

ULTIMATE FLAG FOOTBALL

8-ON-8 FLAG

Official 2025 Rules

LYFA Board Approved and Amended – February 28, 2025

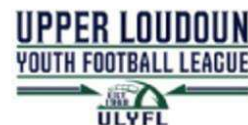


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1. ULTIMATE FLAG CONCEPT

- Ultimate Flag football is a hybrid to Fall Contact Football that incorporates elements from contact football and flag football into an innovative approach that:
 - Introduces new athletes to football in a low-contact manner.
 - Encourages passing, receiving, blocking, and running in a low-contact format.
 - Focuses on footwork, hand skills, and football fundamentals. The goal for this concept is to present our community with a spring football format with a low-contact, hybrid contact football option.
- No Red Dot running restrictions.
- Current school year K through 8th graders is eligible to play.

2. TERMINOLOGY

AFD	Award First Down
BOUNDARY LINES	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
CHARGING	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.
CONTACT ZONE	The entire area behind and ten (10) yards forward from the line of scrimmage
DEAD BALL	Refers to the “period of time” immediately before or after a play.
DEFENSE	The team opposing the offense to prevent it from advancing the ball.
DOWNS	The offensive team has four attempts or “downs” to advance the ball to the 20-yard line. It must cross the line to gain (20-yard line) to get another set of downs or to score.
EOR (END OF RUN)	End of Run
FLAG GUARDING	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head, or by blocking access to the runner’s flags with a hand or arm. Note: Ball carrier can “stiff arm” within the contact zone
INADVERTENT WHISTLE	Official’s whistle that is performed in error.
LATERAL	A backward or sideways toss of the ball by the ball-carrier.
LINE-TO-GAIN	The line the offense must pass to get a first down or to score.
LIVE BALL	Refers to the “period of time” that the play is in action. Generally used regarding penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

LOS (LINE OF SCRIMMAGE)	An imaginary line running through the point of the football and across the width of the field.
OFFENSE	The team with possession of the ball.
OFFICIAL TIMEKEEPER	Officials must designate who is the timekeeper during the coin flip prior to the game starting.
PASSER	The offensive player who throws the ball and may or may not be the quarterback.
RUSH LINE	An imaginary line running across the width of the field five yards (into the defensive side) from the line of scrimmage.
RUSHER	The defensive player(s) assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
SHOVEL PASS	A legal forward pitch attempted from behind the line of scrimmage traveling beyond the line of scrimmage.
SOF (SPOT OF FOUL)	Spot fouls are penalties that are assessed from the spot on the field where the foul occurred.
UNSPORTSMANLIKE CONDUCT	A rude, confrontational, or offensive behavior or language. (See Code of Conduct)
WHISTLE	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game.

3. General Rules

- 3.1. Each team will field 8 players. In the event a team has 7 players, both teams must agree to proceed with 7, or play 8 vs 7, if a reschedule is not an option.
- 3.2. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- 3.3. The winner of the coin toss has the choice of offense or defense. Possession changes to start the second half for the team that started the game on defense.
- 3.4. The offensive team takes possession of the ball at the 40-yard line and has 4 plays to convert a 1st down (at 20-yard line). If offense makes the first down, they get four more downs to score.
- 3.5. If the offense fails to convert a 1st down or score, the other team takes possession back at the 40-yard line.
- 3.6. Each change of possession results in the ball being spotted at the 40-yard line
- 3.7. After the first half, possession changes to the team that started the game on defense.
- 3.8. Substitutions may be made on any dead ball
- 3.9. Play is ruled “dead” when:
 - 3.9.1. Ball carrier’s flag is pulled
 - 3.9.2. Ball carrier steps out of bounds
 - 3.9.3. Ball carrier’s flag falls out.
 - 3.9.4. Ball carrier’s knee touches the ground
 - 3.9.5. Touchdown or safety is scored
 - 3.9.6. Football touches the ground during a snap
- 3.10. There are no fumbles. The ball is spotted where the ball hits the ground.
- 3.11. Playing Time will be equally divided by the number of available players and number of snaps on offense and defense. Example: Each player should have a minimum of 6 plays per half.

4. OFFENSE

4.1. Offensive Formation

4.1.1. Offensive Linemen

4.1.1.1. 3 Offensive linemen **MUST** be on the L.O.S. The center and two guards are ineligible to receive or possess the ball after the ball is snapped.

4.1.1.2. Centers must line up in a 3-point stance.

4.1.1.3. Guards have the option of lining up in either a 2-point or 3-point stance.

4.1.1.4. Splits between Center and Guard must be 2 feet wide on the Offensive Line (A- GAP)

4.1.2. The quarterback may take a direct snap from under center, or in the shotgun position.

4.1.3. Quarterback, Running Backs, Tight Ends, and Receivers must be in a 2-point stance. Tight Ends are permitted to line up within the tackle box on the line of scrimmage, but the offense must have 5 players maximum on the line of scrimmage. The defense may then match the offensive formation on the line of scrimmage, but the center must be uncovered. If the ball is between the 5-yard line and goal line, the defense can match the offensive formation and align head up over the center.

