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2023 (5-on-5) ABL FLAG FOOTBALL LEAGUE RULEBOOK

ABL 5-on-5 League Rules and Regulations are complete and in depth for a reason: to protect our players, referees and field owners. Rules are listed to cover any possible circumstance regarding play. We provide these rules to enhance the enjoyment for our players and to ensure the integrity of our league.

RULE 1: ALCOHOLIC BEVERAGES

1. Alcoholic beverages or glass of any kind are not permitted on school or park grounds.
2. Any alcoholic beverages found on park grounds will result in the automatic termination from the league or event.

RULE 2: ATTIRE

1. All players must have matching colored jerseys or shirts. Be sure to bring both Light and Dark shirts/jerseys to the field (No Yellow pants/shorts).
2. Jerseys must be tucked in pants/shorts or cut 4 inches above the waistline.
3. Caps may be worn only in reverse direction. However, no extended bills, cardboard, or any other hard material is allowed.
4. The following is **NOT** allowed: any kind of full contact football equipment; metal, ceramic or detachable cleats; casts, pockets or belt loops on pants. Only soft braces that are padded with foam may be worn. Turf cleats are allowed.
5. Mouthpieces are highly recommended.
6. Only (1) piece yellow Triple Threat Flag belts are allowed. The League will supply all Flag Belts during League Play.

RULE 3: AWARDS

1. The following awards will be presented:
 - a. Team Trophy for the Champs
 - b. Championship Shirts
2. League Champion is determined upon winning the playoffs.
3. League Office reserves the right to modify these prizes at any time.

RULE 4: BALL CARRIER

1. A ball carrier may get up and advance with the ball if he falls, unless touched while down. The flag does NOT have to be pulled if a player is down on the ground.
2. The ball carrier must never do the following:
 - a. Shield the flag with hand or ball (10 yard penalty from spot of foul)
 - b. Crawl or dive to advance (10 yard penalty from spot of foul)
 - c. Toss the ball in the air to avoid a flag pull while in possession of the ball (toss to self).
3. If the ball carrier loses his flag belt (without being pulled), the one-hand touch shall be enforced.
4. If the ball carrier loses his flag belt because of a defender, the play is dead at point of flag belt separation.
5. If during the play, the ball carrier's jersey covers the flags and the defense cannot pull the flag (in the officials judgment), one hand touch will prevail.

6. If the ball carrier uses the ball to prevent himself (or herself) from falling, ball is dead at the spot of the infraction.
7. No Stiff Arm's allowed

RULE 5: BALL RETRIEVAL

1. The offense is responsible for retrieving the ball and bringing it back to the official after each play as quickly as possible. Otherwise, a **Delay of Game** penalty will result.

RULE 5A: BLACKOUT DATES

8. There are no regular season games on the following: New Years Day, Easter/Passover Weekend, Memorial Day Weekend, 4th of July Weekend, Labor Day Weekend, Thanksgiving Weekend, and Christmas Weekend.
9. All other holidays (i.e. Mother's Day, Father's Day, religious holidays, etc.) must be requested off at the time of registration.
10. IF a team requests a BLACKOUT DATE (in writing at the time of registration), that team may or may not make up those games. Playoffs are decided on "Winning Percentage" regardless of the number of games played.

RULE 6: BLITZING

1. Immediate rush for all players that are positioned at least 7 yards from the line of scrimmage at the snap.
2. Each team is allowed 1 blitz every 4 downs from the Line of Scrimmage (except in No Run Zone)
3. **The Quarterback can only run the football if blitzed.**
4. If a bad snap hits the ground before the QB has possession during a blitz, it does not count towards the one Free Blitz.

RULE 6.5: BLOCKING

1. There is No Blocking in this League, nor any other contact such as tackling, elbowing, cheap shots, or any unsportsmanlike act.

RULE 7: BLOOD RULE

1. Any player who is bleeding or has an excessive amount of blood on the uniform shall be removed from the game and considered an injured player. He will not be allowed back until the bleeding stops.

