

PREMIER
FOOTBALL



PREMIER
FLAG FOOTBALL FEDERATION

8 MAN ELIGIBLE RULE BOOK

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INTRODUCTION

The following is the PF3 8-Man Eligible rules and regulations adopted by the PF3 BOARD AND RULES COMMITTEE. The PF3 8-Man Eligible league operates within the ideas of competitive play, good sportsmanship, team/league development, and community service. The PF3 prohibits all forms of unnecessary roughness, unjust tactics and unsportsmanlike conduct. It is the responsibility of players, coaches, officials and team supporters to maintain the highest ethical standards. Deliberately violating the rules is unacceptable and indefensible. No true athlete should violate any of the unwritten rules which exist for the good of our 8 -Man Eligible game. Coaches and Team Delegates will be responsible for conduct of their players as they all are a reflection of the 8-Man athletes nationwide. The negative actions of a few individuals may ruin the reputation, enjoyment and integrity of the 8- Man Eligible game for all.

SECTION I

PARAMETERS OF THE GAME

Article: A - Game Cancellation

Rule 1

The PF3 Tournament/League Staff or designee shall promptly inform each team contact of game cancellations and the team contact shall assume the responsibility of informing his/her team members.

Rule 2

Canceled games shall be rescheduled at the discretion of the PF3 Staff.

Rule 3

The PF3 Tournament/League Staff or Referee (White Hat) will decide whether or not the weather and/or field conditions will allow for safe participation for both teams.

Article: B - Forfeits

Rule 1 (Tournament Only)

Forfeiting any game of a tournament after the first game will 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.

Rule 2

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

- a. Teams must start and maintain the game with at least 6 players. Teams may not pick up additional players who are on another team's roster, or a player who is not currently on their roster, to avoid a forfeit.
- b. Quitting in defiance of the referee's decision(s).
- c. Fielding a player who is ineligible during any game.
- d. Fielding a player who has not signed the tournament/league waiver/roster.
- e. Fielding a player who is on another team's waiver/roster within a particular league.
- f. Refusal to follow instructions mandated by the PF3 Staff, Competition Committee and/or tournament staff.
- g. Player (participant) refusal to leave the field and sideline after an ejection.
- h. Failure to comply with the guidelines listed in the rulebook, discussed verbally, through written communication prior to the league/tournament, or policies/rules decided on during the league/tournament in order to maintain a positive image for PF3 events.

Fines: Team's that forfeit any game will be subject to a \$50 fine which must be paid prior to the following PF3 event (league or tournament). Captain is ultimately responsible for this fine, and is not eligible to play in any future PF3 event until paid in full.

Final forfeit score breakdown: 21-0 Tournament & 14-0 League

Article: C - Player Eligibility

Rule 1

All player(s)/participant(s) must be in good standing with the PF3 organization. The status of a player/participant will be governed by the organization's policy and procedures as well as the items noted in the 8-Man Eligible rulebook.

Rule 2

All player(s)/participant(s) must be 18 years of age no later than the first day of the event for which they are participating.

Rule 3

All player(s)/participant(s) must complete a waiver, sign the team roster for a specific event.

Rule 4 (League only)

Player(s)/participant(s) who request a transfer to another team must have "written permission" from the team captain for whom they have signed a team waiver with, and pay a \$25 transfer fee to the PF3. Player(s) caught playing on a team other than their own will be suspended for one game, and subject to a \$25 fine.

Rule 5 (League only)

In order for player(s) to participate in the league postseason (playoffs) they must play in at least "one" regular season game, and have signed the league waiver prior to the last game of the regular season.

Article: D - Player (Participant) Ejection

Rule 1

All ejections are governed by the PF3 Tournament/League Staff and 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 participation.

- 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 be accompanied with a penalty.

