

8-MAN/WOMAN ELIGIBLE



RULEBOOK

TABLE OF CONTENTS

INTRODUCTION	1
CODE OF ETHICS	1
SECTION I. PARAMETERS OF THE GAME	
GAME CANCELLATION	2
FORFEITS	2
PLAYER ELIGIBILITY	2
PLAYER (PARTICIPATION) EJECTION	3
UNSPORTSMANLIKE CONDUCT	3-4
PROHIBITED ACTS	4-5
FINES	5-6
PERSONAL FOULS (FLAGRANT 1&2)	6
PLAYING FIELD	7
PROTEST	8
CHALLENGE	9
OFFICIALS	9-10
EQUIPMENT	10-11
TEAM UNIFORMS (UNIFORM POICY)	11-12
ROSTER LIMITS	12
GAME PLAYING TIME	12-13
TIMEOUTS	13-14
OVERTIME PLAY	14-15
GAME START TIME	15
SPEAKING CAPTAINS	15
COIN TOSS	15
STARTING THE GAME	15
POSSESSION	15
ADVANCEMENT	15
SCORING	16-17
MERCY RULE	17
SECTION II. BASIC RULES OF THE GAME	
BLOCKING	17
CAPTURE	18
CATCHING	18
CHUCKING ZONE	18
DE-FLAGGING	18

DELAY OF GAME	19
DIVING	19
ENCROACHMENT / OFFSIDES / NEURAL ZONE INFRACTIONS.....	19-20
ENDZONE CELEBRATIONS	20
EXTENDING THE GAME - HALF.....	20
FAIR CATCH	20
FIRST DOWNS	21
FLAG(S) FALLS OFF INADVERTENTLY	21
FLAG GUARDING	21-22
FLAG TAMPERING	22
INADVERTENT WHISTLE	22
KICK OFFS	22-23
LAST PLAYER RULE.....	23
LEGAL KICKS (SCRIMMAGE KICKS)	24-25
LINE OF SCRIMMAGE	25
OFFENSIVE LINE	25
PASS INTERFERENCE	26
PASSING	26-27
PLAY CLOCK	27
ROUGHING THE QUARTERBACK/PASSER	27
ROUGHING THE KICKER/HOLDER	27-28
RUNNING	28
RUSHING	28-29
SCORE VERIFICATION.....	29-30
SCRIMMAGE FORMATIONS	30
SNAP OF THE BALL	30
SPOT OF THE BALL	30
STIFF ARMING	31
STRIPPING	31
TEAM BOX	31
TURNOVER RULE	31

SECTION III. FOULS and PENALTIES

FOUL/PENALTY NOTIFICATION	32
MULTIPLE FOULS/PENALTIES	32
SPOT FOULS/PENALTIES	32
LOSS OF DOWN FOULS/PENALTIES	33
SUMMARY OF PENALTIES	33-35

INTRODUCTION

The following is the United Flag Football League (UFFL) rules, polices and regulations adopted by the UFFL front office and 8-Man/Woman Eligible Board and Committee. If a playing rule, enforcement guideline, regulation or administrative policy is not clearly defined in this rulebook then the NFHS rulebook shall be used as an additional source for any rule(s), enforcement guideline(s), regulation(s) or administrative policies in question. If a rule, enforcement guideline, regulation, or administrative policy is unable to be clearly defined by either this rulebook, or the NFHS rule book then other reference materials maybe utilized. These additional resources will include the NCAA Official Rule book, The NFL Official Rule book, or any other available resources pertaining to specific situations with in the game to make a fair ruling. The rules and regulations may be amended quarterly by no less than two-thirds (2/3rds) vote of the board or immediately by the UFFL Ownership Group or National Director of Officials if a manner of safety, fair play or competitive advantages and or disadvantages are in question. Amendments shall be effective immediately unless otherwise indicated by the amendment.

CODE OF ETHICS

- All UFFL 8-MAN/WOMAN ELIGIBLE participants will be mannerly and respectful to opponents, officials, organizers, teammates and spectators on the field as well as off the field.
- Fans that show disrespect to opposing players also become a liability rather than asset Therefore, fans need to be educated and included in the code of ethics to promote a healthy and positive atmosphere for all involved.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will be courteous to all opposing players and fans.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will refrain from acts of courtesy, such as derogatory remarks addressed toward players, taunting action and cheering decisions made by officials against the opposing team.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will refrain from slander and derogatory comments grounded and ungrounded.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will graciously accept the decisions of the officials during and after the contest for and against your team.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will continue to exemplify competitive play with legal actions conducive to safe participation for all players.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will refrain from the use of profanity at all times.
- All UFFL 8-MAN/WOMAN ELIGIBLE participants will embrace the true foundation of sportsmanship and fellowship during all activities as well as foster a sense of responsibility for the preservation of 8-Man/Woman Eligible



SECTION I. PARAMETERS OF THE GAME

Article: A Game Cancellation

Rule 1. The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff or designee shall promptly inform each team contact of game cancellation(s) and the team contact shall assume the responsibility of informing his/her team members.

Rule 2. Canceled game(s) shall be rescheduled at the discretion of the UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff.

Rule 3. The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff or Referee will decide whether or not the weather and/or field conditions will allow for safe participation for any authorized and sanctioned UFFL 8-MAN/WOMAN ELIGIBLE game or event.

Article: B Forfeits

Rule 1. Forfeiting any game of a tournament may eliminate the violating team from the remainder of said event without refund.

- a.) Special circumstances may be submitted to the tournament staff for review to determine provisional adjustments for forfeiting teams.
- b.) A team that forfeits any game will be required to pay the officials game fees if applicable for both teams before they can participate in their next scheduled game. Opposing team will still be required to pay their portion of the officials' game fee to receive the forfeit victory. These funds will be refunded to the winning team upon receipt of payment from forfeiting team.

Rule 2. Purposely forfeiting any game of a tournament in order to gain a competitive advantage may eliminate the violating team from the remainder of said event without refund.

- a.) **Purposely** forfeiting to manipulate elimination day seedings will be subjected to **SECTION I; Article B; Rule 2**
- b.) **Purposely** forfeiting to preserve team members stamina will be subjected to **SECTION I; Article B; Rule 2**

Rule 3. A team will suffer a forfeit for any of the following:

- a.) Teams must start and maintain the game with at least six (6) players.
- b.) Quitting in defiance of the referee's decision(s).
- c.) Fielding a player who is ineligible during any game.
- d.) Refusal to follow instructions mandated by the UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board and/or League/Tournament staff.
- e.) Player (participant) refusal to leave the field and sideline after an ejection.
- f.) Failure to comply with the guidelines listed in the rulebook and discussed verbally or through written communication prior the League/Tournament or polices/rules decided on during the League/Tournament in order to maintain a positive image for UFFL 8-MAN/WOMAN ELIGIBLE events.

Article: C Player Eligibility

Definition: A Player is defined as anyone who is dressed in player attire and readily prepared to enter the game. Player attire means cleats, shirt/jersey, shorts/pants and flags. This definition is **NOT** applicable to roster protest until the player has entered the game.

Rule 1. All player(s)/participant(s) must be in good standing with the UFFL 8-MAN/WOMAN ELIGIBLE circuit and all affiliate organizations. The status of a player/participant will be governed by the UFFL 8-MAN/WOMAN ELIGIBLE policies and procedures as well as the items noted in the UFFL 8-MAN/WOMAN ELIGIBLE rulebook.

Rule 2. All player(s)/participant(s) must complete a waiver(s), complete and sign the team roster and/or complete a request for special participation for a specific event.

Rule 3. All player(s)/participant(s) must be at least 18 years of age no later than the first day of the event for which they are participating or submit a special participation request to the UFFL 8-MAN/WOMAN ELIGIBLE staff or League/Tournament Director, which will require authorization for participation from a parent or guardian.

Article: D Player (Participant) Ejection

Rule 1. All game or tournament ejections are governed by the UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board, League/Tournament Staff, Committee(s), Affiliates and are administered by the game day officials.

Rule 2. The officials at their discretion within the rules may eject a player (participant) or levy a penalty of game time suspension. **For Example:** an official may penalize a player (participant) by requiring the player (participant) to leave the playing field for a play, series, or half without administering an ejection. This option is at the discretion of the official and may or may not be accompanied with a penalty. "Game Suspensions" are not ejections

Rule 3. A player (participant) will be ejected from the game and must leave the sideline for the following infractions:

- a.) Fighting regardless of who initiated the confrontation.
- b.) Excessive profanity on the field or sidelines (may or may not receive an official's warning).
- c.) Flag tampering.
- d.) Leaving the sideline during an altercation or disturbance. (Only designated captains and one (1) coach allowed)
- e.) (2) Flagrant 1 personal fouls in a game or (1) Flagrant 2 personal fouls in a game.
- f.) Conduct unbecoming towards a UFFL 8-MAN/WOMAN ELIGIBLE Staff, game official, league/tournament staff, opponent or bystander.
- g.) Threats to any player/participant before, during, or after a game.
- h.) Ineligible player participating in a game. Will also include a team forfeit for that game
- i.) Failure to abide by facility parking regulations after being asked to move vehicle.
- j.) Multiple (3 or more) sideline interference or sideline infractions, the head Coach, Team Captain or Designee will be ejected.
- k.) Excessive badgering of a player on the field. Must come after one (1) warning and two (2) unsportsmanlike penalties on the same player (unless a verbal warning for the team(s) have previously been issued) to cease badgering, distractions, or any other unsportsmanlike acts (banging trashcans, using air horns, loud music or any noise making item or antic that disrupt the orderly flow of the game.

Article: E Unsportsmanlike Conduct

Rule 1. UNFAIR ACTS: No participant is allowed to use unfair acts that interfere, taunt, or diminish the integrity of the game in which case one (1) opponent gains a decisive advantage over another opponent, the safety for the participant(s) is threatened, and/or the, reputation of the UFFL 8-MAN/WOMAN ELIGIBLE organization and their associates are damaged.

- a.) If a team refuses to play within two (2) minutes after being ordered to play by the referee, or if the game is delayed by an obviously unfair or unsportsmanlike act not specifically covered by the rules, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score or forfeit.
- b.) Violating or refusal to adhere to the written or agreed upon conditions for participation in any event, league or tournament associated with the UFFL 8-MAN/WOMAN ELIGIBLE circuit and affiliates.
- c.) If a team refuses to play or repeat unfair acts the Referee after one (1) warning may forfeit or postpone the game until fair play may resume.
- d.) **Palpably unfair act** is a case of any illegal action that the officials deem has clearly and indisputably deprived a team of a score or any egregious act grossly effecting fair competition. **Enforcement:** Officials may administer any penalty, judgement or punishment, up to and including awarding a score and or forfeiture of the game

Rule 2. UNSPORTSMANLIKE ACTS: There shall be no unsportsmanlike act that interferes with an orderly game administration on the part of players, substitutes, coaches, authorized attendants or any other person's subject to the rules, before the game, during the game, after the game or between games.

UNSPORTSMANLIKE CONDUCT

- Use of excessive foul language, derogatory comments profanity, baiting and/or taunting of an opponent.
- Any unethical offensive gestures physically or verbally towards UFFL 8-MAN/WOMAN ELIGIBLE Staff, League/Tournament Staff, Team Member, Team Staff or UFFL 8-MAN/WOMAN ELIGIBLE Affiliate.
- Contact, distracting, badgering or arguing with a referee.
- Any unethical offensive gestures or language defiance of the official's judgment or decision.
- Any unethical offensive gestures physically or verbally towards any participants including fans.
- Any Interference, delay, disruption from the sideline by a non-team member.
- Taunting an opponent before, after or during a game.
- Conduct detrimental to the positive image of 8-Man/woman Eligible flag football.
- Damage to the league/tournament/event to included rental facilities, staff equipment and/or any equipment belonging vendors.
- Intentionally delaying the game
- Sideline distractions by team supporters within the team area (with in ten (10) yards from the sidelines or endlines).
- Flag Tampering
- Intentionally deceiving the official by de-flagging a player's own flag to invoke an inadvertent whistle or stoppage of play.
- Faking an injury in order to preserve time.

Rule 3. GAME INTERREFERENCE: Any coach, player, team representative or supporter coming off the sideline onto the field to argue or debate a call, judgment or decision by an official in which the flow of the game is disrupted the offending team may be charged a timeout. If the team does not have a timeout remaining then they may be warned, charged a delay of game penalty (5 yds.), charged an excessive delay of game penalty (15 yds.), charged an unsportsmanlike penalty (15 yds.), and/or ejection may be given by the official(s). This is at the sole discretion of the official(s).

Article: F Prohibited Acts

Rule 1. Fighting is strictly prohibited at all UFFL 8-MAN/WOMAN ELIGIBLE events.

- a.) Any player (participant) involved in a fight (**throwing a punch**) will be ejected from the game and the next scheduled game. Team/Player fines and reprimands are listed in **SECTION I; Article G**. All incidents are subject to all the rules listed in **SECTION I; Article F** and are under the full discretion of the head official, game day officials, League/Tournament staff and Disciplinary Committee.
- b.) Any player (participant) throwing a punch regardless if the punch makes contact or not will be ejected from the game.
i. **A "punch" is defined as any action with the intent to strike an individual by hand (open or closed), any part of the body or with any object that may cause physical harm. The manner and velocity of the said action will not be considered and all punching, excessive pushing, ball throwing, object throwing, kicking, slapping, poking, pulling, wrestling, spitting and intentional actions making contact to the restricted area of any player are considered and could be considered a "punch".**
- c.) Any player(s)/team leaving the sideline to enter the field during any altercation or disturbance will be ejected from the game or forfeit the game. Discretion of these ejections is under the jurisdiction of the game day officials and/or league/tournament staff which may also be accompanied with situational fine(s), ejections, or suspension(s) pending the tournament director's and official(s) reports. All suspensions will be from all UFFL 8-MAN/WOMAN ELIGIBLE sanctioned leagues, tournaments and events.
i. **"Bench clearing" is defined as an action where a group (4 or more) enter the field during an altercation/disturbance or several members of a team players, coaches, staff, fans, supporters enter the field of play or area (proximity to the altercation/disturbance) creating additional disturbances or altercations without authorization. Altercations or disturbances on or near a team's own sideline does not alleviate that team's actions from being considered "bench clearing". For example: If there is an altercation or disturbance near or on a team's own sideline the team members would need to move in the opposite direction of the altercation or disturbance away from the field even if it means removing themselves from the field completely. Failure to do so may be considered "bench clearing" if team members on their own sideline engage verbally or physically during an altercation or disturbance on their own sideline.**

Rule 2. A player ejected for fighting will be ejected from the game, the next scheduled game and possibly the entire season/tournament and possibly the next sanctioned league or event pending additional team/player fines listed in **SECTION I; Article G**.

- a.) If a player is found to be the initiator of the fight or continues to act in a threatening manner after intervention by the UFFL 8-MAN/WOMAN ELIGIBLE staff, league/tournament staff, and game day officials that player may be ejected for the entire season/tournament.
i. **"Initiator" is the person throwing the first punch or exhibiting extreme physical actions in a threatening manner to include (but not limited to) pushing, bumping, extreme derogatory comments that incite violence or agitate altercations or disturbances.**
- b.) If a player is found to be defending himself/herself in a fight after a brief investigation by the UFFL 8-MAN/WOMAN ELIGIBLE staff, league/tournament staff, game day officials or disciplinary committee members that player's ejection and/or fine may be reduced and said player will be eligible for participation for the remainder of the tournament/season barring any other specific rule violations.
i. **A player "defending themselves" would be a player walking away from the altercation or backing away from the altercation possibly deflecting any physical attacks without retaliating by throwing a "punch". Any player that has to be restrained from moving toward and altercation or disturbance and/or verbally inviting an altercation will not be considered as "defending himself/herself".**
- c.) A player ejected for fighting noted as the "initiator" will be fined a minimum fine of \$150 dollars and a six (6) month suspension from all UFFL 8-MAN/WOMAN ELIGIBLE sanctioned leagues, tournaments and events.
- d.) A player ejected for fighting can be fined between \$150 - \$250 dollars and up to a 6-month suspension from all affiliate leagues, tournaments, and events for being involved in a fight regardless of who initiated the confrontation and regardless if the fight/altercation is within that players own team pending the official(s) and tournament/league staff report.
- e.) A "team" fine may be applied for each separate incident of fighting involving two (2) or more players from opposing teams or teammates. Bench clearing altercations involving entire teams throwing punches in which case not all the individuals involved in physically attacking another player can be sorted out will receive a mandatory \$150 dollar "team" fine per team in addition to any other fine(s) imposed during the original altercation. Penalties enforced may include forfeiture of game by both teams involved.

Prohibited Acts continued

Rule 3. Any fine imposed as a result of violating **SECTION I; Article F; Rule 1 and 2** must be paid in cash prior to participating in any game following the reported incident. Failure to pay the fine prior to the start of the violating team's next game may result in a forfeit of that game and any game afterwards until the fine is paid. Special provision may be given per the League/Tournament Staff in lieu of the fine(s) pending a written or verbal request.