4.1.4. Offense **MUST** have 5 players on the L.O.S. at the snap of the ball.

4.1.4.1. All offensive schemes may have a maximum of 3 players in a backfield at a time.

4.1.5. Only one player is allowed in motion at the time of the snap of the ball, but this motion may not be towards the line of scrimmage.

4.1.5.1. Two or more players may "shift" prior to the snap of the ball but shifting players must be set prior to the snap of the ball.

4.1.5.2. Once an offensive lineman's hands are in the dirt, they are unable to shift.

4.2. Offensive Play

4.2.1. Play Center Snap

4.2.1.1. The ball must be snapped between the legs of the offensive center to start the play.

4.2.1.2. If **ANY** part of the ball touches the ground, the play will be whistled "dead," and the ball spotted where it touched the ground.

4.2.1.3. A false movement of the football by the center after he is set shall constitute illegal procedure.

4.2.1.4. A direct snap must be a clear and immediate exchange of the ball between the center's legs.

4.2.2. Blocking

- 4.2.2.1. Blocking is allowed within the 10-yard contact zone. When engaging a block, the blocker must come to balance, and all initial contact must be made with the hands first.
- 4.2.2.2. No blocking by initiating or leading with head/helmet or shoulder pads. Lead Blocking (RB/WR/OL) is allowed within the contact zone, which extends 10 yards beyond the LOS.
- 4.2.2.3. During a legal block, defense and offense must initiate contact with open hands; Open hands can be thrust forward initially to contact an opponent anywhere below the neck and above the waist. As the play develops, a blocker is permitted to work for and maintain position on an opponent if he does not push from behind or clip.
- 4.2.2.4. If a defensive lineman turns his back to the offensive linemen while engaged there will be no penalty for blocking in the back
- 4.2.2.5. NO CUT BLOCKING. CONTACT BELOW THE WAIST IS STRICTLY PROHIBITED, NO DOWN FIELD BLOCKING BEYOND THE CONTACT ZONE (10 yards from the LOS).

4.2.3. Quarterback (QB)

- 4.2.3.1. Quarterback is defined as the first player taking full possession of the snap from center.
- 4.2.3.2. The quarterback may take a direct snap from under center, or in the shotgun position.
- 4.2.3.3. Quarterbacks may leave their feet to throw a pass.
- 4.2.3.4. The quarterback may run with the ball

4.2.4. Passing

- 4.2.4.1. There can be only one forward pass per play. There can be multiple exchanges of the football (lateral or behind the player with the ball). A forward pass is defined as a live ball thrown toward the opponent's goal line advancing further downfield from where the pass was thrown.
- 4.2.4.2. Passes do not have to cross the L.O.S.
- 4.2.4.3. Laterals and pitches are permitted but will result in loss of down and be marked where the ball touches the ground, if fumbled. Laterals and pitches may be intercepted and awarded to the defense.

4.2.5. Receiving

- 4.2.5.1. The receiver must have at least **one** foot inbounds when making a reception.
- 4.2.5.2. Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion.
- 4.2.5.3. The official(s) will determine (1) did pass interference occur, (2)

who caught the ball, and (3) was receiver inbounds with one foot at moment of possession. A tie-up reception always goes to the offense.

4.2.6. Ball Carrier

- 4.2.6.1. Ball carrier is responsible for avoiding contact outside the contact zone. The ball carrier will not deliberately run or drive into a defensive player outside of the contact zone.
- 4.2.6.2. Ball carrier can “stiff arm” within the contact zone
- 4.2.6.3. The ball carrier cannot flag guard by blocking/slapping the arm or hand of the defender **EVEN** in the contact zone. The defensive player must have a clear opportunity to pull his flags. **Penalty:** 5 yards from L.O.S. (if behind the line) and repeat the down, or from S.O.F. (if beyond the L.O.S.)
- 4.2.6.4. The player who takes the handoff can throw the ball from behind the line of scrimmage

Diving and Jumping

- 4.2.6.5. Ball carriers may not dive or jump. Diving is defined as a player clearly leaving both feet stretched out in an aggressive attempt to gain extra yards. Should contact occur, outside the contact zone, because of the ball carrier's uncontrolled momentum, he will be penalized. **Penalty:** 5 yards from L.O.S. (if behind the line) and repeat the down, or from S.O.F. (if beyond the L.O.S.)
- 4.2.6.6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- 4.2.6.7. The ball is spotted where the ball carrier's feet are when the flag is pulled, not the position of the ball.
- 4.2.6.8. Shovel passes are allowed but must be received beyond the line of scrimmage.
- 4.2.6.9. Direct handoffs are permitted behind the line of scrimmage. Offense may use multiple handoffs.

5. DEFENSE

5.1. Flag Pulling

5.1.1. The ball carrier is down, and the ball is dead when the flag is detached from the ball carrier's waist (intentionally or unintentionally), or when the ball touches the ground.