SECTION I

PARAMETERS OF THE GAME

Article: D - Player (Participant) Ejection (Continued)

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. Two (Flagrant 1) personal fouls in a game.
- e. One (Flagrant 2) personal fouls in a game.
- f. Conduct unbecoming towards an PF3 Staff, game official, opponent, or bystander.

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 the safety for the participants is threatened and the reputation of the PF3 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 (White Hat) may enforce any penalty he considers equitable, including the awarding of a score.
- b. If a team refuses to play or repeat unfair acts the Referee (White Hat) after one(1) warning may forfeit or postpone the game until fair play may resume.

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 persons subject to the rules, before the game, during the game or between games.

UNSPORTSMANLIKE CONDUCT

- Use of foul language, profanity, baiting or taunting of an opponent.
- Any unethical offensive gestures physically or verbally towards PF3 Staff.
- Contact 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 all participants including fans.
- Taunting an opponent before, after or during a game.
- Conduct detrimental to the positive image of 8-Man Eligible Flag Football.

Players can be sat down for 5 minutes if a referee chooses to do so. If a player is sat for a second time in a game, he's ejected. If the same player is sat for the 3rd time in any other game after, he may be subject to tournament ejection. PF3 staff will help make the final call on player ejections from tournament. There will also be field supervisors that aren't playing that will be overseeing games. They will also have the authority to step in and talk to the captains and the refs to help deescalate any possible situation.

Article: F - Prohibited Acts

Rule 1

Fighting is strictly prohibited at all PF3 events.

- a. Any player (participant) involved in a fight will be immediately ejected from the game.
- b. Any player (participant) throwing a punch regardless if the punch makes contact or not will be ejected from the game.
 - A punch is defined as any action with the intent to strike an individual by hand or with any object that may cause physical harm. The manner and velocity of the said action will not be considered and all punching, pushing, ball throwing, kicking, slapping, poking, and intentional actions making contact to the restricted area of any player are considered punches.
- c. Any player leaving the sideline during any altercation on the field will be ejected from the game. Discretion of these ejections are under the jurisdiction of the game day officials and PF3 staff.

Rule 2

A player ejected for fighting will be ejected from the game and possibly the entire league/tournament.

- 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 PF3 staff and game day officials, that player will be ejected for the entire event.
- b. If a player is found to be defending himself in a fight after a brief investigation by the PF3 staff and game day officials, that player's ejection will be reduced and said player will be eligible for participation for the remainder of the event barring any other specific rule violations.

SECTION I

PARAMETERS OF THE GAME

Article: F - Prohibited Acts (Continued)

Rule 3

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

Rule 4

The PF3 staff, game official or designee may impose a fine not to exceed \$100.00 for a team leaving their sideline or team area unclean by way of trash and other team items that are to be discarded.

Rule 5

Any fine imposed as a result of violating **SECTION I; Article F; Rule 3 and 4** 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 PF3 Staff in lieu of the fine(s) pending a written or verbal request.

Article: G - Personal Fouls Flagrant 1&2

Personal Fouls are defined by rule as a breach of the rules that involve illegal contact with an opponent. Personal fouls may or may not be intentional. With regards to personal foul(s) violations these reprimands are administered at the discretion of the game day officials. 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) actions 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 league/tournament will result in the player being banned from participating in the remaining league/tournament games. The PF3 Staff may review the incidents for all ejections to ensure the proper penalty was levied. In this case the reports for the 2 fouls or 4 fouls will be reviewed by the PF3 Staff 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) actions 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 league/tournament will result in the player being banned from participating in the remaining league/tournament games. The PF3 Staff 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 PF3 Staff who 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 intent.