Rule 4. Teams are not allowed to leave any trash on their sidelines. All teams are responsible for the items left on their sideline.

Rule 5. The League/Tournament staff, game official or designee may impose a "team" fine not to exceed \$100.00 dollars for a team leaving their sideline or team area unclean by way of trash and other team items that are to be discarded.

Rule 6. Any "team" fine imposed as a result of violating **SECTION I; Article F; Rule 4 and 5** must be paid in cash prior to participating in any game following the reported incident. Failure to pay the fine prior to the start of the violating team's next game may result in a forfeit of that game and any game afterwards until the fine is paid. Special provision may be given per the League/Tournament Staff in lieu of the fine(s) pending a written or verbal request.

Article G Fines

The UFFL 8-MAN/WOMAN ELIGIBLE Organization has a fines/reprimand policy that should be considered as a deterrent from actions damaging the positive image of 8-Man/woman Eligible Football. The Directors, Commissioners, Officials, and Organizers are not interested in becoming an organization of fines and reprimands, but an organization of sportsmanship, fellowship and positive interactions between world class athletes, their team members and supporters. League Commissioners are encouraged to use this same process. Monetary player/team reprimands administered by the tournament directors and/or league officials for violations of UFFL 8-MAN/WOMAN ELIGIBLE rules, regulations, and/or policies that are colorized and charted in **SECTION I; Article G**.

Rule 1. The UFFL front office, League\Tournament staff or designated Committee utilizing the table listed in **SECTION I; Article G** of this rulebook will administer all submitted Player/Team fines.

Rule 2. Multiple categories may be selected or reselected for each incident/occurrence to determine the final reprimand and fine per team/player

Rule 3. Payments of fines will only be accepted by a designated league official or administrator.

- a.) Fines may be paid in cash, merchant applications (CashApp & Venmo) bank transfer, or PayPal (friends & Family)
- b.) Fines must be paid by the deadline listed or verbally communicated. Failure to pay by deadlines may be subject to additional reprimands, restrictions, or fines.

Rule 4. Fine & Reprimand categories are as follows:

- a.) **Category 1:** Full Game (total time it takes to play one Full Game) ejection and suspension from unsportsmanlike acts that violate the Player Code of Conduct (\$0.00 - \$50.00)
- b.) **Category 2:** Full Two (2) Game ejection and suspension resulting from unsportsmanlike acts violating the player code of conduct, illegal physical contact during game play, equipment tampering, bench clearing (per player) and excessive profanity or excessive derogatory comments. (\$50.00 - \$150.00)
- c.) **Category 3:** Full Game Four (4) ejection and suspension, or season suspension resulting from fighting, unsportsmanlike acts that violate the Player Code of Conduct, threats of violence, or invitations to physical altercations. (\$150 - \$250)
- d.) **Category 4:** Full Six (6) Month Suspension, up to and including calendar year, expulsion, or lifetime suspension from the UFFL 8-MAN/WOMAN ELIGIBLE Organization resulting from initiating/starting a fight (1st punch) threat of a weapon, possession of a weapon, extreme or habitual violations of the player code of conduct policy. Contacting a UFFL 8-MAN/WOMAN ELIGIBLE administrator, league affiliate, league staff, game official, and excessive unethical acts. Habitually violating the rules, regulations and policies that threaten the well-being of participants, fans, supporters and overall positive image and business relationships within the UFFL 8-MAN/WOMAN ELIGIBLE Organizations, its leagues, and affiliates. (\$250 - \$500)

Rule 5. Suspension categories are as follows:

- a.) **None (Admin) or Full Game:** a warning, probation, or "Full Game" suspension resulting in the player/participant or team restricted from games, tournaments, events, affiliated with the UFFL 8-MAN/WOMAN ELIGIBLE Organization. Full Game will be specifically defined by date, time and the half the player/participant and or team is eligible for participation.
- b.) **Two (2) Full Game:** Suspension resulting in the player/participant or team restricted from games, tournaments, events, affiliated with the UFFL 8-MAN/WOMAN ELIGIBLE Organization. '2 Full Games' will be specifically defined by date, time and the half or game the player/participant and or team is eligible for participation.
- c.) **Four (4) Full Game:** Suspension resulting in the player/participant or team restricted from games, tournaments, events, affiliated with the UFFL 8-MAN/WOMAN ELIGIBLE Organization. '4 Full Games' will be specifically defined by date, time and the half or game the player/participant and or team is eligible for participation.
- d.) **Six (6) Month; Full Season; Calendar Year; League Year; Indefinite; or Lifetime:** Suspension resulting in the player/participant or team restricted from games, tournaments, events, affiliated with the UFFL 8-MAN/WOMAN ELIGIBLE Organization. Specifically defined by date, time and the half or game the player/participant and or team is eligible for participation. Indefinite and/or Lifetime bans have no specific end dates per their definition.

CATEGORY	SUSPENSION	ADMINISTRATIVE	ILLEGAL CONTACT	FINES
1	None (Admin) or Full Game	Administrative violation(s), language (profanity), taunting derogatory remarks or gestures in violation of the PCC	Unintentional contact or undeliberate act(s) causing harm to a player/participant, staff, official, affiliate	\$0 - \$50
2	Two (2) Full Games	Administrative violation(s), language (profanity), taunting derogatory remarks or gestures in violation of the PCC	Habitual unintentional contact or undeliberate act(s) causing harm to a player/participant, staff, official, affiliate	\$50 - \$150
3	Four (4) Full Games	Administrative violation(s), language (profanity), taunting derogatory remarks or gestures in violation of the PCC	Intentional contact or undeliberate act(s) causing harm to a player/participant, staff, official, affiliate	\$150 - \$250
4	Six (6) Months, Full Season, Calendar Year, League Year, Indefinite or Lifetime	Administrative violation(s), language (profanity), taunting derogatory remarks or gestures in violation of the PCC	Habitual and/or extreme intentional contact or undeliberate act(s) causing harm to a player/participant, staff, official, affiliate	\$250 - \$500

Article: H Personal Fouls Flagrant 1 & 2

Personal Fouls are defined by rule as a breach of the rules that involve illegal contact to an opponent. Personal fouls may or may not be intentional. Concerning the severity of personal foul(s) violations, these reprimands are administered at the discretion of the game day official(s). Intentional or unintentional harm to a player may result in a personal foul flagrant 1 or personal foul flagrant 2.

Rule 1. Personal foul flagrant 1: (unintentional and/or non-malice) action(s) resulting in contact made with an opponent to a restricted area or unintentional illegal contact during football actions resulting in a player gaining a substantial advantage against their opponent.

- a.) 2 of these fouls during a game will result in an ejection for that game and the next game accompanied with a report explaining in detail the infractions of the flagrant fouls.
- b.) 4 of these fouls for the tournament will result in the player being banned from participating in the remaining tournament games. The UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board and League/Tournament director may review the incidents for all ejections to ensure the proper penalty was levied. In this case the reports for the (2) two fouls or for (4) fouls will be reviewed by the Board and the League/Tournament director who may reach an alternate decision to be administered as the final decision regarding the ejection.

Rule 2. Personal foul flagrant 2: (intentional and/or malice) action(s) resulting in contact made with an opponent to a restricted area or intentional /unintentional but malicious illegal contact during football actions resulting in a player gaining a substantial advantage against their opponent.

- a.) 1 of these fouls during a game will result in an ejection for that game and the next game accompanied with a report explaining in detail the infractions of the flagrant foul.
- b.) 2 of these fouls for the tournament will result in the player being banned from participating in the remaining tournament games. The UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board and League/Tournament director may review the incidents for all ejections to ensure the proper penalty was levied. In this case the reports for the 1 foul or 2 fouls will be reviewed by the UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board and League/Tournament director may reach an alternate decision to be administered as the final decision regarding the ejection.

Rule 3. No contact to the “restricted area “of any player is allowed. The restricted area being defined as the area above the shoulders and below the waist of a player. Contact by a defender below the waist attempting to de-flag the ball carrier maybe be deemed legal pending the official’s judgment of the defender’s/opponent’s intent.

Rule 4. All defensive personal foul or illegal personal contact penalties will result in an automatic first down.

ILLEGAL PERSONAL CONTACT (Malice/Non-Malice)

*Excessive contact to an unprotected player
*Tackling
*Crackback block
*Fighting
*Elbowing
*Striking (non-football)
*Blindsides block
*Excessive charging
*Tripping

*Ball carrier intentionally lowering the head or shoulder into the defender
*Defender lowering head into the ball carrier or shoulder into the ball carrier
*Contact with an opponent while on the ground
*Intentional contact above the shoulder or below the waist
*Discharging Bodily fluids towards a player, participant, fan or staff
*Striking a player with an object to cause harm
*Kicking
*Kneeing
*Extreme Roughing penalties

Article: I Playing Field

Rule 1. The game shall be played by and between two teams on a regulation size football field with the dimensions of 120 yards long x 53.3 yards wide. (**Graphic 1**)

Rule 2. The field will be marked in twenty (20) yard intervals with end zones ten (10) yards deep. (**Graphic 1**)

Rule 3. The field will be lined off clearly designating the Goal lines, End lines and Sidelines.

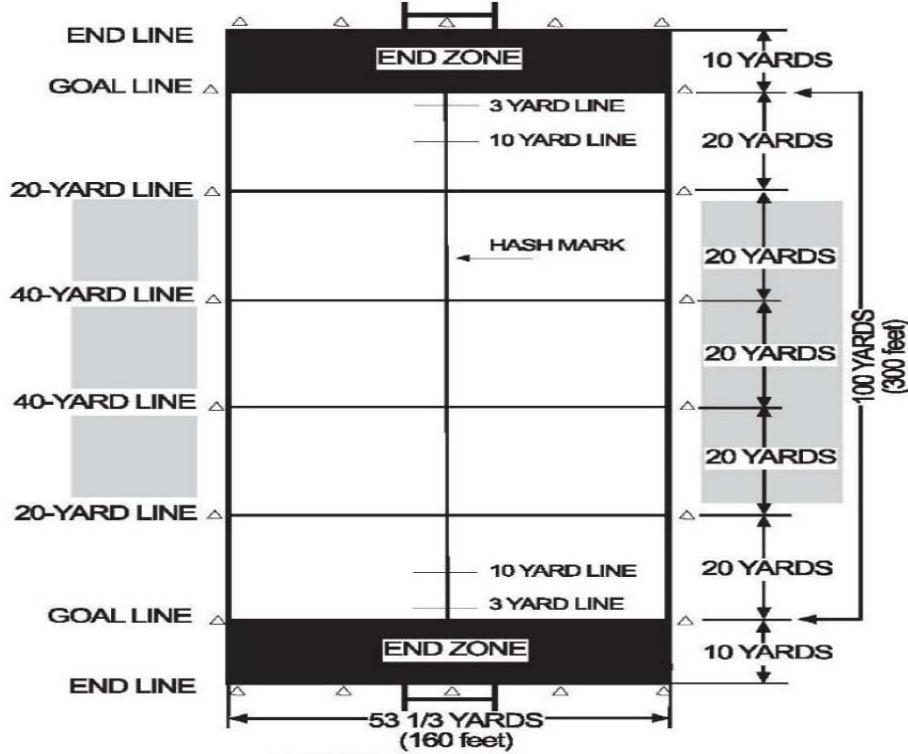
Rule 4. The officials' jurisdiction for the playing field is the entire length and width of the football field with an additional 10 yards completely around the football field before, during and after the game.

Rule 5. Sideline players will remain between each twenty (20) yard line marker while fans will be required to remain at least 10 yards away from each sideline and end line or be considered part of that team's sideline.

Rule 6. Portable field goal post may be used for fields without field goal post.
a.) The portable goal post must meet the inspection and approval of the League/Tournament Director, Head official, UFFL 8-MAN/WOMAN ELIGIBLE Staff or Board member.
b.) Upon approval an announcement must be made to all teams participating in the tournament / game prior to the start of the first game for the tournament.

Rule 7. Soccer goals may be used if present for fields without field goal post.
a.) The soccer goal may be modified with extensions and must meet the inspection and approval of the League/Tournament Director, Head official, UFFL 8-MAN/WOMAN ELIGIBLE Staff or Board member.
b.) Upon approval an announcement must be made to all teams participating in the tournament / game prior to the start of the first game for the tournament
c.) If no modifications are made with extensions then the end post are used as the reference for determining the virtual dimensions for the uprights.

Graphic 1



Article: J Protest

Protests cannot be made against an official's judgment call. Interpretation of the rule(s) and the application of the rule(s) may be protested regarding the game. All matters pertaining to player eligibility must be protested before the end of the contest.

Rule 1. Protests must be made following a disputed play and before the start of the next play accompanied with a \$50.00 cash protest fee.

Rule 2. If the protest is not made following the disputed play and before the start of the next play then the protest option for the play in question is null and void.

Rule 3. Rule interpretations and applications will be handled on the field to avoid unnecessary delays and it is the Head Official (referee or supervising official) who has the final decision.

Rule 4. The protesting team must follow the protest guidelines or forfeit their right to protest.

- a.) The protesting team will call a time-out after the play in question or before the start of the next play, notify the head official/administrator they want to protest along with their \$50.00 cash fee. If a time out is called at any other time, it is charged as a time out and the "incident" will not be discussed.
- b.) For matters of player eligibility a protest fee of \$50.00 cash is required for each player/participant in question.
- b.) All officials on the field will conference with the "protestor". The "protestor" is required to state their "protest" clearly and concisely, stating which rule they believe to be interpreted or applied incorrectly or the eligibility infraction in question.
- c.) The "protestor" has approximately two (2) minutes to state their "protest" regarding the rule/application in question.
- d.) The officials/administrator will then confer at their discretion to determine whether the rule was interpreted properly.
- e.) If the officials/administrator determine that the "protestor" was correct in their interpretation/application of the rule then the team will not be charged the time-out with their protest fee refunded and the play will resume according to the correct interpretation/application.
- f.) If the officials/administrator determine that they interpreted or applied the rules correctly the "protestor" will be charged the time-out, forfeit their protest fee and play will resume as it would have prior to the time-out and protest.

Rule 5. If the "Protestor/Protesting Team" does not understand or agree with the game officials' decisions after the protest has been addressed then an appeal or grievance may be filed in writing with the UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff immediately after the game. Until the said grievance has been properly administered by the UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff the officials protest decision will stand.

- a.) "Protestor/Protesting Team" or League/Tournament director must file a written grievance as to the alleged misinterpretation of the rule or any other incidents during the game immediately following the game. An additional grievance fee of \$25.00 in cash must accompany the written grievance.
- b.) The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff will review the grievance by interviewing the referees, "protesting" and non-protesting team's representatives and/or captains, and field volunteer(s), or any other party deemed to be necessary for a fair disposition
- c.) The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff and committee will review the statements of parties and applicable rules to reach a decision.
- d.) The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff will notify the "protesting" representative in writing of their decision within 1 week or a time deemed reasonable in their discretion. An accelerated process may be used if necessary.

APPEAL/GRIEVANCE UNFOUNDED: The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff agrees with the officials' decision at the time of the incident, meaning that the rules were interpreted/applied correctly. The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff will notify the officials and teams involved of the decision.

APPEAL/GRIEVANCE FOUNDED NO IMPACT: The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff agrees with "protesting" team, however, the misinterpretation/misapplication of the rules did not impact the outcome of the game. The UFFL 8-Man /Woman Eligible League/Tournament Staff will notify the officials and teams involved of the decision.

APPEAL/GRIEVANCE FOUNDED IMPACT: The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff agrees with "protesting" team and deems that misinterpretation/misapplication impacted the outcome of the game. The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff will notify the officials and teams involved of the decision and the UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Staff will implement a solution or change standings, outcomes, points, replays, etc.

Rule 6. Egregious protest attempts with the sole purpose of disrupting or delaying the game and/or undermining the positive image of 8-Man/Woman may be subjected to unsportsmanlike penalties, fines and fines listed in **SECTION I; Article E, F and G.**

Rule 7. Any team, refusing to complete the game after due process of a protest decision may be subjected to all of the rules, fines and reprimands listed in **SECTION I; Article B, E and G.**

Rule 8. The TournamentLeague director or head official will be the final recipient of any protest fees.



Article: K Challenge

The challenge rule will not be used for any National Championship and UFFL Major events. The challenge rule is implemented at the discretion of the League/Tournament Director prior to the first game of the season/tournament. The decision to implement the rule for a season/tournament will be announced and must be carried out the duration of the season/tournament. If there is no official notification that the Challenge rule is applicable then the rule is automatically applied and must follow the rule and guidelines listed in SECTION I; Article K.