5.1.2. When a defensive player pulls the ball carrier's flag, the player should stop and hold it above their head for officials to see.

5.1.3. The intended receiver of either a forward or lateral pass may have his flag pulled **ONLY** after first touching the ball - even while fumbling or bobbling the ball and before possession is established.

5.1.3.1. In the event a receiver has not gained possession of the ball (bobbling) when flag is pulled, and a defensive player intercepts the pass it will be the defense's ball.

5.1.4. If the ball is in the hand of the Quarterback and the flag is pulled, the passer shall be down at the spot of the passer's front foot.

5.1.5. An illegal flag pull is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. **Penalty:** 10 yards from L.O.S. or E.O.R.

5.1.6. A defender **may not** push or knock a ball carrier out of bounds. **Penalty:** 5 yards from S.O.F. and an awarded first down.

5.1.7. The defense is not permitted to strip the football from the ball carrier. Stripping occurs when a defender attempts to strip the ball from the grasp of a player who has possession of the ball outside the Contact Zone. **Penalty:** 5-yard penalty from S.O.F.

5.1.8. Interceptions change the possession of the ball and are spotted at the 40, if the defensive player has the flag pulled.

5.1.8.1. Interception returned beyond the 45-yard line is a defensive touchdown +6 points and eligible for a PAT attempt.

5.1.9. A flag pull behind the 45 yd line is a safety.

5.2. Bump and Run

5.2.1. Contact with a receiver is allowed within the Contact Zone, however, a player cannot be in contact with the intended receiver while the ball is in the air towards the receiver.

5.2.2. Both the offensive and defensive players have equal rights to the ball in the air. The official(s) will determine (1) did offensive or defensive pass interference occur, (2) who caught the ball, and (3) was receiver inbounds with one foot at moment of possession. A tie-up reception always goes to the offense.

5.3. Defensive Formation

- 5.3.1. "A" gap is defined as the area between the center and the guards (splits must be 2 ft)
- 5.3.2. Defensive players can line up in a 2-point or 3-point stance
 - 5.3.2.1. Defensive players lined up in the tackle box must use a 3-point stance (Free Blocking Zone).
- 5.3.3. Defenders on the line of scrimmage can immediately rush the passer.
- 5.3.4. No defender can align directly over the center or in the A gap at the line of scrimmage. Only exception is between the 5-yard line and goal line, where a defensive lineman can align head up over the offensive line and engage any gap without stunting. (See 4.1.3)

Defensive linemen are permitted to be head up with the guard in a 2 technique but cannot rush the A gap (1 Technique). Any defensive player that rushes the A gap must line up 5 yards from the line of scrimmage.
- 5.3.5. A defensive lineman can Stunt/Rush into the A gap if lined up on the outside shoulder of the offensive guard (3 technique) with their inside shoulder at the snap of the ball.
- 5.3.6. A minimum of two (2) defensive lineman must align on the line of scrimmage within the "Tackle Box" (Free Blocking Zone).
- 5.3.7. If a team chooses to have 3 defensive linemen, those players must also be lined up within a shoulder length of the 2 offensive Guards, Tight Ends or Wing Back in the tackle box on the L.O.S.
- 5.3.8. A 4th Defensive player may line up on the line of scrimmage in a 2-point stance only if a Tight End/Wing Back is in the backfield within the tackle box, outside the right or left guard. No more than four (4) defensive lineman can line up within the "Tackle Box" of the offensive line.
- 5.3.9. Linebackers/Cornerback/Safety Blitzing: Players that are not on the line cannot advance toward the offensive team prior to the snap, in attempt to gain an advantage (the running blitz is prohibited). All defensive players that are not part of the line of scrimmage must be five (5) yards behind the line of scrimmage, unless covering a Wide Receiver or Tight End.
- 5.3.10. From the 5-yard line to the goal line, defensive players within the tackle box can align head up on the offensive line and cover the center. The defense lineman can engage any gap without stunting from a head up alignment.
 - 5.3.10.1. Any number of LB/Cornerback/Safety can rush the QB. However, the rushing player(s) MUST be a minimum of 5 yards off the L.O.S. at the snap of the ball.
- 5.3.11. Cornerback/Safety - covering a Wide Receiver on or off the line of scrimmage.
- 5.3.12. Cornerback/Safety - can advance up to 1 yard of line of scrimmage to cover a Wide Receiver, **HOWEVER, if NO** Wide Receiver is on the line of scrimmage CB / Safety must be 5 yards off the Line of scrimmage

- 5.3.13.** Cornerback/Safety can read and react to offensive play when covering a Wide Receiver from the line of scrimmage, if the quarterback and/or ball carrier moves outside of the Tackle Box after the ball is snapped.

6. EQUIPMENT

6.1. Flag belts

- 6.1.1. Three flags must be on each belt. One flag on each hip and one flag in the back center.
- 6.1.2. The flag belt will be "Pop Socket" style. Velcro flag belts are not permitted.
- 6.1.3. Flag belts may not be the same color as the shorts or pants.