RULE 8: CANCELLATION OF GAMES

2. Any team that must cancel a game for ANY reason after the schedule is announced will lose that game 21-0. Making up this game IS NOT an option.
3. However, any team that must cancel their game may do so without paying the Forfeit Penalty Fine if:
 - a. The Captain emails league office more than 72 hours prior to game-time, **AND**
 - b. The Captain receives confirmation from the League Office that the request was received. If you don't receive confirmation from the league office, then your cancellation request was not received! (i.e. Don't leave a cancellation message at 201-224-7431 or Game Results Voice Mail Box!)
- 3a. Any team that cancels their game with the League Office less than 72 Hours prior to game time will have to pay a \$55 Forfeit Fine which must be received by credit card 72 hours before your next game or else your game will be cancelled automatically!
- 3b. The score will be 21-0 in favor of the team not at fault and will be recorded in the standings as such.
4. For Cancellation of Games due to weather, please see: "Inclement Weather Rule" for further details.

RULE 9: COIN TOSS

1. Prior to game, both coaches (or a representative) will meet with the Head Official at midfield to execute the coin toss.
2. The team that wins the coin toss can elect to: receive, kickoff, direction, or defer decision to the second half.

RULE 10: COMMUNICATION WITH LEAGUE

1. Only (1) member of the team shall call the league office to discuss team/league matters. The league will discuss these matters with either the manager or asst. manager, as noted on the registration form. The reason for this rule is to eliminate any confusion in communications between the league and teams.
2. The league will periodically add information to the website for all team members to see.
3. The Flag Football League Coordinator is Michael Gallo at mgallo@joinABL.com

RULE 11: CONVERSIONS

1. One Point- spotted on the 3 yard line.
2. Two Point- spotted on the 10 yard line.
3. Conversions that are intercepted and run back count as 2 points for the defense.
4. No blitzing allowed during conversions, however, rush is allowed from 7 yard marker

RULE 12: DEFENSIVE AUDIBLES

1. The defense is not allowed to simulate offensive calls by trying to sound like the QB (Imitating offensive calls).

RULE 13: DELAY OF GAME

1. The Offensive team has 30 seconds from the ball being spotted to be snapped or it will result in a 5 yard delay of game penalty.

RULE 14: EJECTION & SUSPENSION PROCEDURES

1. Any player thrown out of a game by an Official is not eligible to play for the next game in addition to the game they are being ejected in and must immediately leave the park or a forfeit will result.
2. Any player assaulting (or attempting to assault) an Official is permanently banned from League competition, will receive a minimum of 1 year suspension from all League competition, and a team termination may result with forfeiture of all league or tournament fees.
3. Any player that verbally abuses officials and/or opposing teams/fans is subject to immediate ejection, suspension, and possible permanent ban from future league play.
4. Coaches are responsible for the conduct of their players and fans, and can be penalized or ejected accordingly.
5. Any player fighting with another player or team will result in the following:
1st offense: 4 game suspension (minimum)
2nd offense: Permanent Ban from the league
6. Any team that attempts to play regardless of park closing will be terminated from the league
7. Any player causing a disturbance over league suspensions or ejections will be terminated from the league.
8. Any player that is ejected 3 times in a season may be permanently banned from the league.
9. Any player or team that is terminated will forfeit all money paid.
If a player(s) is ejected from a game and the team does not have another player to replace him, a forfeit will result.
10. The ABL League Office reserves the right to reduce or increase a suspension on a case-by-case basis.

RULE 15: ELIGIBILITY OF PLAYERS

1. All players must be at least 18 years of age at the time their team begins play.
2. All teams are required to sign the online liability release waiver prior to participating
3. An individual is not eligible to participate unless they have signed the liability release waiver.
4. Any team that allows an ineligible individual to play will result in an immediate forfeit.
5. Women are eligible to participate on a Men's team.
6. During game play, a player must come out of the huddle to be eligible.

RULE 16: END ZONE CELEBRATIONS

1. Are allowed providing the player(s) celebrating do not taunt the opponent (official's judgment).

RULE 17: FIELD DIMENSIONS

1. 5-on-5 games play on 70 x 30 yard playing field (estimate)
2. The end zone shall be 10 yards deep.

RULE 18: FIRST DOWN MARKERS

1. 5-on-5 games: First down marker is set at midfield.