Each team is allowed one (1) challenge per contest. This challenge is called a "Lewis". A Lewis is defined as the coach or team captain requesting a clarification and/or a reversal of a judgment call. The Referee will explain to both Coaches/Team Captains their finding(s), an explanation of the finding(s), and their perception of the call-in question. During this challenge, the officials are required to confer for no more than 2 minutes and explain their finding(s) regarding the Lewis. The Lewis does not guarantee an overturned call. However, it does guarantee that the game officials will confer and if there are conflicting opinions of the call-in question then the majority vote between the officials will be the final decision. The vote count will only be disclosed not the actual vote by each official. In the case of a Lewis, all officials are equal. A Lewis is different than a protest because no judgment call(s) can be protested.

Rule 1. During the 2nd half under 2 minutes if a team does not have a timeout or during overtime; only the Supervising Official, Referee, UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board member or League/Tournament director can request a Lewis if the team has not used their Lewis and are out of their time outs. The requestor must not have any direct affiliation (i.e. coach, player, partner, or any known conflicts with the opposing team etc....) any information disclosed to this fact and found grounded will nullify the requestor from the process. All requestors for a Lewis in this situation(s) will also follow the guidelines below.

a.) Guidelines

- i. The team requesting the Lewis must have a timeout before they can invoke a Lewis.
- ii. The officials will acknowledge and grant the timeout if applicable.
- iii. The team requesting the Lewis must state their case clearly without conflict in 1 minute.
- iv. The team requesting the Lewis must include in their case the following
 - A. The reason(s)
 - B. Their perception of what happened during the play
 - C. Their idea of what the ruling/judgment should be on the play
- v. If the team wins their Lewis they will not be charged a time out.
- vi. If the team loses their Lewis they will be charged a timeout.
- vii. No coaching or substitutions are allowed during a Lewis.
- viii. Teams may get water or attend to injuries.
- ix. Both teams will get an explanation of the findings.
- x. The clock will resume exactly where it left off with the exact game situation. For example: If the clock was running at the time of the Lewis it will start back running on the ready whistle.
- xi. The teams must accept the decision without conflict and refrain from making any negative references regarding the final decision of the Lewis or be penalized 15 yards for each incident and/or a possible ejection from the contest.

Article: L Officials

Rule 1. The officials shall govern all players, coaches, trainers, and other persons in the team area. Only authorized persons shall be allowed on the sidelines and field of play. **See: Section I; Article I; Rule 4**

Rule 2. The referee has full jurisdiction 1 hour prior to the start of the 1st game.

Rule 3. The referee has full jurisdiction 1 hour after the conclusion of the last game.

Rule 4. The Head Referee (Officials Supervisor) or Referee for the tournament / game has the authority to rule promptly on any game situation not specifically covered in the rules. All matters will be thoroughly explained to both teams and these decisions are final in all matters pertaining to the game excluding a protest. The rule interpretation will follow the guidelines of the NFHS Rule book if it is not clearly noted in the UFFL 8-MAN/WOMAN ELIGIBLE rulebook. If the NFHS Rule book does not offer a clear explanation/interpretation of the rule for the situation in question; or if the NFHS rulebook is not available for review in a timely manner; then the Head Referee (Officials Supervisor), Referee, UFFL 8-MAN/WOMAN ELIGIBLE Staff Tournament Director, or Board member may utilize other available resources in order to render a final decision under the guidelines of fair play and sportsmanship.

Officials continued

Rule 5. At any given time, the game will be officiated by no less than three (3) officials and no more than five (5) officials at all levels. The Referee will be recognized as the Head Official for each sanctioned UFFL 8-MAN/WOMAN ELIGIBLE game.

Rule 6. The Referee will designate the official timekeeper for each game and will notify each team of the designee.
a.) It is recommended that the Referee maintains the game clock with the Back Judge maintaining the 25 second play clock.

Rule 7. The Referee manages ALL games and reserves the right to discipline, forfeit, delay, and postpone at his/her discretion to preserve the integrity of the games played during UFFL 8-MAN/WOMAN ELIGIBLE events.

Rule 8. All officials' decisions are applicable to registered teams/team members and can be applied pre and post-game activities or infractions. They may also be subjected to all rules, penalties, fines and reprimands listed in **SECTION I; Article E and G**. **For Example: Unsportsmanlike acts after the game has ended or before a game has started to include violations of the PCC, occupying a restricted area and or refusal to adhere to a specific request by the League/Tournament director, staff, Head official or game official.**

Rule 9. If there are three (3) officials during the game they will be the Referee, Line Judge, and Back Judge.

Rule 10. If there are four (4) officials during the game they will be the Referee, Line Judge, Field Judge and Back Judge.

Rule 11. If there are five (5) officials during the game they will be the Referee, Line Judge, Field Judge, Side Judge & Back Judge.

Article: M Equipment

The official flag belt set for all sanctioned UFFL 8-Man/Woman Eligible leagues, tournaments and/or Events will be the “Triple Threat” Flag Belt Set.

Rule 1. Every player on the field is required to properly wear an approved triple threat flag belt. A “triple threat” flag belt is three (3) flags **vinyl coated polyester flag permanently** sewn onto the web of the belt with the flags measuring a minimum of **2 1/4 W and 14 in L**. The triple threat flag belts have multiple sizes distinguished by the color of the clip for most approved models (**Red – Small, Yellow – Medium, Blue – Large, Green – X Large**). **The proper size must be worn in which there is a flag directly on each hip and in the center of the player's lower bottom.** The entire belt comes off as the ball carrier is de-flagged. The belt and entire flag(s) must be clearly visible. This includes the gator clip on the flag belt set.



Example A (Legal)



Example B (Illegal)



Example C (Illegal)

- **Example A** - three (3) flags **vinyl coated polyester flag permanently** sewn onto the web of the belt with the flags measuring a minimum of **2 1/4 W and 14 in L**
- **Example B** - three (3) **not** sewn onto the web of the belt in which case the flags themselves slide and move along the belt.
- **Example C** – **Velcro** flags that separate from the belt

Rule 2. Equipment verification regarding a legal flag belt may be accessed at any time before and after any play with the official rendering judgment that may affect the outcome of a “play”, “series” or “score”.

a.) Flag belts that are not “official”, non-standard or have not been identified as illegal and or legal flag belt sets with knots, tape, **obstructing** material/device or any substance that may create a safety hazard or advantage for the ball carrier will be subjected to two (2) different officials' decisions for illegal equipment or equipment that requires an adjustment pending opposing team's decision. These options **may not** fall under the flag tampering guidelines. **SECTION II; Article O; Rule 1.** This is at the discretion of the head official for a final decision.

- Replay Down with player involved removed for that play (**Illegal equipment, 5yds**) {sig.23}
- Decline penalty taking the result of the play, and player involved must be removed for at least one play returning with the corrected equipment.

Equipment continued

Rule 3. The flag belts must be worn properly with a flag on each hip and directly in the back. The gator clip must be secured on the flat face of the belt not between or behind a knot(s), clip or any other item that is not a manufactured part of the flag belt. It is the responsibility of each player to properly wear the flag belt for each play. A penalty may be accessed from the previous spot if the player(s) was notified to adjust the flag belt and the player did not comply with the official's request. Any illegal equipment, illegally secured and or tampering penalties of the flag belt will be enforced according to the guidelines listed in the rulebook.

a.) **All players on the field must start the play with the flag belt properly secured with the gator clip fastened.**
Players not starting the play with a flag belt properly secured will be accessed an illegal equipment penalty.

Rule 4. A team's official game ball must be at least an "American" style High School regulation football and shall not exceed an "American" style NFL regulation football for the men and at least an "American" style Junior size regulation football and shall not exceed an "American" style NFL regulation football for the women. The preferred type is leather but composite material is permissible. The color must be either brown(tan), black or white in color. If the game ball is not clearly labeled with the official size by the manufacturer the Referee or Director will determine if the game ball in question is permissible.

Rule 5. The use of headgear (excluding headbands, athletic caps and baseball caps worn backwards), shoulder pads, forearm pads, casts, boxing gloves, uncovered knee and elbow braces, hard covered thigh pads; jewelry and any other unyielding equipment are not permissible. This includes, but is not limited to body cameras, face shields, training masks, and any other hard covering that the Referee/administrator determines to be unsafe.

Rule 6. Illegal equipment specified and not specified may be measured and/or inspected by the UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board member, League/Tournament Director, Head Official or in-game official for the said equipment to be permissible. Any rulings made by League/Tournament Directors shall be valid for that league/tournament only.

Rule 7. Shoes can be screw- ins but must be male type where the steel stem is attached to the detachable cleat. Shoe can also be molded rubber.

Rule 8. Player wearing non-preferred shoes will be removed from said game and will not be allowed to participate until problem is rectified.

Rule 9. Kicking equipment (Block) for extra points and field goals shall not exceed 2 inches in total height.

Rule 10. Kicking equipment (Tee) for kick-offs and free kicks shall not exceed 3 inches in total height.

Article: N Team Uniforms (Uniform Policy)

Rule 1. Teams are required to have a uniformed look, meaning same basic color jerseys/tops which may have numbers on the front and/or back and the same basic color pants/shorts/bottoms if applicable. If a player does not meet these requirements they are unable to participate on the playing field until they are able to meet the requirements of the uniform policy. The referee may enforce a penalty or penalties within the guidelines listed in **SECTION I; Article N; Rule 1 – 7.**

Rule 2. Pants/shorts/bottoms must **contrast (dark to light)** the color of the flag(s) and may not create a camouflage look as it pertains to the flag(s) and the design and color of the pants/shorts/bottoms. Also, the pants/shorts/bottoms shall not have any pockets. If pockets are present they must be taped closed or they must be removed or replaced.

Rule 3. In the event two (2) competing teams have the same basic color jersey, the home team will have the choice of which jersey they would like to wear. The referee for that game and/or league/tournament director has full discretion on implementing the rule within the guidelines of sportsmanship and fair play. The referee or League/Tournament director may also devise a solution that may require the home team to yield their choice of uniforms and penalize the opposing team a maximum of 15 yards per half for failure to fully comply with the uniform policy. Provided that after the home team has yielded their choice of jersey, the opposing team is able to meet the requirements of the uniform policy. If the opposing team still cannot meet the requirements of the uniform policy, the referee at his/her discretion may remove each player on the opposing team from the playing field who does not comply with the uniform policy in addition to the penalty yardage already enforced. The implementation of this rule may be applied to individual(s) in lieu of enforcing the yardage for the team penalty.

a.) During pool play games if a home team is not clearly designated then the home team will be decided by a coin toss.

b.) The referee at his/her discretion may require a uniform to be adjusted in order to uphold the uniform policy and the safety guidelines.

c.) If a team player does not maintain a uniformed look they may be removed from the game or receive a failure to comply penalty for each incident until they are not able to comply with the rules listed in **SECTION I; Article N.**

d.) A player may request special participation from the referee or League/Tournament director due to a damaged or tainted uniform provided the player(s) put forth a reasonable effort to comply with the uniform policy prior to, during, and/or after a previous game.

Rule 4. League/Tournament Directors and or staff will not be responsible for distribution of scrimmage vests; teams will be required to maintain a uniformed look, even if it means not wearing jerseys and wearing similar colored tops instead

Teams Uniforms (Uniform Policy) continued

Rule 5. The lack of a uniformed look for the team may solicit a 15-yard penalty at the beginning of each half at the discretion of the Referee.

- The implementation of this rule may be applied to an individual(s), which will force the individual(s) to leave the playing field in lieu of enforcing the penalty yardage. This implementation is applicable only if the individual(s) asked to leave the playing field leave in a timely manner and the result of their departure places the remaining team members on the field within the uniform policy.
- If the team in violation of the uniform policy is unable to accommodate the requirements of the uniform policy the referee at his/her discretion may enforce the failure to comply penalty for each half.

Rule 6. Jerseys should be tucked in at all times and should not at any giving point during the game cover any portion of the flags or flag belt. Players with un-tucked jerseys may nullify defensive holding penalties against the ball carrier as described in **SECTION II; Article E; Rule 1; g and h**

Rule 7. Half cut jersey shall not extend past the waistline nor cover any portion of the flags or flag belt.

Article: O Roster Limits

Rule 1. Team Roster limits for all UFFL 8-MAN/WOMAN ELIGIBLE sanctioned events shall be set at (30) Players for 8-Man/Woman Eligible (D1).

Rule 2. Team Roster limits for all UFFL 8-MAN/WOMAN ELIGIBLE sanctioned events shall be set at (30) Players for 8-Man/Woman Eligible (D2).

Rule 2. Team Roster limits for all UFFL 8-MAN/WOMAN ELIGIBLE sanctioned events shall be set at (30) Players for 8-Man/Woman Eligible (D3).

Article: P Game Playing Time

The official playing time for the game is always on the field maintained by the designated official for that game. The designated official if not the Referee should be indicated at the coin toss. If game clocks or scoreboards are available then a designated timekeeper pre-approved by The UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament staff or Referee will operate the game clock or scoreboard.

Rule 1. All games shall not exceed twenty (20) minutes of regular game time monitored by an official or designee responsible for the official game clock. Games will be split into two (2) twenty (20) minute halves.

Rule 2. The 1st half is a "running clock" stopping only for official's and team's timeouts.

- The first half may also use a regulation 2-minute clock concluding the 1st half if mandated by the League/Tournament staff prior to the start of the first game of the tournament.
 - The decision for the regulation clock during the 1st half must be made prior to the start of the first game of the tournament.
 - During penalties the game clock may stop and then start at the snap of the ball if the referee determines that a team is gaining an advantage by committing penalties during the game. This rule may apply during the regular (running clock) playing time and prior to the "regulation time" of the last 2 minutes of the 1st half.
- The first half may also use a regulation 1-minute clock concluding the 1st half if mandated by the League/Tournament staff prior to the start of the first game of the tournament.
 - The decision for the regulation clock during the 1st half must be made prior to the start of the first game of the tournament.
 - During penalties the game clock may stop and then start at the snap of the ball if the referee determines that a team is gaining an advantage by committing penalties during the game. This rule may apply during the regular (running clock) playing time and prior to the "regulation time" of the last 1 minute of the 1st half.
- The first half may also use a modified 2-minute regulation clock where the clock will stop momentarily for all penalties and then restart on the ready for play whistle.
 - The modified regulation clock in the 1st half will operate per the officials' judgment under the advantage / disadvantage guidelines of a normal game have regulated time per the official's discretion.
- Defensive penalties during the regulation clock do not require the game clock to start on the snap. The officials will administer all advantage/disadvantage principles regarding the management of the game clock during regulated play.

Rule 3. The 2nd half is a "running clock" stopping only for official and team timeouts until the last 2 minutes of the game which will begin the "regulation clock"

- The game clock will stop on "out of bounds" plays, timeouts, injuries, fair catches, penalties, and incomplete passes under two (2) minutes in the second half
- During live ball penalties the Referee must ask the offended team if they would like game clock stopped or started. If the offended team requests the game clock to be stopped, it will begin on the next legal snap.

Game Playing Time continued

- c.) During penalties the play clock may start at the snap of the ball if the referee determines that a team is gaining an advantage by committing penalties during the game. This rule may apply during the regular (running clock) playing time and prior to the "regulation time" of the last 2 minutes of the 2nd half.

Rule 4. Two Minute Warning: The Referee will announce to both teams that the game has reached the two (2) minute warning during each half.

- a.) During the 1st half the clock will stop at the announcement of the 2-minute warning. The Referee will give a short briefing of the game situation and the "running clock" will start back at the snap of the ball, unless the 1st half regulation clock was altered by the League/Tournament director prior to the first game of the tournament in which case the official will follow the guidelines of the altered regulation clock procedures noted in the rulebook.
See: SECTION I; Article P; Rule 2.
- b.) During the 2nd half the clock will stop at the announcement of the 2-minute warning. The Referee will give a short briefing of the game situation and the "regulation clock" will start back at the snap of the ball.
- c.) If the 1-minute regulation clock is employed then the officials will announce to both teams that the game has reached the 1-minute warning at the end the 1st half.

Rule 5. In order to accommodate daylight, time, weather or other restrictions required by the facilities being used, A UFFL 8-MAN/WOMAN ELIGIBLE Staff, Board member, League/Tournament director or Head Referee can reduce the time of a half or both halves to 22 – 18 minutes followed by a modification for a regulation clock during the 1st half only. If the time of play is changed and/or modified both teams will be notified at the start of the game during the coin toss.

Rule 6. Half times will not exceed 5 minutes and cannot be no less than 1 minute.

