmanlike conduct (ART. 3c) – 15 yards and automatic 1st down and if flagrant, removal from the game. NOTE: If a touchdown would have been scored, a touchdown is awarded; Unsportsmanlike conduct (ART.3d, f) – 10 yards and automatic 1st down; Illegal contact (ART. 3e) – 5 yards and automatic 1st down; Pass Interference (ART. 3i) – Point of infraction and automatic 1st down. If the ball is caught, 10 yards from successive spot and automatic 1st down; Unsportsmanlike conduct (ART. 2g) – 15 yards and next down; Roughing the passer (ART. 3g) – 5 yards and automatic 1st down, if roughness is involved, 10 yards and automatic 1st down plus removal at the discretion of the referee; Defensive charging (ART. 3h) – 10 yards and automatic 1st down.**

### **SECTION 3: ILLEGAL PERSONAL CONTACT**

**ART.1..... No player or nonpayer shall fight.**

**ART.2.....No player shall:**

- a. Position themselves on the shoulders or body of a teammate or an opponent to gain an advantage.
- b. Make any other contact with an opponent which is deemed unnecessary and which incites roughness.
- c. Strike an opponent with their fist, locked hands, forearm, or elbow, nor kick or knee them.

**ART.3.....No player or non-player** shall intentionally contact an official.

**PENALTY: Fighting (ART. 1) -- immediate disqualification for that game and his/hers next game including playoffs.**

**(ART. 2 & 3) see unsportsmanlike penalty below in SECTION 4.**

#### **SECTION 4: NONCONTACT UNSPORTSMANLIKE CONDUCT BY PLAYERS**

**ART.1.....No player shall act** in an unsportsmanlike manner during either a half or intermission.

Examples are, but not limited to:

- a. Baiting or taunting acts or words or insignia worn which endangers ill will.

**NOTE: The AFF disapproves** of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender, or national origin.

- b. Using profanity, insulting or vulgar language or gestures.
- c. Any delayed, excessive or prolonged act by which a player attempts to focus attention upon themselves.
- d. Using disconcerting acts or words prior to the snap in attempt to interfere with “A”s signals or movements.

**NOTE: Some players will make statements** designed to upset or ridicule a team or official(s) such as “Good play. Run that one again” on a play that has failed. These actions along with many others should not be ignored and should be penalized accordingly.

- e. Intentionally kicking at the ball, other than during a legal kick.
- f. Leaving the field between downs to gain an advantage unless replaced or unless with permission of the referee.
- g. Refusing to comply with an official’s directive.
- h. Introducing alcohol or drugs into the game.

**ART.2.....When the ball becomes dead in possession** of a player, they shall not:

- a. Intentionally kick the ball.
- b. Spike the ball into the ground.
- c. Throw the ball high into the air or from the field of play.
- d. Intentionally delay returning the ball so the next play can continue.

**PENALTY: Unsportsmanlike conduct (ARTS. 1, 2) – If dead ball, 15 yards. Also, disqualification if flagrant. In ART. 1a, the player must remove the offending item before they are allowed to participate. The second unsportsmanlike foul results in disqualification from that game and**

**his/hers next game-including playoffs. The disqualified player must immediately leave the playing area. Any person's belongings must be brought to the disqualified player by another player or coach. If you receive two Unsportsmanlike conduct fouls in a single game they will carry over from game to game. If an offending player receives a third unsportsmanlike conduct foul he/she will be immediately disqualified for the rest of that game and his/her next game. This penalty will apply to the offending player for the remainder of the season (including playoffs).(EXAMPLE: once a player receives a second unsportsmanlike foul in a game they are now subject to immediate disqualification and suspension for any unsportsmanlike penalty they receive at any time for the remainder of the season-including playoffs)**

## **SECTION 5: ILLEGAL PARTICIPATION**

**ART.1.....During the down, no player shall intentionally go out-of-bounds and return.**

**ART.2.....No replaced player or substitute shall hinder an opponent, touch the ball, influence the play, or otherwise participate.**

**ART.3.....It is illegal participation:**

- a. To have eight or more players participating at the snap.
- b. If an injured player is not replaced for at least one down; unless the half-time or overtime intermission occurs.
- c. To use a replaced player or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.
- d. For a player to be lying on the ground to deceive opponents at or immediately before the snap.
- e. For a disqualified player to reenter the game.
- f. To not play all members of the team at least 50% of the game on offense and/or defense

**PENALTY: Illegal participation (ARTS. 1, 2, 3) – 10 yards**

## **SECTION 6: NONCONTACT UNSPORTSMANLIKE CONDUCT BY NONPLAYERS**

**ART.1.....No coach, substitute, trainer or other team attendant shall act in an unsportsmanlike manner either during a half or intermission. Examples are, but not limited to:**

**Using profanity, insulting or vulgar language or gestures.**

**NOTE: The AFF disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender, or national origin.**

**Additional examples:**

- a. Attempting to influence a decision by an official.
- b. Disrespectfully addressing an official.
- c. Indicating objections to an official's decision.
- d. Using any unauthorized communication equipment.
- e. Holding an unauthorized conference.