RULE 19: FLAG BELTS

1. Flag belts must be of contrasting color to the pants or shorts. Please no Yellow shorts/pants.
2. Only league Belts may be used. Flag belts will be provided, but are property of the ABL.
3. League supplied belts will be yellow colored.
4. After each game, it is the responsibility of the Team Captain to collect all Flag belts and hand over to the officials

RULE 20: FOOTBALL (TYPE OF)

1. Teams must use their own game ball (opponent can use same ball if desired).
2. Game balls should be regulation-size (referees discretion)

RULE 21: FORFEITS

1. All teams have a 10-minute grace period to field the minimum number of players to avoid a forfeit.
2. The minimum # of players for a 5-on-5 game is 4. Otherwise, a forfeit will ensue.
3. In the event of a Forfeit, ONLY the forfeiting team shall pay \$50 to the Head Official at the field. If the forfeiting team does not pay \$50 at the field, then the team must pay a \$55 forfeit fine via credit card. The league office must receive this payment via credit card 3 Days before your next game or else your next game will be automatically cancelled. It is the team Captain's responsibility to email the league office to confirm receipt of the "new" forfeit bond.
4. Any team that forfeits 2 games may be terminated from the league, and forfeit all league fees
5. When a team starts a game with the minimum # of players and an official ejects 1 player, a forfeit will result.
6. If a team forfeits a game, the opposing team will receive a victory with a score of 21-0.

RULE 22: FOUL LANGUAGE

1. Foul language will not be tolerated. If an official deems an individual to be offensive, the player(s) will be charged with a Personal Foul and may be ejected.
2. An individual or team using excessive foul language (official's judgment) will forfeit their games and may be terminated from the league with forfeit of all league fees.

RULE 23: 5-ON-5 RULES

1. No contact allowed
2. The Offense takes possession at 5-yard line
3. First Down is at mid-field
1. The QB cannot run unless the ball has been handed off to him or he is blitzed
4. The center must snap the ball between his legs
2. All players are eligible to receive a pass.
3. Only one player is allowed in motion.
4. Defense can blitz off the line once every 4 downs (except in No Run Zone)
4. Teams may handoff, pitch, or throw back the football **in the backfield only**.
5. The player who receives the pitch or handoff may throw the ball as long as he is not past the line of scrimmage.
6. Multiple handoffs are allowed behind the line of scrimmage but only one pitch or throwback.
7. No run zones are located 5 yards before mid-field and 5 yards before the end zone.
8. There is No Blitzing in the No Run Zone
9. Defensive players can rush the QB every down (7 yards from the line, unlimited rushers).
8. All players that rush the QB must be 7 yards from the line of scrimmage when the ball is snapped.
9. Players not rushing the QB may defend the line of scrimmage. Once the ball has been handed off, the 7 yard rule is no longer in effect and all defenders are eligible to blitz. The official shall walk-off the 7 yard line, or a marker shall be used.
11. The center or other defender may not impede the progress of the rusher
12. QB has a 7 second "pass clock." If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to the line of scrimmage. The "7-second pass clock" is only in effect when there is no rush.

RULE 24: FUMBLES

1. A ball is not deemed a fumble unless it hits the ground.
2. After a fumble, the ball is placed at the spot where the ball touched the ground, but not ahead of where the player lost possession.
3. **There are no fumble recoveries after the ball hits the ground.**
4. If a player loses possession, it is a live ball and may be advanced if it does not touch the ground. However, the offensive team may not advance a ball caught forward of the player losing possession.
5. If a ball carrier fumbles the ball from the field into his opponent's end zone, it is a touchback and the opposing team will take the ball on the 5 yard line.
6. If the ball is snapped and fumbled into a team's own end-zone, a safety is ruled.

RULE 25: GAME LENGTH

1. Games are split into 20 minute halves. Each half is 20 minutes long (including a 2-minute warning at the end of each half). Before the 2 minute warning, the clock will stop **only after a time-out**. Within the 2 minute warning, the clock will stop on out of bounds plays, scores and incomplete passes. (See 2-Minute Warning Rule)

RULE 26: HALF TIME

1. Half-time consists of 5 minutes.

RULE 27: INADVERTENT WHISTLES

1. If the whistle is blown prematurely, the team in possession at the time will have the choice to play to the point of the whistle or the down over. If the ball is loose by pass at the time, the down will be replayed.