Rule 7. **"Regulation Clock\Time"** is defined as a traditional American football game clock management that start and stops the clock as it to several components in the game regarding timeouts (official and team), possession out of bounds, penalties, injuries, incomplete forward passes, first downs, and change of possession. **The "regulation clock\time" is only applicable at certain points of the game which include two (2) minutes remaining in either half if applicable or one (1) remaining in either half if applicable.**

- **Change of possession** - Clock stops, starts at the snap of the ball
- **First downs** - Clock stops momentarily if still in bounds and starts on the ready for play whistle barring any penalties
- **Incomplete forward pass** - Clock stops, starts at the snap of the ball
- **Injuries** - Clock stops, starts on the ready for play whistle on live ball plays and starts on the snap of on dead ball plays
- **Penalties** – **Clock start and stops at the discretion of the offended team unless there is an incomplete pass or a possession out of bounds. In these cases, the clock will start on the snap after the penalty assessment.**
- **Possession out of Bounds** (Player with full possession running out of bounds before being deflag) – Clock stops, starts at the snap of the ball
- **Timeouts (Official)** – Clock stops, starts on the ready for play whistle on live ball plays and starts on the snap of on dead ball plays
- **Timeouts (team)** – Clock stops, starts at the snap of the ball

Rule 8 Balls hitting the ground on the snap or lateral, after possession by a ball carrier or a loss possession and or lateral out of bounds will not stop the clock during regulation time\clock.

Article: Q Timeouts

Rule 1. Each team is awarded three (3) timeouts per half.

Rule 2. Timeouts will only be recognized by the players on the field, coach or designated captain and granted if recognized by a game official.

Rule 3. At least one (1) timeout must be utilized prior to the two (2) minute mark at the end of each half. Failure to utilize a timeout prior to the two (2) minute mark will cause the team to forfeit one (1) of their remaining timeouts for that half. A team cannot carry three (3) time outs into the 2-minute warning.

Rule 4. A timeout shall not exceed 30 seconds.

Rule 5. Consecutive timeouts by any team is permissible provided the team have the timeouts available.

Rule 6. Calling timeouts when all are exhausted is considered unsportsmanlike. If the timeout is acknowledged and awarded by the game official(s) an unsportsmanlike penalty will be accessed. Unacknowledged and unawarded timeout calls are not to be penalized

Rule 7. Equipment and injury timeouts are at the officials' discretion, play will resume on the ready for play whistle depending on the previous play prior to the Official's timeout.

Rule 8. Injuries during "regulation" time may require the injured player's team to use a timeout unless a game official's judgment believes the injury was result of an unfair, unnecessary or reckless act caused by the opposing team.

Rule 9. The official(s) acknowledging the time is all that is required for a time out to be granted. Blowing the whistle is an indication and designation of that acknowledgment and timeout awarded.

Article: R Overtime Play

Rule 1. There is NO OVERTIME play in tournament games using the "pool play" format during the pool play/round robin rounds. The games can end in a tie.

Rule 2. Overtime is allowed on the single elimination day/round of "pool play/round robin" tournament games only.

Rule 3. In the event a game is tied at the end of regulation play, the start of each possession in overtime will be the 20-yard line "going in" barring any penalties with four (4) downs to score and each team having a chance to score per overtime period.

Rule 4. One (1) timeout will be awarded to each team per overtime period. Timeouts will not carry over from regulation play or other overtime period(s).

Rule 5. There will be an intermission period of no more than one (1) minute.

Rule 6. Either team can score during overtime. All interceptions, missed field goals or extra points(blocked), blocked field goals or extra points will be played to completion with both teams having the ability to score.

Rule 7. A coin toss will determine the 1st possession of the overtime period(s) with the team winning the coin toss having the choice to play offense or defense first. The team losing the coin toss for overtime will have the choice of which end of the field the entire overtime period(s) will be played. In the event of a 2nd overtime, the losing team of the initial coin toss will automatically play defense or offense depending on the original decision by the team winning the initial coin toss to start the overtime period. This process will continue to alternate if overtime play continues until a winner is decided by the overtime guidelines listed in **SECTION I; Article R; Rule 1 – 7.**

The overtime protocol for non-championship games are as follows:

- a.) Each team will have a set of four (4) down(s) from the 20-yard line for the 1st overtime period barring any penalties or score.
- b.) Each team will receive one (1) timeout for the 1st overtime period.
- c.) All penalties will be enforced the exact same way they are during the game prior to the overtime period(s)
- d.) A team has the choice to attempt an extra point conversion for 1 or 2 points after a touchdown during the 1st overtime period.
- e.) If the score is still tied after the 1st overtime is completed the game will enter into a 2nd overtime period and subsequent overtime period(s) if applicable in which each team will alternate extra point conversion attempts until a winner is decided. These attempts by both teams will be called "**Tries**". The alternating possession will continue from the previous overtime period and carry over to the "tries" in the 2nd overtime period and or subsequent overtime period(s) with alternating "tries" until a winner is determined. **Teams are only allowed one (1) timeout for the entire duration of the 2nd overtime and subsequent overtime period(s) (tries).**
 - i. The tries will start with each team getting a chance for an extra point conversion attempt. **It may be played for only two (2) points run, pass or kick.**
 - ii. If the game is still tied after the 2nd overtime period a 3rd overtime period and if applicable subsequent overtime period(s) will begin with each team having an attempt for two (2) point conversions **run or pass only** until a winner is determined.

Rule 8. Championship games will be determined by an "**Extended**" overtime period until a winner is determined. The tournament/league director(s) may decide to modify the championship game overtime or special circumstances regarding time, weather or facility use warrants the application of the rules listed in **SECTION I; Article R; Rule 7; a – e.**

The "Extended" overtime protocol for championship games are as follows:

- a.) Each team will have a set of four (4) down(s) from the 20-yard line for each overtime period barring any penalties or score.
- b.) Each team will receive one (1) timeout per overtime period.
- c.) All penalties will be enforced the exact same way they are during the game prior to the overtime period(s)
- d.) A team has the choice to attempt an extra point conversion for one (1) or two (2) points after a touchdown during the 1st overtime only.
- f.) If the score is still tied after the 1st overtime is completed the game will enter into a 2nd overtime and possibly succeeding overtime period(s) until a winner is determined.
- g.) During the 2nd overtime and all succeeding overtime period(s) teams may only attempt an extra point try for 2 points after a touchdown.

Overtime Play continued

Rule 9. Field goals are allowed as a scoring option during overtime. Field goal attempts will follow the same guidelines during regulation play.

a.) All kicking options for scoring is allowed during the overtime period except for the 3rd and subsequent overtime period(s) in non-championship games.

Article: S Game Start Time

Rule 1. The game will start no later than five (5) minutes after the designated time set in the official tournament or league schedule (Only the first game of the day receives a 15-minute maximum grace period), after which it will be the Referee's or League/Tournament director's discretion to forfeit the game. SEE: **Section I; Article B; Rule 1**

Rule 2. Prior to the start of the game the officials may conduct an equipment check involving each team lining up on their side line with a game day official requesting to see the bottom of the cleats, uniform, and flag belt properly fitted and free of tampering. This equipment check may also be completed verbally by asking the team captain(s) or coach if all players are properly equipped.

Article: T Speaking Captains

Rule 1. Prior to the start of each game, the Referee will ask each team to designate the speaking captain(s) for the game. The designated player(s) or coach will be the representative(s) for team decisions during the entire game and can only be changed if said the said player/coach is disqualified from game or injured.

Rule 2. Each team may have no more than five (5) Representatives. Two (2) offensive captains, two (2) defensive captains and one (1) non-playing coach/captain that is listed on the roster.

Rule 3. These designated speaking captains/representatives must identify themselves prior to the start of any game.

Rule 4. Only these designated speaking captains/representatives are permitted to solicit a rule clarification and are relevant game from the Referee when time permits, in lieu of a Lewis or Protest. Any other requests may be considered **GAME INTERREFERENCE** and will be subject to **Section I: Article E: Rule 3**.

Rule 5. Speaking Captains can refer to the coach prior to deciding the benefit of a Referee's infraction explanation. Speaking Captains' initial decision is irrevocable.

Article: U Coin Toss

Rule 1. The Referee shall conduct the coin toss duties and designate the "Caller" prior to the actual coin toss. The designated Player/Coach/team representative must make the decision while the coin is in the air or before the coin toss. Failure to do so will automatically award the non-calling team the winner of the coin toss. The team winning the coin toss will have the choice(s) (**RECEIVE**) take the ball, (**KICK**) conceding possession and choosing direction/goal to defend or (**DEFER**) their choice until the second half of said game. The team losing the coin toss will have remaining choices with the exception of the option to defer.

Rule 2. A team arriving late on the field prior to the scheduled start time will forfeit their choices and will automatically lose the coin toss.

Rule 3. Captains\Team Representatives not appearing for the coin toss will automatically lose the coin toss.

Article: V Starting the Game - Half

Rule 1. At the conclusion of the coin toss, the Referee will inform the team captain(s) and team(s) they have up to one (1) minute to kick the ball or line up to start the game or half. The official(s) will indicate a one (1) minute warning, after sixty (60) seconds has expired the Referee will blow the "ready for play" whistle once all Officials are in position and have confirmed they are ready. This will also start the game clock regardless if the teams are line up ready to play.

Rule 2. **The choice for kick offs is at the discretion of the teams. Both teams must agree not to kick in order for kick offs to be omitted. The decision cannot be change for the duration of the game until the last two (2) minutes of the game when the two (2) minute kick rule is applicable for the losing team. If both teams do not agree not to kick then kick offs will be required to start the game, half and after successful scoring attempts. Teams must kick their own ball for the kick off**

Rule 3. After halftime and a one (1) minute announcement the clock will start on the Referee's ready whistle after all Officials are in place. The kicking team has twenty-five (25) seconds to put the ball in play when the teams are set and the ready for play whistle is blown.

Article: W

Possession

Rule 1. A team with possession of the ball will have four (4) consecutive downs to advance their possession to the next zone earning a new set of downs. This will continue until the possessing team scores or fails to advance the ball to the next zone within four (4) more downs.

Rule 2. On any down a team can utilize a scrimmage kick (field goal or punt) to score or surrender possession without declaring to the Referee. On any down the team in possession must declare they are kicking a field goal or punting in order for the rushing and release restriction to be applicable.

- a.) The defense will have no rushing restrictions on non-declared punts / legal kicks.
- b.) The offense will have no alignment restrictions regarding the center and guards on non- declared punts / legal kicks.
- c.) The offense will not have any release restrictions regarding players leaving before the punt on non-declared punts.

Rule 3. On 4th down, a team must declare and or announce their option to “**kick (field goal), punt, play or undeclare (which means the team is not designating any specific choice to the Referee**. The designation of “undeclared” or the offense not indicating an official choice will be considered a regular offensive play regardless of formation with no rushing or release restrictions. All team designations or choices will be announced by the Referee as the official decision, If the offensive team calls a timeout prior to the play or either team commits a penalty that changes the field position for the team possessing the ball before or after the play, the offense may change their choice. Once the Referee has announced the offense has declared a punt or a kick all punting and kicking guidelines will be enforced for that play. **See: Legal Kicks - SECTION II; Article S; Rule 1 and .3**

Article: X

Advancement

Rule 1. The ball carrier cannot dive to advance the ball in order to gain an advantage, a “**dive**” being defined as the ball carrier lunging forward parallel to the ground with both feet off the ground. The Interpretation of this rule will be at the sole discretion of the officials. **Enforcement: Same as flag guarding. (10 yds. from spot of Foul- Loss of Down).**

Rule 2. The ball may be extended for extra gain to cross a plane for advancement or score; it will take precedence over the ball carrier's body. The spot of the ball is at the discretion of the officials.

Article: Y

Scoring

Rule 1. Touchdowns (6): By run, pass or return of blocked/missed field goal, a team can score a maximum of six (6) points for the ball carrier advancing the ball to the opponent goal line at any given time of the game.

Rule 2. Extra points (1 or 2): Are determined by yardage. If goal posts or substitutes are available at the field location, extra-point kicks can only score 1 point regardless of where the ball is placed for the extra point kick.

- a.) An offensive team captain will declare one (1) point or two (2) points to the official and cannot be altered without calling an offensive timeout.
- b.) The referee/official are responsible for the spot of ball and field announcement once a decision is declared.
- c.) Rushing restrictions do apply on all extra point kicking attempts once declared. **See: Legal Kicks - SECTION II; Article S; Rule 2; a - h**
- d.) One (1) point when set at the three (3) yard line by run, pass or kick.
- e.) Two (2) points when set at the ten (10) yard line by run, pass or kick.
- f.) A defensive player may advance to the opponent's end zone on a turnover during a run, pass extra point attempt for the points attempted one (1) or two (2) points or a blocked extra point kicking attempt for one (1) or two (2) points.

Rule 3. Field Goals (3): If goal posts, approved portable goal posts or soccer goal posts are available at the field location; field goals can be attempted for 3 points.

Rule 4. Safety (2): A team without possession of the ball (Defense) can score by de-flagging an offensive player in the possessing team's end zone or benefiting from an offensive penalty in the end zone.

- a.) If the offensive team gets trapped and is de-flagged in its own end zone with the preceding spot established beyond the goal line the defensive team scores 2 points.
- b.) If the offensive team drops the ball or commits a penalty in their end zone with preceding spot established beyond the goal line the defensive team scores 2 points.
- c.) If a player on the defense gains possession of the ball in their end zone and is de-flagged there, it is a touchback, not a safety.
- i. If a player makes an interception outside of the end zone and his/her momentum carries him/her into the end zone and he/she is de-flagged in the end zone the team making the interception will get the ball at the spot of the interception.

Rule 5. Safety (1): If the extra point try results in what would ordinarily be a safety against either team, one (1) point is awarded to the opponent.

For example: Team A (offense) attempts an extra point try and the attempt is intercepted or blocked and retrieved by Team B (defense). During the play a Team B player commits an act that normally would result in a safety. 1. A player intercepts the ball or retrieves a blocked kicked, runs out the ends zone and laterals the ball to a teammate that lands in the endzone. 2. A player intercepts the ball runs or retrieves a blocked kick, runs out of the endzone and retreats back in the endzone on his/her own and is deflagged or a foul is committed in the endzone by the team in possession.

Rule 6. Forfeits (18): A team that forfeits a game will be given a loss and scored as 0-18, with their opponent receiving a corresponding score of 18-0 and a win.

Rule 7. After time has expired during pool play games, the scoring team is not allowed to attempt an extra point try after a touchdown for additional points if the attempt will not have any bearing on the outcome of the game.

Article: Z Mercy Rule

Rule 1. The mercy rule is applicable for all games during a tournament/league event (**Pool-Play and Elimination games**).

Rule 2. If the point differential reaches **17 points** within the two-minute mark of the second half, the game will automatically end no matter who owns the possession.

Rule 3 **If** the point differential reaches **34 points** at any given point of the 2nd half, it will be considered a "Skunk" and will end no matter who owns the next possession.

Rule 4. The "Mercy Rule" will not be in effect for any tournament where the single elimination portion of the event is restricted or limited to a set number of teams. (I.e. Fourteen (14) Teams in division, only ten (10) advance to the single elimination portion of the tournament.

SECTION II. BASIC RULES OF THE GAME

Article: A Blocking

Rule 1. You are allowed to implore multiple styles of blocking:

- a.) Hands extended outward, palms down fingers upward between shoulders and waist frame only
- b.) Chest to chest
- c.) 2 on 1 block down field and at the line of scrimmage.
- d.) Protect yourself with a forearm during block (**Must not extend forearm to "restricted areas"**)
- e.) Finish a block a from behind if the original engagement from the front was never broken and the defender spins, dips, or turns while the blocker maintains contact the during the entire block.
- f.) **Legally block a player who is not aware/looking (blindsight) by extending arms with open hands or shielding the player with minimal contact and no contact to the restricted area. This is a judgement call by the official. It is suggested if the player is not able to see your block due to the pursuit and blocking angels any block should be in form of a shield avoiding any contact if possible.**

Rule 2. While blocking an opponent you are not allowed to:

- a.) **Hold:** Grabbing the jersey or defender's body frame outside of shoulders, pulling, hooking or grabbing the shirt inside of the shoulders and not moving with the defender to stay engaged with the block. Grasping, hooking, or pulling the arm or any part of the defender's body.
 - i. Pull
 - ii. Hook
 - iii. Hug
 - iv. Lay on a downed opponent
- b.) **Lead** with elbow or "upward flipper" block with forearms or elbow (above the shoulder).
- c.) Lead with the head.
- d.) Make contact against a player above the shoulders or below the waist.
- e.) Block a player from behind in the back if contact was broken from frontal engagement or if frontal contact was never established.
- f.) Trip.
- g.) Crack back or illegal blind side block a defenseless player or peel back towards your own end zone to block an opposing player in pursuit of your teammate player unless contact is made without excessive force and open hands extended outward.
- h.) Leave feet to block.
- i.) Clip (Blocking in back below the waist)

Article: B Capture

Rule 1. When the flag belt is broken with the gator clip **CLEARLY** and **COMPLETELY** detached from the flag belt the ball carrier is down and the play is considered dead with a new line of scrimmage established.

Rule 2. The defender who de-flags a ball carrier must immediately hold the flag belt above his/her head for clarification and general spotting of the ball.

Rule 3. The defender must attempt to give the ball carrier back his/her flag belt after capture.

Rule 4. Throwing the flag belt away from the ball carrier after capture may result in a delay of game (**5 yards**) {sig. 21}, excessive delay of game (**15 yds.**) {sig. 27} or unsportsmanlike conduct (**15 yds.**) {sig. 27} penalty.