**NOTE: Between downs, communications between players and coaches near the sidelines are not**

an unauthorized conference.

- f. The failure of a team to be ready to start either half.
- g. Failures of the head coach or captain to have their player(s) wear legal and/or required equipment.
- h. Being on the field except as a substitute or replace player.
- i. Introducing alcohol or drugs into the game.
- j. Being outside the team box but not on the field.
- k. A substitute who leaves the team box during a fight.

**PENALTY: Non-player fouls (ART. 1a thru j) – If dead ball – 10 yards. (ART. 1k) – 1st Offense – 5 yards, 2nd Offense – 10 yards, Thereafter – 10 yards and removal from the game area. (ART. 1i) – 15 yards and removal from the game.**

### **SECTION 7: UNFAIR ACTS**

**ART.1.....A player or non-player** or person not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.

**ART.2.....No team shall repeatedly commit** fouls which halve the distance to the goal line.

**ART.3.....Neither team shall commit any act** which, in the opinion of the referee, tends to make a travesty of the game.

**PENALTY: Unfair act – The referee enforces any penalty he considers equitable including the award of a score. Repeated fouls (ART. 2) – The game may be forfeited.**

### **SECTION 8: PLAYER ELIGIBILITY**

**ART.1.....No player may play for more than one team.**

**PENALTY: Illegal players – Team forfeits all games won while illegal player(s) were on the team’s roster or game when player participated in.**

### **Rule 10 Enforcement of Penalties**

#### **SECTION 1: PROCEDURE AFTER A FOUL**

**ART.1.....When a foul occurs during a live ball**, the referee shall, at the end of the down, notify the offended team captain. He may also notify the offending team captain, but it is not mandatory. He shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to them the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. In case of a double foul, the captains are not consulted since the penalties offset. The captain’s choice of options may not be revoked, unless the referee gave incorrect information to the captain. In this case the captain’s decision may be changed providing the next play has not taken place. Decisions involving penalties shall be made before any changed time-out is granted either team.

**\*\*\*High School Co-Ed ONLY\*\*\***

**Restraining Line: Rush**

1. The defensive restraining line is 5 yards in front of the ball. However, if the ball is less than 5 yards from a designed 1st down line or the defense's goal line, the restraining line is the line to gain.

- On a 1 point PAT, the goal line is the defensive restraining line.
- On a 2 point PAT, the 5 yard line is the defensive restraining line.

2. A defensive player may not lean over or cross the restraining line until the ball is snapped. The player can get back before snap and not be penalized.

Penalty: Play continues; 5 yards.

**Kick-offs**

1. Kick-offs will take place only at the start of the first and second halves. The kicking team kicks off from their 20-yard line. The ball must be kicked off of either a tee or the ground only. After a score, the opposing team will take possession on their 16-yard line. The receiving team has to remain on their side of the 40-yard line until the ball is kicked.

2. Coin toss precedes the game. The winner of the toss has choice to defend a goal, to receive, to kick-off or to defer choice of options to second half. If the choice is to defer, the loser of the toss has choice to defend a goal, to receive or to kick-off to start the game.

3. Out-of-bounds: Out-of-bounds kick-offs are not re-kicked. If the kick-off goes out-of-bounds, the receiving team will choose to put the ball in play either from its 30-yard line or from the yard line where the ball went out-of-bounds. If a penalty occurred which resulted in the kicking team kicking from behind the 20-yard line, the receiving team may take the ball at the spot it went out-of-bounds or at the 30 plus the penalty yardage.

4. On-side Kicks: There are no on-side kicks. However, the kicking team may down the kick-off once the ball hits the ground. The ball would be dead at the spot and would belong to the receiving team. The clock would not start until the center snap

**Pro Female Rule.**

**Female Play**

**A minimum of one female player must be on the field for offense AND DEFENSE**

Onside Play-Pro Division only

After a score the scoring team may elect to have a onside play. 1 play from the 14 yd line to reach midfield (40 yd line).

If they achieve it offense retains the ball - if the offense fails to reach the 40 yd line, they will turn the ball over to the defense where the play ended.

You cannot retain the ball by penalty. If a penalty occurs the yardage will be assessed, and the try will happen again

**Only 2 attempts per game.  
1 time per half**

AAL Sports COVID-19 Protocol: (Sports Addendum)

1. Anyone with a Positive COVID-19 diagnosis will not be allowed to be present at any AAL events for the CDC recommended quarantine timeframe and then (Players will require a “return to school/normal activities” note from doctor)
  - a. Sport League will keep a log with all individuals name and dates of positive and negative COVID results and dates
  - b. A copy of these reports is to be filed and forwarded to AAL’s secretary as cases are identified.
2. Coaches, Team Moms and players must socially distance.

There will be no challenges and no grievances accepted to this order.