RULE 27: INCLEMENT WEATHER

1. Please call the **Rainout Hotline** One hour prior to game time at **201-441-4181 (enter this # into cell phone)**.
2. Games will mostly be played Rain or Shine. However, if there is Lightning, all players will be directed to leave the field.
7. **IF THERE IS NO RAIN OUT MESSAGE...THEN YOUR TEAM MUST GO DOWN TO THE FIELD!**
8. Games will be canceled due to poor field conditions. It is each player's responsibility to call the rain out hotline to check on game status regardless of the weather on game day.
9. If a game is cancelled because of Lighting or Hail, the tournament will be rescheduled at a later date.
10. **DO NOT ATTEMPT TO "REPAIR" (rake, shovel, add dirt, etc.) ANY FIELDS. IF A FIELD NEEDS TO BE REPAIRED IT IS UNPLAYABLE.** Do not dig or add dirt! Tampering with fields could lead to suspension and possible termination from the league, as well as, potential fine from the field owners.
11. Park authorities have the final say as to whether a field is playable or not.

12. Any team that refuses to leave a field after it has been declared "unplayable" will be automatically terminated from the league with forfeiture of all league fees.
13. Under no circumstance will any team take it upon themselves to cancel any games. Any violation of this will result in forfeit by the guilty team.
14. League officials reserve the right to reschedule any game to a new time and field if necessary to complete league games.
15. If games are moved, extra time will be allotted for both teams to get to the field.
16. Any team failing to show up after a game has moved will have a forfeit levied against them.

RULE 28: INJURIES

1. Personal liability and medical insurance is not included in the league fee. However, for an additional charge your team may purchase the medical and / or liability insurance for your team. Please contact the insurance company directly.
2. Any team that has purchased insurance, and has a claim, must fill out the claim form and mail it to the insurance company directly. In addition, please contact the league office immediately so that we are aware of the injury.
3. When starting a game with the minimum players, and a player gets injured (and cannot continue), that game will continue by replacing him with another eligible player, or the team will lose by forfeit

RULE 29: INSURANCE

1. Personal injury and liability insurance is not included in the league fee.
2. All team managers are required to inform players regarding the insurance options.
3. **Team Managers:** Do not take it upon yourself to decide whether or not your team wants the insurance. It should be a team decision. Please call the office at 201-224-7431 for more information.
4. Liability and medical insurance may only be purchased for the entire team (not individual players).
4. Liability and medical insurance may be purchased at any time and applications (with payment) must be sent to the insurance company directly! Do not send insurance applications or payment to the league office. Applications sent to the league office will not be processed and are invalid.

RULE 30: LEAGUE FEES

1. All league fees and deposits are non-refundable under all circumstances.
2. All league fees must be paid in full by the final registration. Any team that is not fully paid by the deadline will not be put on the schedule.
3. Any player or team that is terminated from the league or tournament will forfeit all fees paid.

RULE 31: LEAGUE RULINGS

1. Teams or players that do not comply with ABL Rules will be terminated from the event
2. Any decisions on matters regarding ABL Rules will be made by league officials and their decision is final.
3. League officials reserve the right to revise rules at any time.

RULE 32: LINE FORMATION

1. Offensive Line must consist of 1 player (Center in middle) who is an eligible receiver. The center must snap the ball between his legs.

RULE 33: LITTER

1. **All litter must be cleaned up by the responsible team before leaving park grounds. Failure to do so may result in a team termination.**
2. If an area was littered when your team arrived, please notify the head official immediately or you will be held accountable.

RULE 34: MAKE-UP GAMES

1. If a team cancels a game, they will receive a 21-0 loss, and will not be allowed to makeup these games.
2. Teams will not receive a credit or refund for games not made up since field permits, insurance and other fees incurred are non-refundable.

RULE 35: MERCY RULE

1. 18 point differential at the 2nd half 2-minute warning OR 42-point differential at any point in the game will immediately end the game.

RULE 36: OFFICE HOURS-

1. Monday-Friday (8:30am until 6pm); and (Emergency's only) Sunday (8:30am until 5:30pm).
2. For all inquiries, email info@joinABL.com during business hours as listed above.
3. However, in the event of an 'Emergency at-the-field' during after-hours, then call **201-224-7431** An 'Emergency at-the-field' during after-hours includes: no Official (at game time) or field permit conflict at the field.