Article: C Catching

Rule 1. A legal catch by either an offensive or defensive player is showing complete control of the ball with one (1) foot in bounds and either making a football move after controlling the ball, or falling to the ground without the ball hitting the ground in full control while still in bounds

a.) A football move is defined as being capable of avoiding or warding off an impeding deflag attempt by an opponent, tucking the ball away, turning up field, maintain control in a stationary position for or taking additional steps and becoming a runner

Rule 2. If the receiver is air born and lands on the ground in bounds then the receiver must maintain control of the ball after falling to the ground with the ball not touching the field.

Rule 3. A receiver making a catch near the boundaries must completely control the ball while inbounds and show complete control while the player is falling out of bounds even when they hit the ground. If the ball comes out after the receiver hits the ground or adjust from complete control the catch is no good.

Article: D Chucking Zone

Rule 1. The chucking zone is five (5) yards beyond the line of scrimmage, where a defender can make contact with an eligible receiver.

Rule 2. The defender may maintain one (1) sustained chuck within the 5 yards as long as the ball is not in the air.

Rule 3. Contact outside of the chucking zone is illegal contact and may result in a penalty.

Article: E De- Flagging

Rule 1. Flag removal

- a.) The offensive player must have full possession of the ball before they can be legally de-flagged.
- b.) The defender must make a “legal attempt” at the flag(s)/flag belt for the de-flag by reaching for the flag(s)/flag belt at all times with one or both hands leading first for any initial contact and by reasonably keeping his/her head and shoulders up during contact for the de-flag attempt.
- c.) If the ball carrier hits the ground (body part on the ground other than feet or hand) as a result of a “legal attempt” by the defender the ball will be dead at the spot the ball carrier hits the ground.
- d.) If the ball carrier hits the ground (body part on the ground other than feet or hand) on his/her own he/she is considered down at that spot.
- e.) If the flag belt breaks after any contact by the defender the ball will be spotted at the point of contact by the defender. If the flag stays intact and breaks after considerable gain (10 Yards or more), the play will continue until the defender touches the ball carrier with one (1) hand between the shoulders and knees.

Section II: Article M: Rule 2 may apply.

- f.) A defender cannot illegally hold, grab or prevent a runner from advancing when attempting to de-flag a ball carrier.
- g.) Grabbing the ball carrier’s jersey around the waist area (only) that is not tucked in order to de-flag the ball carrier is legal providing the defender is **legally attempting** to de-flag the ball carrier.
- h.) Grabbing the shorts or pockets of a ball carrier’s bottoms is legal only if the defender is making a legal attempt for the de-flag and he/she does not significantly control the ball carrier during his/her attempt at the de-flag.
- i.) **An impeding the runner penalty enforced on the defense during a de-flag attempt of the ball carrier may be enforced 10 yards from the end of the play and a replay of the down if the penalty yardage does not reach the zone to gain (Impeding the runner)** {sig. 42}
- j.) If the ball carrier has no flags on at all then the defender must touch the ball carrier with one (1) hand between the shoulders and knees or pull the remaining flag. **This does not supersede Section II: Article M: Rule 5**
- k.) If the defender is making a “legal attempt” at de-flagging the ball carrier; and the ball carrier alters their position by dipping, jumping, or placing themselves in an unnatural position during a football move; a foul may/may not be called.

Article: F Delay of Game

Rule 1. After the spot is set and the ready for play whistle has been blown, the team in possession of the ball has twenty-five (25) seconds to start the play by snapping the ball. Free kicks and legal kicks are included.

Rule 2. If a player intentionally delays the game by throwing an opponent's flag belt or, kicking an opponent's ball away from the nearest player, detaining a player from joining his/her team, arguing with an official, deliberately advancing a ball after it is blown dead by an official or any other flagrant attempt(s) to delay the game, a delay of game penalty (**5 yds.**) {sig 21} will be assessed.

Rule 3. Players will not attempt to discuss a call or ruling with the official(s) without calling for a timeout.

Rule 4. Excessive delay game action(s) will result in a flagrant delay of game penalty which is a **15-yard penalty** {sig. 27 & 21} from the line of scrimmage and may be added to an existing infraction as a dead ball penalty.

Rule 5. Flagrant delay of game penalties are not automatic first downs but may warrant a stoppage of the game clock or an automatic 10 second run-off the game clock in conjunction with the penalty yardage accessed if the offending team gains a decisive advantage by intentionally committing the penalty.

- The clock may start on the snap of the ball pending the official's judgment.
- The clock may start on the ready whistle pending the official's judgment.

Rule 6. The kicking team has one (1) minute to kick off the ball after a score or twenty-five (25) seconds after the ready whistle, after team A (kicking team) scores a field goal or after the conclusion of the extra point attempt after a touchdown, team A (kicking team) must kick off the ball by the 1:00 min mark or be penalized 5 yards **and** charged a timeout. If team A (kicking team) have no timeouts then team B (receiving team) has the options of taking the ball at the 50-yard line or penalizing team A (kicking team) an 10 additional yards and forcing the kick off.

- If the kicking team is penalized by not kicking the ball with in one (1) minute during the running clock prior to regulation time then the timeout charge to the kicking team only stops the clock until the official(s) mark of the penalty. The ready whistle will restart the clock. This timeout will not be treated as a team timeout but as a penalty for violating the one (1) minute kick rule.
- If the kicking team does not have any timeouts and the receiving team chooses the option for the kicking team to be penalized an additional 10 yards the clock will continue to run unless the kicking team is gaining a decisive advantage in which case the Referee will determine when the clock is to start and/or stop.
- During regulation time the 1-minute kicking clock is still applicable for all kick-offs.

PENALTY EXAMPLE: 4:00 minutes on the game clock ball marked at the **team A's** 40-yard line and **team A** does not kick ball before 3:00 minutes on the game clock. **Team A** will be penalized 5 yards moving the restraining line to **team A's** 35-yard line and charged a timeout. If **team A** has no timeouts **team B** has the options of taking ball at 50 yd. line or penalizing **team A** 10 additional yards moving the restraining line to **team A's** 25-yard line and forcing the kick off.

Article: G Diving

Rule 1. Diving to pull a flag(s)/flag belt is legal.

Rule 2. Diving to advance the ball gaining an advantage against the defender or for extra yardage is illegal.

- Diving being defined as a non-football move by which the ball carrier "completely" leaves his/her feet with body parallel to the ground in order to advance the ball towards the endzone or any direction to avoid a flag pulls: Judgment call.** Enforcement same as flag guarding.

Rule 3. Diving to block is illegal. **Enforcement: Personal Foul, Unnecessary Roughness. (15 yds.)** {sig. 38}

Article: H Encroachment – Offsides - Neutral Zone Infraction

Rule 1. Any part of the defender's body in the neutral zone when the ball is snapped is considered **Offsides** the play will be blown dead.

Rule 2. Any part of the offensive player's body in the neutral zone excluding the center when the ball is snapped is **Offsides** and the play will be blown dead.

Rule 3. A defender in the neutral zone and contacting an offensive player prior to the ball being snapped is **Encroachment** and will be blown dead by the official. The penalty for encroachment may be declined by the offense.



Encroachment – Offsides – Neutral Zone Infraction continued

Rule 4. If a defender has any part of his/her body in the neutral zone which makes the offensive player feign or a defensive player on the line of scrimmage simulates the start of the play by sudden movements simulating the start of the play with the sole purpose to draw a false start then a **Neutral Zone Infraction** penalty may be called depending on the judgment of the official. The penalty may be declined by the offense.

a.) The offense of player that feigns must be on the same side of the ball as the defender committing the neutral zone infraction if the false start involves only a receiver otherwise it is a penalty on the defense.

Rule 5. Consecutive Encroachment / Offsides/ Neutral Zone Infraction penalties will be **10-yard** penalties in which case the offense has an option to accept or decline and continue to accept or decline if the penalties continue in succession.

a.) Unsportsmanlike or Excessive Delay of game (**15 yds.**) {sig. 38} penalties may be enforced if the official believes a team is intentionally committing offside penalties to gain a competitive advantage

b.) **Official may stop/start the clock** if the official believes a team is intentional committing penalties to gain a competitive advantage

Rule 6. It is a courtesy for the official(s) to warn players of their alignment regarding being offside. The responsibility for checking in with the official is on the players which by rule must be acknowledge by the official(s) with a verbal and or physical response (head nod, thumbs up and any other signal indicating the player(s) are properly lined up on sides).

Article: I End Zone Celebrations

Rule 1. End zone celebrations by the players on the field at the time of the score are acceptable within the context of the UFFL 8-MAN/WOMAN ELIGIBLE sportsmanship guidelines.

Rule 2. Penalty for excessive celebration can be accessed on the extra point try, the succeeding kick off or succeeding spot in lieu of kick offs.

Article: J Extending the Half - Game

Rule 1. An un-timed down(s) may extend the 1st half or the end of the game only when the last timed down one of the following occurs:

a.) A touchdown was scored and the try for the extra point is attempted as a part of the same half or the end of the game if the touchdown ties the score and or the extra point try will decide the game.

i. **In the case of pool play games teams are not allowed to try for an extra point after a touchdown if they have already won the game on their touchdown score. The untimed down does not have any bearing on the outcome of the game.**

b.) Offsetting penalties

c.) There was an inadvertent whistle and the down is to be replayed as a part of the half.

d.) Penalties committed by the defense at the expiration of the 1st half or end of the game.

e.) **A successful fair catch allowing the receiving team to attempt a scrimmage kick (field goal) from the spot of the fair catch reception.**

f.) There was a fair catch interference and the offended team accepts the penalty. The penalty yardage will be added and the half may be extended with the ball put in play by a snap or a scrimmage kick for a field goal attempt.

g.) Penalties on the offensive team will not extend the half or game unless the defensive declines the penalty on a scoring play and the extra point try is pending.

Article: K Fair Catch

Rule 1. A free or scrimmage kick In or beyond the neutral where the receiver who has no desire to advance the ball must signal that he/she is attempting a fair catch by extending the arm above the head and wave from side to side while the ball is in the air.

a.) The receiver must be allowed to catch the ball even if the ball is bobbled without interference from the kicking team.

b.) Once the ball is touched by the receiver he/she is still protected under the fair catch guidelines.

c.) If the receiver deflects the ball away from his/her body and is not in position to complete the catch then another member or the receiving team may receive the ball but not advance the ball or the kicking team may intercept the deflected ball for a turnover but not advance the ball

d.) If the player signaling the fair catch does not catch the ball then another teammate may receive the ball but not advance it.

e.) The player signaling the fair catch may not make any contact with the kicking team before the ball is touch by another player.

Rule 2. Once a fair catch is declared the receiving team player(s) signaling the fair catch may not return the ball if the ball is caught in the air or a delay of game penalty of 5 or 15 yards for excessive delay of game may be accessed.

Rule 3. The receiving team may attempt a scrimmage kick (field goal) from the spot of a successful fair catch reception anytime during the game even to extend either half.

Article: L

First Downs

Rule 1. First downs will be awarded when the offensive team advances the ball from one 20-yard increment zone to the next 20-yard increment zone with in 4 downs or change of possession.

Rule 2. First downs may be awarded by advancement due to the application of a penalty which advances the ball in to the next 20-yard increment zone.

Rule 3. An offensive team may be awarded an automatic first down as a result of selective penalties by the defense.

- a.) Roughing the passer.
- b.) Roughing the center during a Legal Kick.
- c.) Roughing the center during a scrimmage play (center is making no attempt to block or move do redirect a defender).
- d.) Roughing the kicker.
- e.) Roughing the holder.
- f.) Defensive pass interference.
- g.) Defensive holding (eligible receiver).
- h.) Illegal contact.
- i.) Personal foul on the defense.
- j.) Palpably unfair act decision

Rule 4. Gaining a first down during a live ball penalty against the offensive team cannot be awarded unless the final spot ball is in the zone to gain after the penalty yardage has been marked off. Live ball enforcement philosophy.

PENALTY EXAMPLE: Team A has possession, 3rd and 10 from their own A30 yard line with the Line to Gain (LTG) at the A40 yard line. A1 completes a pass to A3 at the A43 yard line. A1 commits a flag guard at A47 yard line, and then is legally deflagged at the 50-yard line. Flag guarding is a live ball-spot foul. The official would mark 10 yards. from the spot of the foul (A47) and places the marker at A37. Loss of down. A retains possession and has 4th and 3 from their own A37 yard line with LTG remaining at the A40 yard line.

Article: M

Flag Belt Breaks/Falls off Inadvertently

Rule 1. If the ball carrier flag belt breaks/falls off on its own without any contact from the defender/opposing team, the play is to continue and the ball carrier must be touched with one (1) hand between the shoulders to knee or the remaining flag pulled.

Rule 2. If the ball carrier flag belt breaks/falls off after contact by a defender/opposing team then the play should be blown dead by the official and the ball spotted where the contact for the de-flag. If the flag belt stays intact and break/falls off after considerable gain (10 Yards or more), the play will continue until the defender touches the ball carrier with one (1) hand between the shoulders and knees. Officials Judgement

Rule 3. If a defender intercepts the ball and does not have a flag belt the ball carrier must be touched with one (1) hand between the shoulders and knees.

Article: N

Flag Guarding

Rule 1. A player may not guard against being de-flagged by using any part of his/her body or the ball past his/her flag belt either intentionally or unintentionally.

Rule 2. A player's natural running motion causing a part of the body to temporarily break the plain of the flag belt may not be called by the official as flag guarding.

- a.) It is the official's judgment regarding natural running motion.
- b.) The official may over rule natural running motion if he/she feels that the ball carrier gained a decisive advantage over the defender and the running motion caused a part of the ball carriers' body to block the de-flag attempt.
- c.) Bending over/Dipping to make football moves may not be considered a natural running motion.
- d.) Quick steps to cut by dropping hips, short hops to cut, and legal spin moves may be considered a natural running motion.
- e.) Contact made by a defender placing the runner in an unusual position may not be considered a natural running motion but must be considered on attempts for the de-flag in which the ball carrier may need to maintain balance to gain additional yardage.

Rule 3. Dipping/Dip Move must be executed without the ball carrier using their hand for balance in the vicinity or the same side of any defender with a reasonable chance to de-flag the ball carrier. Any action or move during the dip that places the ball carrier's arm, elbow or ball near or below the flag belt or flags; a flag guarding may be called by the official if the official's judgement believes that the ball carrier gain an advantage.

Flag Guarding continued

Rule 4. Jumping to throw the ball by the quarterback/passer is legal.

- a.) If the quarterback/passer jumps while being pressed by a defender and does not throw the ball it will be considered flag guarding.
- b.) If the quarterback/passer jumps any contact made in attempt to de-flag will not be considered a personal foul as long as the contact is not excessive or to the arm and/or above the shoulders of the quarterback/passer.

Article: O Flag Tampering

Rule 1. Tampering with the flag belt and/or flag(s) in any way including tying, using foreign and non-foreign materials or manipulating the manufacturer's design in order to gain and unfair advantage will result in a **15-yard penalty** from the line of scrimmage, loss of down, player ejection for that game and the next scheduled game pending UFFL 8-MAN/WOMAN ELIGIBLE League/Tournament Director's or Supervising Official's decision as well as the removal of a score if applicable. The final examination of a suspected tampered flag belt and/or flag(s) must be done by UFFL 8-MAN/WOMAN ELIGIBLE staff, Board member, League/Tournament director or referee before the ruling listed in **SECTION II; Article O; Rule 1** can be applied.

- a.) Items listed in **SECTION I; Article M; Rule 1, 2, 3 and 6** may be governed under the guidelines in **SECTION II; Article O** per the official's discretion provided the player/team involved in the infraction was warned to properly secure or change their flag belt or flag(s).
- i. Any alleged flag and/or flag(s)s belt tampering incidents that cannot be clearly defined as "flag tampering" but the equipment involved in the allegation is questionable the referee/administrator per his/her discretion may have the equipment removed with no penalty.

Article: P Inadvertent Whistle

Rule 1. The whistle blown by any official will end the play regardless of the circumstances.

Rule 2. If the whistle is blown inadvertently the team with the possession of the ball prior to the whistle will have the option of replaying the down or taking result of the play.

- a.) The replaying of the down supersedes all subsequent actions including all live ball penalties with the exception of a palpably unfair act, flagrant 1 or flagrant 2 personal foul or unsportsmanlike penalties in which case the penalty may be enforced excluding the yards and excluding an automatic first down with the official(s) levying a penalty for game time playing suspension and/or an ejection or the penalty being enforced with the yards pending the officials' judgment.
- b.) Taking the result of the play will include all subsequent actions including all live ball penalties as a result of the said play.
- c.) Dead ball penalties may be enforced in the order they happened with all subsequent yardage, downs and ejections.