6.2. Cleats with exposed metal are not allowed and must be removed.

6.3. Clear visors are allowed to be worn on helmets. Tinted visors are considered illegal equipment and players will not be permitted to participate until removed.

6.4. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

6.5. Each team is responsible for their own ball, as to retrieving it after an incomplete pass and keeping it dry during adverse weather conditions.

6.6. Football Specifications

Division	Wilson	Nike
A (7 th and 8 th)	NFHS/Collegiate	Size 9
A (7 th and 8 th)	TDY	Size 8
B (5 th and 6 th)	TDJ	Size 7
C (3 rd and 4 th)	K2	Size 6
D (K through 2 nd)	K2	Size 6

6.6.1. An infraction of using a football that is not an approved football will be an automatic penalty of reversing possession of the football at the place of the last snap prior to discovery of the illegal ball if the ball was used for one play. If the illegal ball is discovered prior to snap, there will be a 10-yard penalty, no reversal of possession and removal of the ball.

6.7. Uniforms

6.7.1. Pant/shorts CANNOT be the same color as the Flag. Players with illegal pants/shorts will be removed from the game until they comply. This rule will be enforced with no exceptions.

6.7.2. Players' shorts or pants cannot have exposed pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

- 6.7.3.** Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
- 6.7.4.** Players may wear a long sleeve shirt under their jersey.
- 6.7.5.** Players must wear mouth pieces during practices and games.
- 6.7.6.** Athletic cups are recommended, but not required.
- 6.7.7.** Only LYFA approved jerseys may be worn. Altering of uniforms will not be allowed without permission from the LYFA Board.
- 6.7.8.** No players names will be allowed on jerseys, corporate sponsored jerseys can have the sponsors name on all jerseys.

7. PLAYING FIELD

- 7.1.** Field width will be the width of a regulation field with two outside hash marks.
- 7.2.** D-League field width may be reduced to the far hash based on the number of players and mutual agreement of both coaches and league officials.
- 7.3.** Field length will be 50 yards long with 1 ten-yard end zone for a total of 60 yards.

8. TIMING AND OVERTIME

8.1. Timing

- 8.1.1. Games are 48 minutes running time, 4 twelve-minute running quarters. The clock will stop at the end of each quarter, time outs, and scores. The officials can stop the clock at their discretion for injury, to stop a team from delaying or other unsportsmanlike conduct.
- 8.1.2. Clock will stop for each change of possession.
- 8.1.3. Halftime is five minutes and 1 minute at the conclusion of the 1st and 3rd Qtr.
- 8.1.4. Dead ball stops clock during the last 2 minutes of half or end of game. This is a ball on the playing field that is deemed temporarily unplayable or is no longer in play and is a condition that occurs between football plays, after one of the following has occurred.
 - 8.1.4.1. A player with the ball runs or catches the ball and goes out of bounds.
 - 8.1.4.2. A forward pass touches the ground or travels out of bounds without being caught (incomplete pass).
 - 8.1.4.3. A penalty has been committed.
 - 8.1.4.4. After a score.
- 8.1.5. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
 - 8.1.5.1. NOTE: Officials should use discretion with younger ages (C and D Divisions) who may need more time to line up and get a play off.
- 8.1.6. Each team has two 30-second timeouts per half.
- 8.1.7. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.

8.2. Overtime

- 8.2.1. If the score is tied at the end of 48 minutes, an overtime period will be used to determine a winner. The overtime format is as follows:
 - 8.2.1.1. Ball possession is decided by a coin toss. The **AWAY** team will call the toss, the winning team chooses to receive or defend.
 - 8.2.1.1.1. Each team will be given an opportunity to score. Ball will be spotted at the 20-yard line, and each team will have 4 downs to score
 - 8.2.1.1.2. An extra point(s) will be attempted after every touchdown. On first possession, a team can elect to go for a 1 or 2-point conversion.

If both teams score touchdowns and equal extra points, the process will repeat but both teams must attempt a 2-point conversion after a touchdown.

8.2.1.1.3. Regular season only: If after two overtimes the score is still tied, the game will be scored as a TIE.

8.2.1.1.4. Each team will take turns getting one play from the defense's 5-yard line for 1-point or the defense's 10-yard line for 2-points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one or two-point play of its own.

8.2.1.1.5. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the five-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

8.2.1.1.6. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.

8.2.1.2. All regulation period rules and penalties are in effect

8.2.1.3. There are no timeouts in overtime.

9. SCORING

- 9.1. Touchdown: Six points
- 9.2. PAT (point after touchdown) has two options. One-point PAT or two-point PAT
 - 9.2.1. One point from the 5-yard line
 - 9.2.2. Two points from the 10-yard line
 - 9.2.3. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a one-point or two-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
- 9.3. Safety: Two points
 - 9.3.1. A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. If a player with possession of the football carries the ball past the 50-yard line it will be considered a safety.
- 9.4. A mercy rule will be invoked if any team is ahead by more than 35 points after the losing team has had an offensive possession. Play may continue WITHOUT keeping score at the discretion of the losing head coach or league official.