RULE 37: OFFICIATING FEES / SERVICES

1. Each team must pay the official \$25 prior to the start of the game (cash at the field)

2. There will be (1) official per game
3. Officials will receive a Full game fee if a game is cancelled after it has started (i.e. rain, forfeit, etc.)
4. Officials will receive a \$50 Forfeit Fee in the event there is a forfeit (see Forfeit Rule). The entire fee is the responsibility of the Forfeiting team.
5. During the playoffs, Ref fees are \$25 per team for a 1-man crew, \$40 per team for a 2-man crew

RULE 38: OUT-OF-BOUNDS

1. An offensive player without the ball that steps out of bounds on his own is ineligible to possess the ball during that play.
2. If a ball is caught in bounds and an opposing team member pushes the receiver out of bounds, it will be ruled a catch and a 10 yard penalty and automatic first down will be assessed.
3. For further clarification, refer to the "Receiving" Rule.

RULE 39: OVERTIME

1. All tied games will be decided by the **shootout method**, not sudden death. According to the shootout method, teams get the ball the same number of times until there is a difference in the score, like in extra innings of baseball. If the defense returns an interception for a touchdown, they win the game. Otherwise, every possession starts at mid-field (even interceptions not returned for a TD). It doesn't matter on what down a team scores. **Each team receives one time out during the overtime.** Extra points are allowed the same as in regulation time. The process will continue until there is a winner.

RULE 40: PARKING

1. All team members and spectators must abide by each school / town parking laws.
2. Any player(s) that parks in a fire zone, no parking zone, grass, etc. will be ticketed, towed, and/or suspended from the league. It is the Coaches responsibility to inform his players of where to park.

RULE 41: PASS DEFENSE

1. The defense must NOT initiate contact with any receiver. The defender cannot use contact to break up a pass play or shield the receiver's eyes (pass interference).

RULE 42: PASSING

1. Only one forward pass is allowed per play. A second forward pass or intentional grounding will result in a 5 yard penalty from the spot and loss of down. A forward pass is a ball thrown or handed forward; overhand or otherwise.
2. A lateral is a ball thrown parallel or backward from the line of scrimmage; overhand or otherwise. A lateral is not a forward pass. Laterals are **only** allowed *behind the line of scrimmage*.
3. The rusher may not hit the quarterback's arm, or knock the ball out of the quarterback's hand. The rusher must play the flags.
4. The quarterback has 7 seconds to pass the ball (if there's no rusher). If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. (once the ball has been handed off, or pitched, there is no 7-second count.)
5. If the defensive team rushes the quarterback, there is no 7-second count.
6. A forward pass is illegal if intentionally thrown to the ground or out-of-bounds to avoid loss of yardage

RULE 44: PLAYOFF FORMAT

1. Top 4 teams in each division qualify for the playoffs (League office may reserve the right to modify this in-season)
 - (a) winning % decides top 4 teams for playoff berth
 - (b) in the event of 2 team tie, head-to-head results decide winner
 - (c) in the event of 2 team tie (& they split), best plus/minus rating for season decides winner
 - (d) in the event of 2 team tie (still after a, b, c) then best plus/minus rating vs. each other decides winner
 - (e) In the event of a 3 or more team tie, then plus/minus decides
 - i. If plus/minus is tied between 2 teams, then least 'points against' determines the winner
 - ii. If still tied, then coin flip determines the winner
2. There are a total of (2) Playoff Rounds following regular season play:
 - (f) Round 1: Divisional Playoffs- 1st place vs. 4th place; 2nd place vs. 3rd place
 - (g) Round 2: Divisional Champ- Winners from Round 1 play each other

RULE 45: PROTESTS

1. All protests must be made in writing. Failure to do so will result in void of the protest.
2. A protest announcement must be made by the coach to the Head Official at the time of incident (before the next play) or else the protest is invalid.
3. After a protest has been declared, the game continues.
4. Do not call the league office to explain a protest. It must be in writing only! (Email to: jross@joinABL.com)
5. **Any protest concerning officials' judgment is not valid.**
6. Any team wishing to protest a game must submit it in writing within 48 hours of the incident.
7. There is a \$50.00 protest fee which shall be fully refunded if the team protesting wins its appeal.