Article: Q Kick Offs

Both teams must agree not to kick in order for kick offs to be omitted. The decision cannot be changed for the duration of the game until the last two (2) minutes of the game when the two (2) minute kick rule is applicable for the losing team. If both teams do not agree not to kick then kick offs will be required to start the game, half and after successful scoring attempts. Legal kicking formations must have at least three (3) players on each side of the kicker no more than five (5) yards back. Teams must kick their own ball for the kick off.

Rule 1. Starts the game, each half or after a score and extra point attempt. **Section I: Article V: Rule 2** may apply.

Rule 2. The ball can be kicked using a kicking tee, held upright, placed on the field and kicked from in between the hash marks or fifteen (15) yards from the sideline in lieu of hash marks by a member of the kicking team.

Rule 3. Barring any penalties, the kicking team will kick from their own 40-yard line on a regulation field and the 30-yard line on a modified field.

Rule 4. Teams line up 10 yards apart from each other. Barring any penalties, the receiving team will line up at the 50-yard line on a regulation field and the 40-yard line on a modified.

Rule 5. The receiving team will always receive the ball unless the "Turnover Rule" is applicable or the receiving team catches the ball, clearly has possession and attempts a lateral to a teammate, which is intercepted by a player on the kicking team which can be returned for a score.

Rule 6. The receiving team will always receive the ball unless the kicked ball caroms off a receiving team's player and is caught by a member of the kicking team before the ball hits the ground which will be the kicking team's ball at the spot the ball was possessed.

Rule 7. The receiving team will always receive the ball unless the receiver muffs the ball into the hands of a member of the kicking team before the ball hits the ground which will be the kicking team's ball at the spot the ball was possessed.

Kick Offs continued

Rule 8. All free kicks must stay in bounds, if the ball is directly kicked out of bounds a penalty (Free Kick Infraction/Procedure) will be accessed. If the penalty is accepted the ball will be spotted where the ball goes out of bounds and an option for five (5) additional yards or placed twenty-five (25) yards from the kicking team's restraining line.

- a.) If a penalty is accessed prior to the kick off and the kicking team's restraining line is moved in any direction all penalty enforcement for kicking the ball out of bounds will apply as stated in **SECTION II; Article Q; Rule 8.**
- b.) There are only three (3) scenarios for a re-kick in which case on any of the penalties the team benefiting from the penalty may decline the penalty.
 - i. In the case of an off-sides penalty on the kicking team, the receiving team has a choice of a 5-yard penalty added to the end of the run or a 5-yard penalty enforced from the kicking team's original restraining line and a re-kick.
 - ii. In the case of an illegal formation on the return team {not enough players on the restraining line (4)}, the kicking team has a choice of a 5-yard penalty enforced from the spot the receiving team gained possession or a 5-yard penalty added to the kicking team's original restraining line and a re-kick.
 - iii. Offsetting live ball penalties or accepted offsetting penalties on the kick-off will result in a re-kick.

Rule 9. KICK OFF TEAM

- a.) The kicking team must remain behind the restraining line until the ball is kicked
- b.) Except for the kicker, all players on the kicking team must not have any part of their body beyond the 5yd mark of the restraining line. Unless moved by penalty this would be the 35-yard line on a regulation field or the 25-yard line on a modified field.
- c.) After the ball is kicked and the kicking team catches, muffs or touches the ball on the ground the ball will be dead at that spot where the receiving team will take possession of the ball (First down).
- d.) **The kicking team** has 25 seconds once the "ready whistle" is blown to kick off the ball to start the game, half, after a score and/or extra point attempt. All rules parameters listed in **SECTION II; Article G; Rule 6** are applicable.

Rule 10. RECEIVING TEAM (Kick Offs, Punts and Kick after Safety):

- a.) Must line up minimum of four (4) players 10 yards from the kicking team's restraining line and within two (2) yards of the receiving team's restraining line until the ball is kicked.
- b.) Any muffs will be dead at the spot
 - i. If the ball carrier muffs the ball forward the spot of the ball is where the ball carrier touched the ball
 - ii. If the ball carrier muffs the ball backwards the spot of the ball is where the ball hits the ground.
- c.) The returning player has no "halo" but cannot be touched by a member of the kick off team prior to receiving the ball.
- d.) The returning player may not be interfered with during an attempt to catch the ball

Rule 11. KICK AFTER SAFETY

- a.) Teams must punt the ball. **A tee cannot be used.**
- b.) The ball will be kicked from the team's 20-yard line barring any penalties with the receiving team lining up 10 yards from the kicking team's restraining line.
- c.) If the ball is directly kicked out of bounds a penalty (Free Kick Infraction/Procedure) will be accessed. If the penalty is accepted the ball will be spotted where the ball goes out of bounds and an option for five (5) additional yards or placed twenty-five (25) yards from the kicking team's restraining line.
 - i. In the case of an off-sides penalty on the kicking team, the receiving team has a choice of a 5-yard penalty added to the end of the run or a 5-yard penalty enforced from the kicking team's original restraining line and a re-kick.
 - ii. In the case of an illegal formation on the return team {not enough players on the restraining line (5)}, the kicking team has a choice of a 5-yard penalty enforced from the spot the receiving team gained possession or a 5-yard penalty added to the kicking team's original restraining line and a re-kick.

Article: R

Last Player Rule

The last player rule is a judgment call by the official(s) regarding the defensive player or opponent gaining a decisive advantage by a penalty or unfair act(s) that was the sole reason(s) for the ball carrier not scoring once "inside" the 20-yard line. The rule can only be enforced "inside" the 20-yard line. The illegal act by the defender must begin "inside" the 20-yard line or the last player rule cannot be enforced. The ball carrier must have a "clear path" meaning the defensive player committing the penalty is not obstructing the ball carriers' direct path to the end zone and the ball carrier has a reasonable opportunity to score.

Rule 1. Should the ball carrier be intentionally/unintentionally pushed out of bounds, tripped, held or intentionally/unintentionally tackled on a "breakaway" play by the last defender within the defending team's 20-yard line, the offensive team may be awarded the appropriate score depending on the scrimmage formation or legal kick attempted. This is a judgment call by the official regarding the intent of the defender and the definition of the ball carrier's "clear path".

All three of the following elements must be met and a unanimous vote by the officials in order for a score can be awarded

1. **Foul Committed inside the opponent's twenty (20) yard line**
2. **No other opponent in reasonable distance to deflag the ball carrier**
3. **The Ball carrier has a clear path to the endzone with no opponent in front of the ball carrier within the ball carriers 10 o'clock and 2 o'clock viewing radius.**

Rule 2. There can be no score awarded if another defender other than the one that committed the penalty is in between the ball carrier and the goal line with in a reasonable position or radius to make a legal attempt for the de-flag.

Rule 3. All Last Player Rule applications must be after a conference between all officials.

Article: S

Legal Kicks (Scrimmage Kicks)

Legal kicks have specific guidelines in UFFL 8-MAN/WOMAN ELIGIBLE games. Legal Kicks are Punts, "Declared" Punts, Field Goals, and Extra Point kicking attempts by a player on the team in possession of the ball. On "Declared" legal kicks (scrimmage kicks) the center and guard's feet must be touching at the snap in order for the A gap to be protected. The center and guards are not allowed to vacate their position. "vacate" is defined as the center or guards pulling to block beyond the B gap (guard and tackle) gap. If the center and guards vacate, the A gap will be available to rush. Judgment call by the officials.

Rule 1. PUNTING: The offensive team wishing to punt on any down must declare a punt in order for the punting rules to apply. If the team does not declare punt then the play will be treated as a normal play for the offense and defense regarding alignment, rushing, and release restrictions.

- a.) The team punting the ball must declare they are punting. If the team doesn't clearly declare to the referee and if the referee doesn't notify the defense that there is a "declared" punt then the play is considered a regular offensive play with no rushing restrictions for the defense.
 - i. During the stoppage of the "regulation" game clock either by a timeout or any play, scenario or penalty decision which requires the game clock to start on the snap, the game clock will not start on a declared punt until the ball is kicked.
- b.) The declaration on 4th down or any down to punt or not to punt cannot be change unless an offensive timeout is called prior to the play or the defensive team commits a penalty that changes the field position for the team possessing the ball. In this case the offensive captain may change his/her decision without using a time out.
- b.) The punter cannot take a snap directly from the center; on a "declared" punt; the snap must be a shot gun snap with the ball being snapped between the center's legs at a minimum of 5 yards. If the ball is not fielded cleanly or is dropped to the ground by the punting team the ball is dead at the spot and awarded to the receiving team at the spot where the ball hit the ground.
- c.) The center cannot be significantly contacted until his/her body is upright and the ball is kicked or if the center initiates the block
- d.) Once declared the offense must punt the ball there are no fake punts.
- e.) The punting team must have four (4) players on the line of scrimmage.
- f.) During a declared punt no one on the punting team can release down field until the ball is kicked.
- g.) Four (4) players from the receiving team must be on the line of scrimmage with in two (2) yards during a declared punt.
- h.) Players on the receiving team can attempt to block the point provided they do not make any contact with any punting team player and they do not have any part of their body beyond the neutral zone and/or do not land pass the offensive line of scrimmage.

Rule 2. EXTRA POINT – KICKING

- a.) The team kicking for the extra point must declare they are kicking in order for the kicking rules to apply. Once the decision is made it cannot be altered in anyway, unless an offensive time out is called prior to the play. After a penalty is committed by either team the decision cannot be changed. If the team does not clearly declare to the Referee and the Referee acknowledges the decision by announcing the choice to kick the play is considered a regular extra point attempt with no rushing restrictions for the defense.
- b.) The offense (kicking team) must have at least 4 players on the line of scrimmage and the defense can have no more than 4 players on either side of center. Defense players within 2 yards of the LOS will be considered on the LOS.
- c.) The center and guard's feet must be touching prior to the snap in order for the defensive rushing restrictions to be enforced.
- d.) The linemen and/or offensive players on the line of scrimmage are not allowed to interlock any part of their bodies.
- e.) The defense cannot rush the center/guard (A Gap) under no circumstances unless the linemen (center and guard) feet are not touching prior to the snap and the official has declared the gap eligible for rush after acknowledging the defender's request for clarification.
- f.) If the holder still has the ball in his/her possession while his/her knee is still on the ground then the play is dead if the defender ouches him/her with 1 or 2 hand while on the ground or de-flag him/her.
- g.) **Faking Extra Point kicking attempts are legal.**
 - i. Anyone in the backfield can initialize the "fake".
 - ii. He/she may advance the ball by running or passing.
 - iv. If the "fake" happens on an extra point and the ball is advanced to the end zone the offensive team will be awarded the one (1) point or two (2) points.
 - v. Once the fake has been initiated there are no rushing restrictions for the defense.
- h.) A defensive player may advance a turnover on an extra point kicking attempt for a score of the value of the extra point attempt by the offense.
 - i. A faked extra point kicking attempt can be returned for a score if it is intercepted by a member of the defense.
 - ii. A blocked extra point kicking attempt may be advanced for a score as long as the ball does not touch the ground.
 - iii. A blocked extra point kicking attempt may be advanced for a score by the offense as long as the ball does not touch the ground and has not crossed the line of scrimmage
 - iv. A missed extra point kicking attempt cannot be returned for a score.

Rule 3. FIELD GOAL – KICKING

- a.) The team kicking the field goal must declare they are kicking in order for the kicking rules to apply. If the team does not clearly declare to the Referee in which case the referee notifies the defense, then the play is considered a regular play with no rushing restrictions for the defense.

Legal Kicks (Scrimmage Kicks) continued

- b.) The declaration on any down to kick a field goal cannot be changed unless an offensive timeout is called prior to the play or the defensive team commits a penalty that changes the field position for the team possessing the ball. In this case the offensive captain may change his/her decision without using a time out.
- c.) **The offense (kicking team) must have at least 4 players on the line of scrimmage and the defense can have no more than 4 players on either side of center. Defense players within 2 yards of the LOS will be considered on the LOS.**
- d.) The center and guard's feet must be touching prior to the snap in order for the defensive rushing restrictions to be enforced.
- e.) The linemen and /or offensive players on the line of scrimmage are not allowed to interlock any part of their bodies.
- f.) The defense cannot rush the center/guard (A Gap) under no circumstances unless the linemen feet are not touching and the official has declared the gap eligible for rush after acknowledging the defender's request for clarification.
- g.) If the holder still has the ball in his/her possession while he/she is still on the ground then the play is dead if the defender touches him/her with 1 or 2 hands while on the ground or de-flag him/her.
- h.) **Faking Field Goal attempts are legal.**
 - i. Anyone in the backfield can initialize the "fake".
 - ii. He/she may advance the ball by running or passing.
 - iii. If the "fake" happens on a field goal attempt and the ball is advanced to the end zone the offensive team will be awarded a touchdown.
 - iv. Once the fake has been initiated there are no rushing restrictions for the defense.
- i.) A defensive player may advance a blocked or missed field goal attempt for a score six (6) points.
 - i. A faked field goal attempt can be returned for a score if it is intercepted by a member of the defense.
 - ii. If a blocked or missed kicked does not hit the ground or travels into the end zone without touching the ground it can be advanced by a member of the defense for a score.
 - iii. A blocked field goal attempt may be advanced for a score by the offense as long as the ball does not touch the ground and has not traveled beyond the neutral zone.

BLOCKED/MISSED FIELD GOALS

The spot of the ball on any missed/blocked Field Goal attempt in lieu of a defensive possession will have 3 (three) options (**a, b or c**) at the discretion of the opponent (kicking attempt defense):

- a: The original Line of Scrimmage.
- b: The placement spot of the kicking attempt. (only inside the 20-yard line)
- c: If the original Line of Scrimmage is inside the 20 (twenty) yard line the ball may be advanced to the 20 (twenty) yard line

Article: T Line of Scrimmage

Rule 1. There are two lines of scrimmage at the outset of each play: one that restricts the offense and one that restricts the defense. The area between the two lines (representing the length of the ball as extended to both sidelines) is called the **neutral zone**. Only the offensive player who snaps the ball is allowed to have any part of his/her body in the neutral zone at the snap.

Rule 2. The spot of the ball will determine the line of scrimmages after the ball has been declared dead by the game official (s) and **the marker (puck) is a reference point only**. The Head Linesman/Linesman determines the actual Line of Scrimmage(s) as well as the established neutral zone when the ball is placed. The Head Linesman/Linesman is the official designation and marker/spot for any scrimmage play. The ball spotter or puck is only a reference point for the Line of Scrimmage. Once the line official is set and has established the Line of Scrimmage(s) by notifying the Referee the play may start when the read for play whistle blows. The marker/puck does not have to be set for the Referee to blow the ready for play whistle.

Rule 3. A minimum of four (4) offensive players must be on line of scrimmage and set for the offense at the snap.

Article: U Offensive Line

Rule 1. Four (4) players are required to be on the line of scrimmage at the snap of the ball for the offense.

Rule 2. Any player with their head, upper torso or lower body dissecting the waist of the center will be considered on the line of scrimmage.

Rule 3. Any player in motion whether on the line of scrimmage or in the back field will not be considered on the line of scrimmage.

Rule 4. It is the responsibility of the offensive team to verify they have enough players on the line of scrimmage. The official(s) at their discretion may issue a courtesy to the offense that they do not have enough players on the line of scrimmage for a legal formation.

Article: V

Pass Interference

Pass interference is a judgment call of a foul that occurs when any player interferes with an eligible player's ability to make a fair attempt to catch a (legal) forward pass.

Rule 1. Actions that constitute defensive pass interference include but are not limited to:

- a.) Contact to, obstruction of, grabbing, pulling, twisting and/or restricting an eligible receiver by a defender who is not playing the ball and such contact restrict the receiver's opportunity to make the catch.
- b.) Playing through the back of a receiver before the ball arrives in an attempt to make a play on the ball.
- c.) Grabbing, pulling, or holding a receiver's arm(s) in such a manner that restricts his/her opportunity to catch a pass, prior to the ball being touched by an eligible receiver.
- d.) Extending an arm across the body (arm bar) of a receiver thus restricting his/her ability to catch a pass, regardless of whether the defender is playing the ball.
- e.) Altering the route of a receiver by making contact with him/her beyond the legal chuck zone, without legally playing the ball.
- f.) Hooking, pulling, grabbing, and/or holding a receiver in an attempt to get to the ball in such a manner that it causes the receiver's body to turn, reposition or alter prior to the ball arriving.

Rule 2. Actions that may not constitute defensive pass interference include but are not limited to:

- a.) Incidental contact by a defender's hands, arms, feet or body when both players are competing for the ball or neither player is looking for the ball. If there is any question whether contact is incidental, the ruling shall be no interference.
- b.) Inadvertent tangling of feet when both players are playing the ball or neither player is playing the ball.
- c.) Laying a hand on / touching a receiver that does not restrict the receiver in an attempt to make a play on the ball.
- d.) Face guarding, without contact and with no attempt to turn and locate the ball.
- e.) Contact that would normally be considered defensive pass interference, but the ball is clearly uncatchable for the players involved does not permit the defender to make Illegal Personal Contact or a Personal Foul act that violates the rules listed in **SECTION I; Article H**. A penalty for Illegal Personal Contact or a Personal Foul may be enforced in lieu of pass interference for uncatchable passes.