10. COACHES

- 10.1. D, C and B League, A7, and A8
 - 10.1.1. One coach is allowed on the field to call plays and direct players according to need. Once the quarterback begins his or her cadence, however, coaches can no longer speak and must be behind the deepest offensive and defensive players and out of the action.
 - 10.1.1.1. D League allows 2 coaches on the field to facilitate the progress of the game.
 - 10.1.2. Coaches can assist in the alignment of their players to facilitate a fast-paced game, but coaches on the field may not provide extra instruction or make audibles to play calls once the quarterback starts the cadence. Coaches on the sidelines can provide this information to players on the field.
 - 10.1.3. All other coaches must remain on the sideline and can only enter the offensive

or defensive huddle during a time out.

11. LIVE BALL DEAD BALL

- 11.1. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
- 11.2. The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.
 - 11.2.1. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.
- 11.3. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.
- 11.4. A player who gains possession of the ball is considered inbounds if one foot comes down in the field of play.
- 11.5. Substitutions may be made on any dead ball.
- 11.6. Any official can whistle the play dead.
- 11.7. Play is ruled "dead" when:
 - 11.7.1. The ball hits the ground
 - 11.7.2. If the ball hits the ground because of a bad snap, the ball is then placed where the ball hit the ground
 - 11.7.3. The ball-carrier's flag is pulled
 - 11.7.4. The ball-carrier steps out of bounds
 - 11.7.5. A touchdown, PAT or safety is scored
 - 11.7.6. Any part of the body other than feet or hands touches the ground
 - 11.7.7. The ball-carrier's flag falls out
 - 11.7.8. The receiver catches the ball while in possession of one or no flag(s)
 - 11.7.9. An inadvertent whistle
- 11.8. In the case of an inadvertent whistle, the offense has two options:
 - 11.8.1. Take the ball where it was when the whistle blew, and the down is consumed.
 - 11.8.2. Replay the down from the original line of scrimmage.

- 11.9.** A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team is charged a timeout. If the rule is interpreted incorrectly, the timeout is not charged, and the proper ruling will be enforced. Officials should all agree upon any controversial call-in order to give each team the full benefit of each call.
- 11.10.** A team with no time out remaining cannot challenge a rule interpretation, though officials can come together independently and reverse a call by unanimous decision.

12. RUNNING

- 12.1.** The ball is spotted where the runner's front foot is when the flag is pulled, not the position of the ball.
- 12.2.** The quarterback can directly run with the ball.
- 12.3.** Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must take place behind the line of scrimmage. The offense may use multiple handoffs.
 - 12.3.1.** The "center sneak" play is not allowed as centers or guards are ineligible to receive handoffs or catch passes.
- 12.4.** Laterals forward the LOS of any kind are allowed, including pitches and throwbacks.
- 12.5.** Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 12.6.** At the snap of the ball all players on the defensive line and players 5-yards from the LOS are eligible to rush.
- 12.7.** Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- 12.8.** Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
- 12.9.** Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 12.10.** No blocking or "screening" is allowed at any time beyond the contact zone 10 yards beyond the LOS
- 12.11.** Offensive players without the ball must stop their motion once the ball has crossed the contact zone. There is no running with the ball-carrier.
- 12.12.** Flag obstruction – All jerseys must be tucked in before play begins if the jersey is

below the belt line. The flags must be on the player's hips with the third one centered

on the back and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

- 12.13.** 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.

13. PASSING

- 13.1.** All passes must be thrown with a part of the passer's body on or behind the line of scrimmage.
- 13.1.1.** The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the vicinity of a receiver.
- 13.1.2.** Quarterbacks can spike the ball dead in the final 2 minutes of the first half or at the end of the game
- 13.2.** Shovel passes and lateral/backward passes are allowed.
- 13.3.** Any player who has received a legal handoff can throw the ball.

14. RECEIVING

- 14.1.** The center and two guards are not eligible to receive passes.
- 14.2.** A player must have at least one foot inbounds to make a legal reception. A receiver that is bumped out of bounds by a defensive player must re-establish both feet inbounds to be eligible to receive a pass. If a receiver runs out of bounds on a live play on their own accord, they are ineligible to catch a pass.
- 14.3.** In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 14.4.** Interceptions change possession at the point of the catch. Interceptions are returnable and must be returned to the 45-yard line to be considered a 6-point score. If the interception scores by crossing the 45-yard line, the 1- or 2-point PAT is tried by the scoring team.
- 14.5.** The play is blown dead immediately if an interception is made on an extra-point try. There are no returns on that play.