RULE 45.5: PUNTING & KICKING

1. There will be no punting or kicking during 5-on-5 games

RULE 46: RECEIVING

1. One foot must be inbounds for a legal catch.
2. A receiver who steps out of bounds is out of play (becomes ineligible), unless he is pushed out by a defender.
3. The receiver must control the ball throughout the act of touching one foot or any other part of the body except the hands, to the ground in bounds. If the receiver is pushed out of bounds by a defender during the act of catching the ball, an official may rule that the player would've been in bounds without the contact and award the catch.

RULE 47: ROSTER CHALLENGE PROCEDURE

1. In the event you believe your opponent is utilizing illegal players, please see the following procedure:
 - (a) Identify the player(s) in question to the Official directly.
 - (b) The Official shall ask those players for identification (i.e. driver's license, etc.) to prove who they are.
 - (c) In the event the player in question cannot produce proper identification, the player will be asked to sign the Stat Sheet to be submitted to the league office for verification.
 - (d) Continue the conclusion of your games. Upon completion of your games, contact the league office (within 24 hours) in writing only (mail, fax, or email) with the player(s) names and/or signature. Upon review, we will identify the eligibility of the player(s).
 - (e) If the player(s) are found to be ineligible, than that team will lose by forfeit the game (21-0).
4. Please keep in mind that most teams have full rosters knowing full well that many of those players will be available as needed (i.e. playoffs).
5. Players are *not* required to play a minimum number of games to be eligible for playoffs.

RULE 48: ROSTERS

1. The League Office must be in receipt of the final Team Roster prior to date specified by League Office at time of registration and the Coach must keep a copy for himself/herself to bring to the field at all times. Rosters can be created on your team page at www.joinABL.com
2. Team Roster Minimums/Maximums are as follows:
5-on-5 Games: 8 minimum / 12 maximum
3. Any team using illegal players during league play will result in disqualification.
4. Any roster found to be falsified will result in that team being terminated from the league with forfeiture of all fees and awards.
5. To be eligible for the playoffs, a player must have played at least 1 game during the regular season

RULE 49: RULE BOOKS

1. Each Coach is responsible for knowledge of league rules and having the rulebook present at all games.

RULE 50: RUSHING THE QB

1. The Official will set a marker down or walk off 7 yards from the Line of Scrimmage from where the defense can send unlimited rushers. Alternatively, you may play safety and not send a rusher.
2. The defense is allowed 1 blitz (off the line) every 4 downs (except in No Run Zone)
3. The Quarterback cannot run unless blitzed.

RULE 51: SCHEDULE REQUESTS

1. All schedules that are distributed at the start of League play are final.
2. Any team that has a special request (ex: black out date, time request, etc.) ***must*** make their request in writing on the registration form only. Only requests on the registration form will be considered.
3. Only changes due to field permit modifications will initiate a schedule change.
4. Once League play has begun, schedule changes will not be considered.

RULE 53: SCORES

1. The league will post all final scores throughout the season.

RULE 53: SCORING

1. Touchdown= 6 points
2. Conversion (from 3 yard line) = 1 point
3. Conversion (from 10 yard line) = 2 points
4. Conversion Intercepted by the defense and run back= 2 points.
5. Safety = 2 points

RULE 54: SMOKING

1. It is a Federal, State, and Local law that smoking and any use of tobacco products are prohibited on school grounds.

RULE 55: SNAPS

1. A snap that hits the ground is considered a fumble (play is dead)
2. The ball must be snapped through the center's legs. Possession of the ball must be transferred from the center to another player and cannot remain with or come back to the center.

RULE 56: STOPPING THE CLOCK

1. The clock stops at the two-minute warning.
2. After each two-minute warning, the clock stops for: incomplete passes (starts on snap), out of bounds (starts on snap), scores (starts on snap) or timeouts (starts on snap).

RULE 57: TACKLING

1. Is never allowed and is subject to **player ejection, suspension, and/or permanent ban.**
2. Tackling will result in an automatic 15 yard penalty in addition to the spot tackled and an automatic first down.
3. Any tackle judged to prevent a touchdown will result in an automatic touchdown.

RULE 58: TIME BETWEEN PLAYS

1. The offensive team is allowed 30 seconds between plays (including kickoffs). The 30 second clock begins when the official sets the ball for the next play. The official will announce a 10 second warning. If not heeded, a "delay of game" penalty will be charged. (5 yards).