Rule 3. Actions that constitute offensive pass interference include but are not limited to:

- a.) Blocking downfield on a legal forward pass beyond the line of scrimmage by any offensive player prior to the ball being touched beyond the neutral zone.
- b.) Initiating contact with a defender by shoving or pushing off thus creating a separation in an attempt to catch a pass.
- c.) Driving through a defender who has established a position on the field.
- d.) Altering the natural progression of a route in an attempt to impede a defender's attempt to defend a legal forward pass.
- e.) Playing through the back of a defender before the ball arrives in an attempt to prevent an interception.
- f.) Grabbing, pulling, or holding a defender's arm(s) in such a manner that restricts his/her opportunity to intercept a pass.
- g.) Hooking, pulling, grabbing, and/or holding a defender in an attempt to get to the ball in such a manner that it causes the defender's body to turn, reposition or alter prior to the ball arriving.

Rule 4. Actions that may not constitute offensive pass interference include but are not limited to:

- a.) Incidental contact by a receiver's hands, arms, or body when both players are competing for the ball or neither player is looking for the ball
- b.) Inadvertent tangling of feet when both players are playing the ball or neither player is playing the ball.
- c.) Contact that would normally be considered offensive pass interference, but the ball is clearly uncatchable for the players involved does not permit the receiver to make Illegal Personal Contact or a Personal Foul act that violates the rules listed in **SECTION I; Article H**. A penalty for Illegal Personal Contact or a Personal Foul may be enforced in lieu of pass interference for uncatchable passes.

Rule 5. An "uncatchable" ruling may be given by the officials for any forward pass which will negate any possible "pass interference" call, however other penalties may be applied such as illegal personal contact or personal fouls as a result of contact to the restricted areas of an eligible receiver or any player not making an attempt to play the ball or de-flag.

Article: W

Passing

Rule 1. Any eligible player behind the neutral zone is eligible to pass the ball and will be considered the quarterback (directly receiving the snap) or the passer. All protection rules for the quarterback and passer is listed in **SECTION II; Article Y**.

Rule 2. Only one (1) forward pass is allowed per down.

Rule 3. Backward passes and laterals are allowed between eligible players anywhere on the field.

Rule 4. A legal forward pass is any pass thrown beyond the neutral zone when the passer is in or behind the neutral zone.
a.) Any passer with one (1) or both feet in the neutral zone may legally pass the ball forward beyond the neutral zone.

Rule 5. The passers **may not** have any one (1) of their feet beyond the neutral zone on a legal forward pass.

a.) Any passer with one (1) or both feet beyond the neutral zone may not pass the ball beyond the neutral zone. **Illegal forward pass. 5-yard penalty from the spot of the foul and a loss of down.**

Passing continued

Rule 6. Once the ball is advanced or goes beyond the neutral zone it cannot be returned or lateraled to the backfield behind the neutral zone for a forward pass. **Illegal forward pass. 5-yard penalty from the spot of the foul and a loss of down,**

Rule 7. The quarterback or passer facing an imminent loss of yardage due to of pressure from the defense may not throw a forward pass without a realistic chance of completion. An Intentional Grounding penalty may or may not be called with the following guidelines falling under the official's judgement for each scenario.

- Quarterback/passenger throwing a forward pass from a spot that is five (5) yards **outside** of the center horizontally and the forward pass making it to the line of scrimmage – **No Intentional grounding**
- Quarterback/passenger throwing a forward pass in the vicinity (5 - 7 yards) of a receiver in a reasonable position to receive the pass – **No intentional grounding**
- Quarterback/passenger throwing a forward pass at the feet of a player actively engaged in blocking in or behind the neutral zone - **Intentional grounding**
- Quarterback/passenger throwing a forward pass to “clear field” from a spot that is **within** five (5) yards horizontally of the center with no receiver in the vicinity (5 - 7 yards) – **Intentional grounding**

Rule 8. In the last two (2) minutes of each half, a passer may throw the ball into the ground to stop the clock and conserve time for his/her team. This play is legal and no intentional ground will be called provided the following parameters are met.

- **The offense must be in a legal formation and set for at least a full second.**
- **The quarterback or any eligible player taking the snap (under the center) must take a direct snap from the center.**
- **There must be a continuous motion to spike the ball with no hesitation.**

a.) If any of the above parameters are not met a penalty may be called for any offensive live ball or dead ball infraction

Article: X

Play Clock

Rule 1. The play clock is 25 seconds which does not start until the Referee's ready for play whistle has been blown. The countdown of the play clock by the officials is a courtesy. It is suggested that a ten (10) seconds warning be given before each play.

Rule 2. If the offense does not snap the ball before the play clock expires it will result in a penalty.

Rule 3. Either the Referee or the Back Judge (recommended) will maintain the play clock.

Article: Y

Roughing the Quarterback – Passer

Rule 1. During the quarterback's pass drop and his/her throwing motion, the quarterback/passenger cannot be contacted with any force above the upper waist. The defender should be attempting to legally de-flag the quarterback.

Rule 2. The quarterback's/passenger's arm and hand may not be contacted at all unless the ball is released and the defender contacting the quarterback/passenger arm also tipped the released ball prior to contact.

Rule 3. The defender cannot contact any part of the quarterback's/passenger's arm, hand, shoulder or ball while the ball is still in the hand of the quarterback/passenger. The ball while in the hand of the quarterback is considered an extension of the quarterback's/passenger's arm and hand.

Rule 4. A defender can attempt to block a pass as long as the quarterback's/passenger's throwing motion is not interrupted by any contact to the quarterback's/passenger's arm, hand or shoulder. This includes excessive contact after the release or contact with the quarterback's/passenger's “follow through” even if the “follow through” contacts a defender's arms or hands. This applies even if the defender(s) is just raising his/her arms or hands in attempt to block the pass but does not contact with the “released” ball. If the quarterback's/passenger's arm or follow through makes contact with the defender's head, shoulder or any other body part other than the arms the official judgement may warrant a legal play by the defender. This is a judgement call subjected to the guidelines listed in **SECTION II; Article E**

Rule 5. The defender has the right to make a legal attempt to de-flag the quarterback/passenger under the guide lines noted in the **Capture, De-Flagging, and Diving** sections of the rulebook.

Rule 6. A penalty will be assessed and if roughness is habitual per player or team, ejection rules may apply for violations of rules listed in **SECTION II; Article Y**.

Rule 7. If the quarterback/passenger advances beyond the neutral zone, he/she is then declared a runner and is no longer protected under the rules indicated in **SECTION II; Article Y; Rules 1 - 6**.

Article: Z

Roughing the Kicker- Holder

Roughing the Kicker is an action in which a defender, having missed an attempt to block a kick, has contact with the kicker or otherwise runs into the kicker in a way that might injure the kicker or his/her vulnerable extended kicking leg or plant leg.

Running into the kicker is an action in which a defender, having missed an attempt to block a kick, has contact with the kicker in a way that is deemed avoidable, slides into or contacts the kicker when both of the kicker's feet are on the ground or minimal contact after the kick.

Roughing the holder is an action in which a defender, having missed an attempt to block a kick, has contact with the holder or otherwise runs into the holder in a way that might injure the holder or his/her vulnerable position on the ground, or guide hand for placement or extended body part(legs) for placement.

Rule 1. A defensive player commits a "roughing the kicker" foul if the defender

- a.) Contacts the plant leg of the kicker while his/her kicking leg is still in the air without blocking\ tipping the ball
- b.) Contacts the kicking leg of the kicker without blocking\ tipping the ball
- b.) Slides into or contacts the kicker when both of the kicker's feet are off the ground
- c.) **Contacting the restricted area of the kicker before, during and after the kick**

Rule 2. A defensive player commits a "running into the kicker" foul if the defender

- a.) Makes marginal contact with the kicker during any kicking act without blocking\ tipping the ball
- b.) Makes marginal contact to the kicking leg of the kicker without blocking\ tipping the ball

Rule 3. A defensive player commits a "roughing the holder" foul if the defender

- a.) Play through the body of the holder in attempt to block the kick. Contacting the holder prior to a block/tip may result in a penalty.
- c.) **Contacting the restricted area of the holder before, during and after the kick**

Rule 4. Only the player(s) that actually blocked the kick are allowed to make contact to the non-restricted area of the kicker, punter and holder. If a kick is blocked and a player(s) other than the player(s) makes contact with the holder and or kicker/punter then a roughing or running into the kicker penalty may be accessed.

- a.) The defender should make every attempt to avoid unnecessary contact with the kicker/holder. Contact may be deemed roughing regardless of a block when the defender that touches or blocks the kick makes contact above the shoulders for the kicker/punter or makes excessive contact to the holder by playing through the body of the holder before making contact with the ball.

Article: Z1 Running

Rule 1. Ball carriers are required to run to a "clear field". Should the ball carrier run into a defensive player who has clearly established position a charging penalty maybe assessed. This is a judgment call by the official.

Rule 2. Ball carriers are allowed to:

- a.) Hurdle over a **downed player** to avoid contact. "Downed player" being defined as a player with more than 2 points (feet, hand and knee) on the ground.
- b.) Spin,
- c.) Extend his/her arm with the ball in hand while running to gain better field position.
- d.) Compact body without flag guarding to absorb potential contact.
- e.) Employ "natural running motion" to make football moves that are not reckless or potentially dangerous to any player on the field. **See: SECTION II; Article N; Rule 2; a – e**
- f.) Intentionally down the ball by going down on one knee with control of the ball and remain stationary for 1 second. Per the official's judgment the play will be blown dead.
- g.) Make a football move by "dipping", which is dropping his/her hips low to the ground; while maintaining his/her arms and hands at chest level; and continuing in a forward motion. While in the "Dip" the ball carrier may not lean forward into a defender or intentionally or unintentionally flag guard with actions attempting to balance themselves or actions that gives the ball carrier an advantage. Flag guarding will only be considered under the guidelines of **SECTION II; Article N; Rule 3.**

Rule 3. Ball carriers are not allowed to:

- a.) Flag Guard. **See: Flag Guarding**
- b.) Leave feet by "vertically or horizontally" jumping, hurdling a defender not on the ground or diving to avoid a de-flag. **Flag Guarding**)
- c.) Stiff arm opposing player.
- d.) Dive to advance the ball in order to gain extra yards or avoid a defender. **(Flag Guarding)**
- e.) Diving with "clear field" on a "breakaway" from the playing field to the end zone in order to taunt his/her opponent. The score **will NOT be awarded** and the taunting penalty will be enforced from the spot the dive occurred. **(Unsportsmanlike Conduct)**. If the dive is to avoid a defender it will be considered Flag Guarding.
- f.) Lower head or bend over in which either action gives the ball carrier a decisive advantage over a defender attempting a de-flag. These actions may constitute flag guarding if the official's judgement believe the ball carrier's body is obstructing the flag(s) and flag belt.
- g.) Charge by running into an established defender without trying to avoid the defender who is established, judgement call by the official(s).

Running continued4

- h.) Attempt to run after they have downed the ball.
- i.) Guide the blocker
- j.) Leave both feet by “vertically” jumping, and then throwing the ball laterally once they have crossed the line of scrimmage

Rule 4. If the ball carrier intentionally or unintentionally touches the ball on the ground the play is considered dead. Meaning any part of the ball touching the ground will end the play. All matters of the ball carrier gaining or regaining his/her balance must be executed without the ball itself actually touching the ground.

Rule 5. If the ball carrier intentionally touches a knee on the ground the play is considered dead.

Rule 6. If the ball carrier does not have his/her jersey tucked in, or is, wearing shorts or other “non-football pants” there may be no holding on the defense if the defender is making a legitimate attempt at the waist to de-flag the ball carrier. **See: Section II; Article E: Rule 1; g. & Rule 1; h**

Rule 7. If a ball carrier is in the end zone in and taunts the opposing team to celebrate the touchdown the score will stand but an unsportsmanlike penalty may be called and enforced on the extra point try, kick off, or yardage in lieu of kickoffs.

Section II; Article U; Rule 2 (Unsportsmanlike Conduct). See: SECTION II; Article Z1; Rule 3; e

Article: Z2 Rushing

Rule 1. Rushers are allowed to rush immediately at the snap of the ball.

Rule 2. Rushers **are allowed** to do the following:

- a.) Spin
- b.) Rip
- c.) Swim
- d.) Dip
- e.) Bull Rush
- f.) Use hands to discard blocker
- g.) Block pass attempt after the ball has completely left the passer's hand.
- h.) **Bull rush the guard on a scrimmage kick but must not step inside into the A Gap the entire rush.**
- i.) Line up in the A gap or shade the center during a shotgun snap without the one (1) yard buffer restriction.

Rule 2. Rushers **are not allowed** to do the following:

- a.) Contact a player above his/her shoulders nor below his/her waist
- b.) Hold
- c.) Trip
- d.) Drive through the center prior to him/her raising his/her head or trying to block on a shotgun snap of seven (7) yards or more.
- e.) Dive into a would-be blocker
- f.) Simulate the start of the play in order to induce the offensive player into a false start (**Judgment by the Official(s)**)
- g.) On protected scrimmage kicks or punts, step inside the guard after a bull rush regardless of the distance from the line of scrimmage.
- h.) Tackle a player (Coming up with the flag belt is irrelevant)
- i.) **Line directly over the center within one (1) yard during a shotgun snap (3 yards or more). The defender must at least be one (1) yard back.**

Article: Z3 Score Verification

The official will verify the equipment of the scoring player after each score in order for the score to be officially awarded to the scoring team. In each case the official is to check the player's flag or flag belt to verify the player did not gain an unfair advantage. The player is to go directly to the official if commanded without making any adjustment to his/her equipment including flag belt and clothing. Whether the act is intentional or unintentional the official may administer a penalty or spot the ball at a particular spot on the field and the subsequent yardage count as it would in a regular playing situation with regards to first downs or a turnover on downs.

Rule 1. If the ball carrier's flag belt is broken and hanging on uniform it would be considered a de-flag by the defender who made the last contact with the ball carrier.

Rule 2. If the ball carrier does not have any flags on at all then one or all of the following rules may apply. **See: SECTION II; Article E; Rule 1; e & j and SECTION II; Article M; Rule 1 - 6**

Rule 3. The official may overturn a score and assess a penalty or spot the ball if the ball carrier gained an advantage due to unfair acts or tampering with the equipment (gear and uniform), flag(s), or flag belt prior to the official verifying the ball carrier's equipment. Per the official's judgment and discretion, the ruling(s) per the guidelines listed in the following section(s)

Score Verification continued

SECTION I; Article L, SECTION II; Article O and Article; Z1 may be applied to the following:

- a.) Flag belt incorrectly secured. (**Improperly fastened or flags tucked inside the uniform of the ball carrier**)
- c.) Wearing a non-approved flag set. Approved Triple Threat are the only approved flag set.
- d.) Flags not contrasting with the shorts/bottoms of the ball carrier. (Judgment by the Officials)

Rule 5. If the ball carrier does not report to the official when commanded then the official may enforce **a five (5) yard or fifteen (15) yard** penalty for a delay of game or excessive delay of game on the extra point try, kick off, or yardage in lieu of kickoffs.
Section II; Article U; Rule 2.

Article: Z4 Scrimmage Formations

Rule 1. At all times the team with possession must have at least four (4) players on the line of scrimmage. **See: Line of Scrimmage.**

Rule 2. At the start of a play, offensive players must be at least five (5) yards away from sideline in bounds.

Rule 3. An offensive player cannot enter the field of play after a huddle without establishing themselves inside the numbers then repositioning before or after the formation is set, or enter the field of play when the formation is set without establishing themselves inside the numbers first.

- a.) If "numbers" are not on the field fifteen (15) yards will be the designated as the mark required in lieu of the numbers.

Rule 4. The team may not break the huddle, muddle huddle or begin to line up with more than eight (8) man players

Rule 5. A player cannot exit the field on the opposing team's sideline or either end zone. (**Illegal Substitution**)

Rule 6. If a team motions a player who is on the Line of Scrimmage, he/she will not be counted as one of the mandatory four (4) players on the line of scrimmage until he/she resets himself/herself on the line.

Rule 7. A defensive team can have as many players on the line of scrimmage it chooses. (**Exception: Section II; Article S; Rule 2.b and Rule 3.c**)

Rule 8. A defensive team member must at least be one (1) yard from the line of scrimmage if they are lined up "**directly or head to head**" over the center during a shotgun snap. A "shotgun snap" will be defined as any offensive player in position directly behind the center three (3) yards or more to receive the initial snap. (**Illegal Defensive Formation**)

Rule 9. There are no defensive alignment restrictions other than what is noted in **Section II; Article S; Rule 1.e and Rule 2.b, 3c, Article Z2; Rule 2; I and Article Z4, Rule 8.**

Article: Z5 Snap of the Ball

Rule 1. The center must snap the ball between his/her legs with one smooth motion to legally start any scrimmage play or legal kick.