15. RUSHING THE PASSER

- 15.1. All players not on the defensive line who rush the passer must be a minimum of five yards behind the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
- 15.2. The defensive lineman can rush the quarterback at the snap of the ball but not rush the A gap from the line of scrimmage, however, can scrape/stunt from the DE position into the A gaps if lined up with their inside shoulder lined up to the outside shoulder of either guard. The defensive linemen must line up 1 yard off the line of scrimmage outside the neutral zone.
- 15.3. Linebackers and defensive backs can rush the A gap if they are a minimum of 5 yards lined up and not moving toward the line of scrimmage at the snap of the ball.
- 15.4. Teams are not required to rush the quarterback.
- 15.5. 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 contacting the passer still results in a roughing the passer penalty.
- 15.6. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage. The ball is placed where the quarterback's front foot was when the flag was pulled.
- 15.7. A safety is awarded if the sack or dead ball spot takes place in the offensive team's end zone – between the 45–50-yard lines.

16. FLAG PULLING

- 16.1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- 16.2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
- 16.3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- 16.4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- 16.5. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.

- 16.5.1.** If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made.

17. PENALTIES

17.1. General

- 17.1.1.** If it is determined by the referees that a defensive player dives for a flag that results in illegal contact, (See 16.2 Above) the defense will be penalized 10 yds. If the assessment of the penalty puts the ball in the end zone, it is an automatic first down and the ball is placed half the distance to the goal. A flagrant tackle to prevent a touchdown will result in a touchdown.
- 17.1.2.** Referees may determine incidental contact that may result from normal run of play.
- 17.1.3.** All penalties will be assessed from the L.O.S except spot fouls which will be assessed from the line of scrimmage or the point of the foul whichever benefits the offensive team.
- 17.1.4.** Games cannot end on a defensive penalty unless the offense declines it.
- 17.1.5.** Coaches can decline any penalty against the opposing team, except automatic penalties due to an Unsportsmanlike Conduct or Unnecessary Roughness.

17.1.6.

17.1.7. Roughing the Passer

- 17.1.7.1.** Occurs when the passer is hit anywhere during or after an attempted pass.
- 17.1.7.2.** Defenders must control themselves and pull up to avoid contact with the passer after he/she has thrown the ball. Penalty yardage will be added on to the end of the play.
- 17.1.7.3.** If the ball is tipped by the defensive player who runs into the quarterback, there is no roughing the passer.
- 17.1.7.4.** A defender may NOT contact a QB's throwing arm while in motion

17.1.8. Intentional Grounding

- 17.1.8.1.** Shall constitute an illegal forward pass. This is when a quarterback throws the ball away to avoid a sack.
- 17.1.8.2.** Inside the free blocking zone without a receiver in the area will result in a Spot of Foul penalty and loss of down.
- 17.1.8.3.** The QB is outside the free blocking zone (Tackle box). The ball must reach the LOS. Not achieving the LOS will result in a Spot of Foul penalty and loss

of down.

17.2. Tackling

17.2.1. The penalty for tackling will be as follows: 15 yards for tackling with automatic first down (if tackling) from S.O.F; and if, in the opinion of the officials, the act clearly prevented a score; the official may award a Touchdown.

17.2.2. The offender may be ejected if the referee judges the act to be flagrant.

17.3. Illegal Advancement

17.3.1. Advancement may not occur because of the ball being slapped, kicked, pitched, or pushed by either team in the direction of their goal line. The ball will be declared dead at the spot of such illegal advancement and there will be a 5-yard penalty plus loss of down.

17.4. The officials will call all penalties.

17.5. Game officials determine incidental contact that may result from normal run of play.

17.6. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

17.7. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Other players, coaches and fans may not question calls.

17.8. Games and halves may not end on a penalty unless the opposing team declines it.

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

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

17.11. Ineligible Receiver

17.11.1. Any receiver situated on the line of scrimmage (i.e., Tight End) inside another receiver on the same line (i.e., Wide Receiver) is considered covered up. This designation renders the covered-up receiver ineligible to make a catch.

17.12. Illegal Man Downfield

17.12.1. By rule, ineligible players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands 2 yards behind the defensive line of scrimmage following the snap.

17.13. Offensive Penalties

Penalty	Yards	Marked From	Loss of Down/Repeat Down
****OFFENSIVE PENALTIES OCCURRING BETWEEN the 40 – 45 YD LINES****	Half the distance to the Goal	SOF	RD
CLOTHING COVERING FLAG	5	LOS	RD
FLAGS OUT OF POSITION	5	SOF	RD
HOLDING	5	BOTH	RD
DIVING OR JUMPING	5	SOF	RD
ILLEGAL SNAP	5	SOF	RD
ILLEGAL MOTION / SHIFT	5	LOS	RD
ILLEGAL FORMATION	5	LOS	RD
ILLEGAL FORWARD PASS	5	BOTH	RD
ILLEGAL BLOCK	10	BOTH	RD
INTENTIONAL GROUNDING	5	SOF	LOD
PASS INTERFERENCE	10	LOS	RD
SPEARING-HITTING WITH THE CROWN OF THE HELMET	10	SOF	RD
FLAG GUARDING / STIFF ARM (outside of CZ)	5	SOF	RD
ILLEGAL CONTACT	10	SOF	RD
CONTACT BELOW THE WAIST	10	LOS	RD
ILLEGAL MAN DOWNFIELD	5	LOS	LOD
INELIGIBLE RECEIVER	5	LOS	RD
2ND CONTACT BELOW THE WAIST INFRACTION BY SAME PLAYER	EJECTION	No exceptions	N/A