RULE 59: TIME OUTS

1. Each team is entitled to 2 time outs per half (cannot be carried over into the next half if not used).
2. Each team is entitled to 1 time out throughout overtime.
3. If an injured player delays the game, the officials stop the clock and the injured player must sit out for at least one play. The team with the injured player may not substitute one of their time outs for the officials' time out (to avoid the injured player from missing a play).
4. An injury to a player with less than 2 minutes remaining in either half will result in a charged timeout. If no timeouts remain, a ten second clock runoff will take place.

RULE 60: TWO-MINUTE WARNING

1. A two-minute warning is given to both coaches when there is two minutes remaining in the half or immediately after the play if the two-minute point is reached during the play. The clock is stopped during the warning and starts at the next snap.

PENALTIES

1. Assisting the Runner	5 yard penalty
2. Ball Stripping/Batting/Slapping	10 yard penalty
3. Clipping	15 yard penalty
4. Defensive Holding	5 yard penalty + Automatic 1 st Down
5. Defensive Pass Interference	Automatic 1 st down at the spot of the foul (1 yd line if in endzone)
6. Delay of game	5 yard penalty
7. Dive or crawl to advance the ball	10 yard penalty from spot of foul
8. False Start	5 yard penalty
9. Hurdling (except a player that is down on the ground)	10 yard penalty
10. Blocking	15 yard penalty
11. Illegal Flag Removal	15 yard penalty
12. Illegal Formation/Motion/Procedure/Man Downfield	5 yard penalty
13. Illegal Forward Pass/Illegal Touch	5 yard penalty and loss of down
14. Illegal snap	5 yard penalty
15. Illegal use of hands/Hands to the face	15 yard penalty
16. Imitating Offensive Calls	5 yard penalty
17. Ineligible Receiver	5 yard penalty
18. Intentional Grounding	5 yard penalty and loss of down from spot of foul
19. Offensive Charging/lowering head/shoulder	10 yard penalty from spot and loss of down
20. Offensive Holding	10 yard penalty
21. Offensive Pass Interference	15 yard penalty
22. Off-Sides	5 yard penalty
23. Pass defense push	5 yard penalty
24. Personal Fouls (all other)	15 yard penalty

25. Pushing Out-Of-Bounds	10 yard penalty and automatic first down
26. Quick snap (prior to play being declared ready by ref)	5 yard penalty
27. Roughing the Passer (ANY intentional contact)	15 yard penalty and automatic first down
28. Shielding the Flag	10 yard penalty from spot of foul
29. Shielding the receivers eyes	Pass Interference
30. Tackling	See "Tackling Rule"
31. Tied Flag belt	15 yard penalty + ejection
32. Too many players	5 yard penalty
33. Tripping	15 yard penalty
34. Unnecessary Roughness	15 yard penalty (and possible ejection)
35. Unsportsmanlike Conduct	15 yard penalty (and possible ejection)

Passing Penalties

- (a) If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the 5 yard penalty.
- (b) Passer crosses the line of scrimmage will result in a 5 yard penalty from the line of scrimmage and loss of down or the defense may elect to choose the outcome of the play.
- (c) Intentional Grounding will result in a 5 yard penalty and loss of down.
- (d) Offensive Pass Interference will result in a 15 yard penalty from line of scrimmage or the defense may elect to choose the outcome of the play.
- (e) Defensive Pass Interference will result in an automatic 1st down at the spot of the infraction or the offense may elect to choose the outcome of the play.
- (f) The rusher may not hit the quarterback's arm, or knock the ball out of the QB's hand. The rusher must play the flags.

Delay of Game Penalty

- (a) Continuing to play after the ball is dead will result in a 5 yard penalty from spot where the ball is dead.
- (b) Recovering a fumble or falling on the ball will result in a 5 yard penalty from spot
- (c) Unnecessary delay of game for any reason will result in a 5 yard penalty from spot.

Flag Wearing & De-Flagging

- (a) Tackling will result in a 15 yard penalty from spot of foul (and possible ejection)
- (b) Tampering with flags will result in a 15 yard penalty and ejection
- (c) Flag Guarding/Shielding will result in a 10 yard penalty and loss of down (official's whistle will call play dead).

Illegal Hand-Off

- (a) Handing a ball forward beyond the line of scrimmage will result in a 5 yard penalty from the spot of foul and loss of down (official's whistle will call play dead).