Rule 2. A "legal" snap on a scrimmage play or "legal kick" may not hit the ground.

Rule 3. Simulating the snap by the center with sharp movements in order to draw the defender or sharp movements that may be considered the start of an offensive play is illegal.

Rule 4. The ball must be snapped with in the hash marks on the field. If the field is not marked with hash marks the ball must be snapped at least fifteen (15) yards from the sideline.

Article: Z6 Spot of the Ball

Rule 1. The position of the ball when de-flagged is the spot the official will place the ball for the next play, it will not be the position where the ball carrier's flag belt was pulled or hips, but rather the position of the ball according to the official's judgment.

Rule 2. The spot of the ball if the ball carrier loses possession and the ball hits the ground if goes backwards; and where the actual spot ball carrier lost possession from if the ball goes forward and hits the ground. This is a judgement call by the officials.

Rule 3. The officials will use markers (puck) to reference the spot of the ball and the line of scrimmages and neutral zone. The marker(s) may be set by the officials anywhere on the field at least 5 yards from the sidelines. Once the line official has established the line of scrimmage, and the ready of play whistle has been blown the offensive team may legally set their formation anywhere along the line of scrimmage provided the formation is within the guidelines of **SECTION II; Article T; Rule 1 - 3, Article U; Rule 1 - 3, and Article Z4; Rule 1 – 7.**

- a.) The marker (puck) maybe picked up, set, or re-set by any player if cleared or instructed by an official.

Article: Z7 Stiff Arming

Rule 1. Stiff arming is **illegal**. The ball carrier may not use their hand or any part of their arm to ward off a defender attempting to deflag the ball carrier.

Rule 2. A stiff arm to the restricted area of a defender will be considered illegal personal contact or a personal foul penalty. Judgement call by the official

Rule 3. A stiff arm with force may be considered an illegal personal contact or person foul penalty. Judgement call by the official(s).

Rule 4. A stiff arm to ward off a defender will be enforced the same as flag guarding if a personal foul was not committed.

Article: Z8 Stripping

Rule 1. Stripping of the ball is illegal

Rule 2. The defender is to make a legitimate attempt to de-flag the ball carrier. If the ball is knocked out of the ball carriers' hand while the defender is making a legitimate attempt at the flag a penalty may not be called depending on the official's judgment and all loose ball rules for flag football will apply.

Rule 3. During a catching attempt the defender may attempt to strip the ball while the receiver is in the air only. If the receiver is on the ground and have clear possession (control of the ball without juggling) the defender may not attempt to strip the ball. This is a judgment call by the official.

Article: Z9 Team Box

Rule 1. Players, coaches, and staff must stand between the 20-yd lines.

Rule 2. Teams must use opposite sidelines.

- a) During UFFL 8-MAN/WOMAN ELIGIBLE Tournament Pool Play or League play, a team that has the game break is required to change sidelines if their opponent does not have a game break.
- b) During UFFL 8-MAN/WOMAN ELIGIBLE Single Elimination or Championship Round Tournament play, the team with the higher seeding may choose either sideline.
- c) Due to field restrictions, field damage and or any condition mandated by the facility one (1) sideline may be used under the following guidelines:
 1. Each team must occupy the area between the 40-yard line and 20-yard line on opposite ends of the field.
 2. Team members in the area from 40-yard line to the 20-yard line may be accessed sideline penalties. This includes a team's fans, supporters and staff.
 3. Teams must remain in their designated area on their side of the field regardless of where the ball is. Any substitutions must be made within the allotted time by the officials.
 4. The officials may suspend the start of the play clock a maximum of 10 seconds to allow for substitutions from the opposite end of the field provided it does not give any team an unfair advantage regarding the game clock.
 5. The area between the 40-yard lines on a regulation field is not to be occupied by any team members, fans or supporters.
 6. The Team Box may be adjusted when only one (1) sideline is used for modified fields by the tournament director and head official.

Rule 3. The team area is considered from 20-yard line to 20-yard line and 10 yards from the side line towards the stands.

Article: Z10 Turnover Rule (2 Minute Kick Rule)

Rule 1. CHANGE OF POSSESSION DURING THE LAST 2 MINUTES OF THE SECOND HALF. During the last two (2) minutes of the **second half ONLY**, all free kicks by the losing team that follow a score **MUST** be returned by the receiving team (winning team) to the receiving team's 20-yard line or further or the kicking team shall receive the ball at the 50-yard line barring any penalties, 1st down and the next zone line-to-gain.

Rule 2. FOUL DURING A RETURN IN THE LAST TWO (2) MINUTES OF THE SECOND HALF: All fouls that occur on a return, during the last two (2) minutes of the second half, must result in the ball being brought to or past the 20-yard line after the live ball penalty enforcement regardless of where the ball carrier is during the foul or the kicking team shall receive the ball on the 50 - yard line barring any penalties. 1st down and the next zone line-to-gain. This is only applicable for live ball penalties.

Rule 3. TOUCHBACK: If a Touchback occurs during the last two (2) minutes of the second half, it shall be the receiving team's ball on the receiving team's twenty (20) yard line, 1st down and the next zone line-to-gain.

SECTION III. FOULS and PENALTIES

The UFFL 8-MAN/WOMAN ELIGIBLE Staff and Board strives to serve the 8-Man/Woman community with just and comprehensive reprimands for fouls / penalties committed during, before and after the game. The judgment and application of the UFFL 8-MAN/WOMAN ELIGIBLE 8-Man/woman rules are trusted in the hands of dedicated 8-Man/Woman officials that certify under the UFFL 8-MAN/WOMAN ELIGIBLE guidelines. Each situation(s) requiring the application of a penalty due to a rule violation(s) will be administered by a certified or approved official during all sanctioned events.

Article A. Foul / Penalty Notification

Rule 1. When a foul(s) occurs during a live ball play, the Referee at the end of the down will notify the offended team(s) captain of their options. If the penalty is declined, the game will resume as normal without any penalties enforced. If the penalty is accepted the referee will notify both teams with the proper signal(s) and reveal the down, line to gain or indicated a turnover on down due to a loss of down.

Rule 2. A captain's or coach's choice cannot be reversed once the Referee is informed of their decision and the Referee acknowledge that decision.

Article B. Multiple Fouls – Penalties

Rule 1. Penalties for dead ball fouls are administered separately and in order of occurrence.

Rule 2. All dead ball unsportsmanlike fouls are penalized separately, an in addition to those occur by the same team.

Rule 3. When the same team commits two or more live ball fouls, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct or personal fouls are administered separately with ejections and /or game time suspension.

Rule 4. The offended captain may choose which penalty will be administered or he/she may decline all penalties.

Rule 5. When both teams commit live ball fouls during the same live ball period and (a) there is no change of team possession, or (b) there was a change of team possession and the team in possession at the end of the down had fouled prior to final change of possession, it is a double foul. In (a) or (b) the penalties offset and the down is replayed.

Rule 6. Accepted live ball penalties for both teams are "offsetting" and is a replay of down regardless of the change of possession. If both teams foul during a play where there is a change of possession, the team last gaining possession may retain the possession provided they did not commit a penalty prior to the final change of possession and the team currently with possession declined the penalty against the opposing team.

Rule 7. The penalty yardage for any accepted penalty may be declined. A team accepting a penalty against an opponent may decided to accept the results of the penalty minus the mark off of the yardage.

Article C. Spot Fouls / Penalties

Rule 1. Spot fouls are administered with the designated penalty yardage and maybe be coupled with a loss of down. Spot fouls behind the Line of Scrimmage will be administered from the spot of the foul or the Line of Scrimmage which ever spot is greater for both offensive penalties and defensive penalties.

a.) Defensive Pass Interference. (Spot Foul or 15 yds. from LOS – whichever is greater)

If interference occurs in the defenders end zone, the ball will be placed on the one (1) yard line.

b.) Illegal Block/Illegal Block in the back

c.) Holding at or beyond the line of scrimmage.

d.) Flag Guarding

e.) Impeding the runner

f.) Illegal forward pass or pitch beyond the established line of scrimmage

g.) Crack-back blocks, illegal blindside blocks

h.) Charging

i.) Intentional Grounding

j.) Personal Fouls

k.) Illegal Personal Contact

l.) Aiding the runner

Rule 2. Offensive penalties behind the LOS will be either administered by penalty yardage from the line of scrimmage, OR administered as a spot foul with no additional yardage. The determination will be whichever has the greater yardage enforcement.

Rule 3. Fouls against the ball carrier and illegal personal contact/personal fouls by the opposing team may be enforced from the end of the run or on the succeeding spot (extra point attempt or kick off) after a score.

Article D. Loss of Down Fouls / Penalties

Rule 1. A loss of down may be coupled with a foul / penalty that may result in a change of possession for the offending team if the foul/penalty was committed on fourth (4th) down and the opposing team accepts the penalty.

- a.) Intentional grounding.
 - i.) It is a ten (10) yard penalty from the spot of the foul unless the quarterback is more than ten yards back of the established line of scrimmage in which case it is placed at the spot with no yardage walked off.
- b.) Flag Guarding
- c.) Charging
- d.) Illegal forward pass
- e.) Offensive pass interference
- f.) Flag tampering 15-yard penalty from the line of scrimmage (possible ejection)

Article E. Summary of Penalties

<u>Foul / Penalty</u>	<u>Description</u>
5 YARDS	
1 Min Kick – Off Violation (<i>Delay, plus time-out</i>)	Not kicking off the ball within 1 minute of a successful extra point attempt or score.
Aiding the Runner	Grasping, lifting, pushing in order to assist the runner by a teammate.
Defensive Holding (<i>Automatic First Down</i>)	Holding and eligible receiver.
Delay of Game	Offense not snapping the ball before the play clock expires.
Encroachment	Someone from the defense in the neutral zone and touching an offensive player.
Excessive Time Outs	A team / player calling a time out that is out of time outs.
False Start	The movement by an offensive player simulating the start of the play after she has taken a set position or prior to taking a set position in which the movement of the offensive players simulates the start of the play.
Free Kick Infraction (<i>Spot plus 5 yards or 25 yards from the kick</i>)	Kicking the ball directly out of bounds on a free kick (kick off or after a safety).
Illegal Contact (<i>Automatic First Down</i>)	Making contact with a receiver pass the chuck zone before the ball is thrown
Illegal Defensive Formation	Less than 4 players on LOS during declared punt, defender within the 1 yard buffer in front of the center before a scrimmage play or overloading more than 4 on LOS on PAT/FG.
Illegal Equipment	Not having the proper equipment during a play or improper equipment during a play
Illegal Formation	Less than 4 players on the line of scrimmage at the time of snap
Illegal Forward Pass (<i>Loss of Down</i>)	A player cannot throw the ball forward once they are beyond the line of scrimmage
Illegal Motion	More than one (1) player in motion paralleled to the line of scrimmage at the snap.
Illegal Offensive Rush	QB not taking a half step back or lateral while under the center for a direct snap.
Illegal Participation (Prior to snap)	More than 8 players many players on the field of play ready to participate.
Illegal Procedure / False Start	An offensive player feigning or moving forward during or before the ball is snapped.
Illegal Return Formation	Return team not having enough players (4) on their restraining line.
Illegal Rush	Rushing the restricted gap(s) on declared extra points kicks punts and 8ield goals.
Illegal Substitution	Breaking the huddle, muddle huddle, or lining up with more than eight (8) players.
Illegal Substitution	A replacement coming onto the field for a team of eight (8) players and not substituting themselves for a player on the field.
Illegal Substitution	Player entering the field of play while the ball is live (ready for play) or leaving the field through the opposing teams', sideline or the end zone.
Illegal Shift	More than one player motioning or shifting their position and all players not getting set for at least a half of a second before the ball is snapped.
Neutral Zone Infraction	Defensive player penetrating the neutral zone causing an offensive player to false start.
Offsides	A player in the neutral zone at the snap of the ball or kicking team off sides
Running into Holder/ Kicker	Incidental minimum contact with the kicker during a legal kick
Simulating the Snap	Defensive player(s) making sounds that simulate the offensive cadence snap count
Snap Infraction	Illegal procedure penalty on the center or simulating the snap with the ball in an attempt to draw the defender offside. Snaps under center on declared punts/kick

<u>Foul / Penalty</u>	<u>Description</u>
10 YARDS	
1 Min Kick – Off Violation (added when no TO's)	Enforced with the 5 yards when a team is out of time outs during the 1-minute Kick off rule.
Charging (<i>Loss of Down</i>)	Intentional not avoiding a defender who has established position.
Consecutive Encroachment/Off sides	Defender committing consecutive neutral zone infractions
Neutral Zone Infraction	
Diving/jumping to advance the ball (<i>Loss of Down</i>)	Intentionally leaving your feet in order to advance the ball or avoid a flag pull
Flag Guarding (<i>Loss of Down</i>)	Using body part past the waist and around the flags to prevent de-flagging.
Guiding the Blocker (<i>Loss of Down</i>)	The ball carrier using their hand or arm to direct the blocker or push the blocker in a specific direction
Holding (Offensive and Defensive)	Illegal use of hands or body to grab, hook or pull an opponent.
Illegal Block in the back	Blocking above the waste in the rear of the opponent.
Impeding the runner	Illegal action that is impeding the runners 'forward progress.
Intentional Grounding (<i>Loss of Down</i>)	Purposely throwing the ball away to avoid a sack
Offensive Pass Interference (<i>Loss of Down</i>)	Illegal actions with the receiver gaining an advantage in order to catch a pass
Stiff Arming (<i>Loss of Down</i>)	The ball carrier using their hand or any part of their arm to ward off a defender by making contact to a non-restricted area.
Stripping	A defender attempting to knock the ball out of the hand of a ball carrier or receiver who has clear possession of the ball.

<u>Foul / Penalty</u>	<u>Description</u>
15 YARDS	
Clipping (<i>Personal Foul</i>)	Blocking an opponent in the back below the waist.
Delay of Game to Start the Game or Half	Not legally lined up ready for play after the play clock has expired to start a half.
Elbow or Upward flipper block (<i>Personal Foul</i>)	Extending forearm upward or leading with the elbow from the body to block.
Excessive Delay of Game (<i>Unsportsmanlike</i>)	Delays causing a decisive disadvantage to the opponent or poor conduct.
Failure to Comply with Uniform Policy	A team or individual not complying with the guidelines listed in the Team Uniform Policy section.
Fair Catch Interference	Interfering with the receiver who has clearly signaled for a fair catch.
Flag Tampering (<i>Loss of Down & Ejection</i>)	Illegally modifying flag belt or flag(s) in order to gain an advantage against the opposing team.
Illegal Blindside, Crack Back Block (<i>Personal Foul</i>)	A flagrant illegal act in which a player blind sides blocks an opponent who is no threat to the play, or is considered defenseless by the official.
Illegal contact with an official, or an UFFL 8-MAN/WOMAN ELIGIBLE Rep	Aggressively approaching/contacting an official or UFFL 8-MAN/WOMAN ELIGIBLE official/representative, or any UFFL Representative.
Illegal Participation – Live Ball	Having too many players on the field involved in a live play.
Illegal Personal Contact (<i>Automatic First Down</i>)	Contact to an opponent that be cause for potential injury or safe play.
Illegal use of the hands – to restricted area	Unintentional hands to an opponent's restricted area(s)
Palpably Unfair Act	Illegal flagrant act(s) violating any or all aspects of fair competition, sportsmanship, and game integrity (for example: Non-on field player/individual coming off the sideline to interfere with the game during a “live” ball or a dead “ball” play)
Personal Foul	A flagrant illegal act that results in contact to a restricted area of a player.
Personal Foul-Defensive (<i>Automatic First Down</i>)	A flagrant illegal act that results in contact to a restricted area of a player.
Personal Foul-Dead Ball (<i>Automatic First Down</i>)	A flagrant illegal act after the play is blown dead.
Roughing the Center (<i>Automatic First Down</i>)	Illegal contact with the Center.
Roughing the Holder (<i>Automatic First Down</i>)	Illegal contact with the Holder.

Foul / Penalty

15 YARDS

Roughing the Kicker (*Automatic First Down*)

Illegal contact with the Kicker

Roughing the Passer (*Automatic First Down*)

Illegal contact with the Quarterback or player behind the Line of scrimmage passing the ball.

Stiff Arming (*Personal Foul*)

The ball carrier using their hand or any part of their arm to ward off a defender by making contact to a restricted area.

Tackling (*Personal Foul*)

Pulling, throwing, or driving a ball carrier or receiver to the ground with no attempt to de-flag. Coming up with the flags has no impact on foul being called.

Tripping (*Personal Foul*)

Using legs or arms to make illegal contact with the opponent's legs

Unsportsmanlike Conduct

A foul that taunts or acts in an unsportsmanlike manner which delay or undermine the integrity of the game.

Unnecessary Roughness (*Personal Foul*)

A flagrant illegal and excessive act resulting from contact to an opponent who is at a disadvantage or not engaged in a live or dead ball play.