***Coaches can decline any penalty against the opposing team, except automatic penalties due to an Unsportsmanlike Conduct or Unnecessary Roughness.**

17.14. Defensive Penalties

Penalty	Yards	Marked From	Loss of Down/Repeat Down/Automatic 1 st Down
ILLEGAL BLITZ / RUSH	5	LOS	RD
ROUGHING THE PASSER	10	LOS	RD
PASS INTERFERENCE	-	SOF	AFD
STRIPPING THE BALL	5	SOF	RD
ILLEGAL ALIGNMENT	5	LOS	RD
ILLEGAL CONTACT	5	LOS	RD
HOLDING	5	SOF	RD
TACKLING	15	LOS/SOF	RD
TRIPPING	5	LOS/SOF	RD
PUSHING BALL CARRIER OUT OF BOUNDS	5	SOF/LOS	AFD
EARLY FLAG PULL	10	LOS/SOF	RD
PERSONAL FOUL	10	SOF	AFD

***Coaches can decline any penalty against the opposing team, except automatic penalties due to an Unsportsmanlike Conduct or Unnecessary Roughness.**

17.15. General Penalties

Penalty	Yards	Marked From	Loss of Down/Repeat Down
DELAY OF GAME	5	LOS	RD
DEROGATORY (ACTION / FOUL LANGUAGE)	10	LOS	RD
ILLEGAL SUBSTITUTION	5	LOS	RD
ILLEGAL PARTICIPATION	5	LOS	RD
ENCROACHMENT / OFFSIDE	5	LOS	RD
SIDELINE INTERFERENCE	5	LOS	RD
UNSPORTSMANLIKE CONDUCT	10	LOS	RD
UNNECESSARY ROUGHNESS	10	LOS	RD
FACEMASK	10	LOS	RD

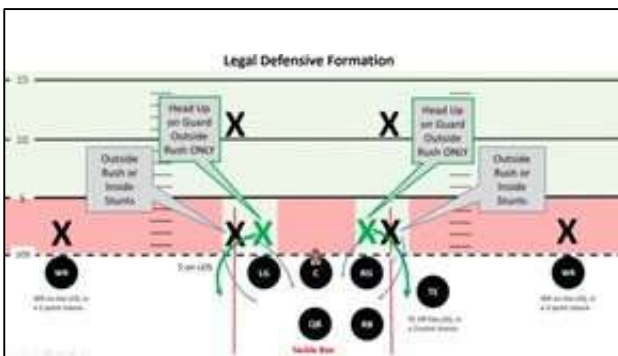
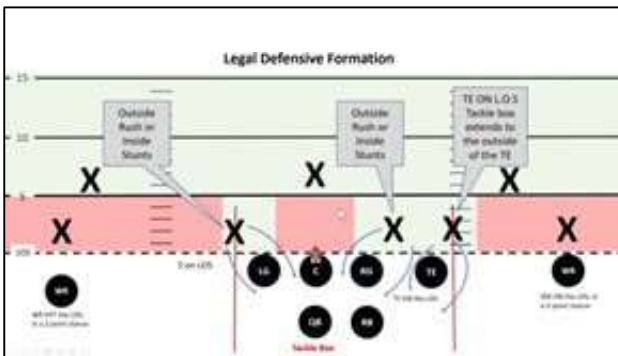
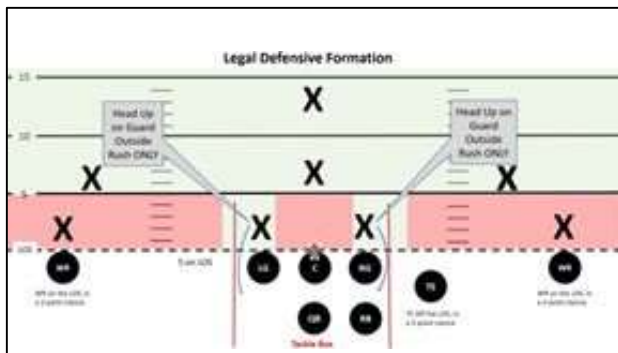
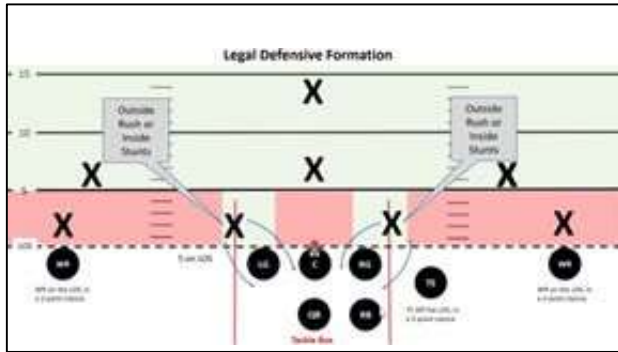
18. PLAYOFF ELIGIBILITY AND TIE BREAKERS

- 18.1.** The following tiebreakers will be used to determine playoff eligibility and seeding.
- 18.2.** In the case of two teams ending the season with identical records. The tie breaker order will be determined as follows:
 - 18.2.1.** 1st Head-to-Head record
 - 18.2.2.** 2nd Overall points against
 - 18.2.3.** 3rd Overall points differential
- 18.3.** If three or more teams end the season with identical records.
 - 18.3.1.** 1st Head-to-Head record among the tied teams
 - 18.3.2.** 2nd Overall point differential
 - 18.3.3.** 3rd Overall points against
 - 18.3.4.** Any team with a forfeit is automatically seeded lower.

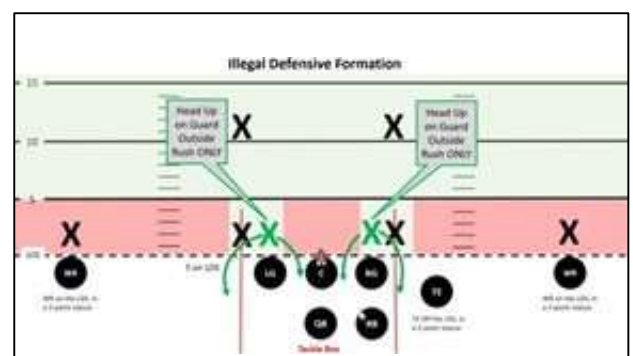
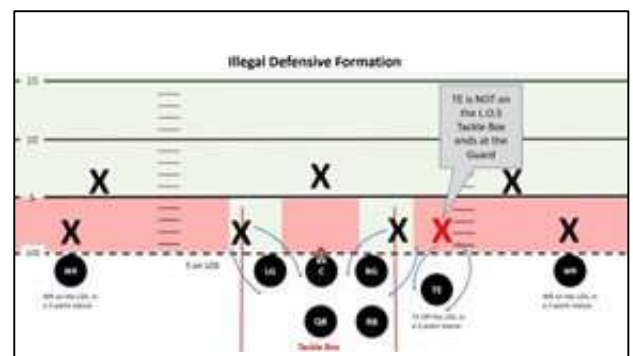
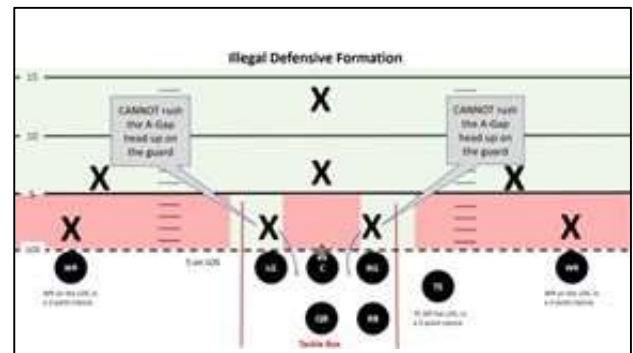
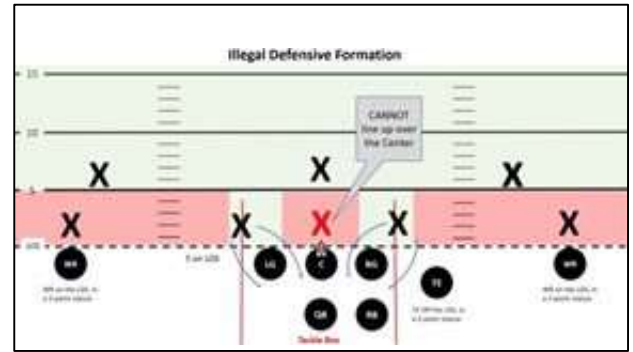
19. Addendums

19.1. Defensive Formation Examples

Legal

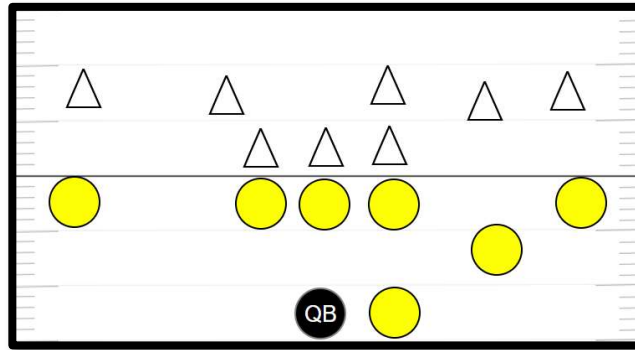


Illegal



19.1.1 Defensive Goal-line Formation Example – Between 5-yard line and Endzone

* The defense is permitted to align head up over the offensive line, including the center. The defensive line can rush into any gap.



19.2. Offensive Formation Examples

Legal

Illegal