Rule 4

All defensive personal foul penalties will result in an automatic first down. MALICE PERSONAL FOUL ACTIONS

*Roughing the quarterback

*Defender lowering head into the ball carrier or shoulder into the ball carrier

*Intentional contact above the shoulder or below the waist *Striking (non football) *Kicking *Kneeing *Elbowing *Excessive contact to an unprotected player *Tackling *Tripping *Fighting *Unnecessary Roughness *Excessive charging

Offensive personal foul penalties resulting in penalties. MALICE PERSONAL FOUL ACTIONS

*Ball carrier intentionally lowering the head or shoulder into the defender

*Crack back on a player who is no threat

*Intentional contact above the shoulder or below the waist *Striking (non football) *Kicking *Kneeing *Elbowing *Excessive contact to an unprotected player *Tackling *Tripping *Fighting *Unnecessary Roughness *Excessive charging

SECTION I

PARAMETERS OF THE GAME

Article: H - 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 X 53 yards, or alternate field with the dimensions of 100 yards x 53 yards.

Rule 2

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

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.

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.

Article: I – Protest/ Challenge

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 may be protested before or after a contest.

Rule 1

Protests must be made following a disputed play and before the snap of the next play.

Rule 2

If the protest is not made following the disputed play and before the snap 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 (white hat or supervising official) who has the final decision.

Rule 4

The protesting team must following 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. 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. All officials on the field will talk 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.
- c. The "protestor" has approximately five minutes to state their "protest" regarding the rule in question.
- d. The officials will then confer at their discretion to determine whether the rule was interpreted properly.
- e. If the officials determine that the "protestor" was correct in their interpretation of the rule then the team will not be charged the time-out and the play will resume according to the correct interpretation.
- f. If the officials determine that they interpreted or applied the rules correctly the "protestor" will be charged the time-out and play will resume as it would have prior to the time-out.

Challenge

Each team is allowed 1 challenge per contest unless first challenge is overturned in favor of challenging team. In this case 1 more challenge would be awarded. 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 is 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 (white hat), PF3 Staff, Competition Committee member or 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. The team requesting the Lewis must have a timeout before 2 minutes (regulation time) in the second half.
- b. The officials will call an Official's timeout.
- c. The team requesting the Lewis must state their case clearly without conflict in 1 minute.
- d. The team requesting the Lewis must include in their case the following
 - The reason(s), Their perception of what happened, and their idea of what the ruling should be
- e. If the team wins their Lewis they will not be charged a time out.
- f. If the team loses their Lewis they will be charged a timeout.
- g. No coaching or substitutions are allowed during a Lewis.
- h. Teams may get water or attend to injuries.
- i. Both teams will get an explanation of the findings.
- j. 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.
- k. Using a challenge with no timeouts results in a 10 yard penalty from the line of scrimmage
- l. 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.

SECTION I

PARAMETERS OF THE GAME

Challengeable Plays:

List of plays that can be challenged in the PF3

- Scoring Plays
- Turnovers
- Receptions
- Spot of the Ball
- Missed Kicks
- If a player is down

Article: J - 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 H; Rule 4**

Rule 2

The referee (White Hat) has full jurisdiction 5 minutes prior to the start of the 1st game.

Rule 3

The referee (White Hat) has full jurisdiction 5 minutes after the conclusion of the last game.

Rule 4

The Head Referee (Officials Supervisor) or Referee (White hat) for the 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 NFL Rule book if it is not clearly noted in the PF3 8-Man Eligible rule book. If The NFL Rule book does not offer a clear explanation/interpretation of the rule for the situation in question or the NFL rulebook is not available for review in a timely manner then the Referee (White Hat), or PF3 Staff member may render a final decision under the guidelines of fair play and sportsmanship.

Rule 5

At any given time, the game will be officiated by no less than two (2) officials and no more than four (4) officials at all levels. The Referee will be recognized as the Head Official (White Hat)" for each sanctioned PF3 game.

Rule 6

The Referee (White Hat) will designate the official timekeeper for each game and will notify each team of the designee.

Rule 7

The Referee manages ALL games and reserves the right to discipline, forfeit, delay, and postpone at his discretion to preserve the integrity of the games played during PF3 8-Man Eligible events.

Rule 8

If there are only 2 officials during the game they will be the Referee and Line Judge

Rule 9

If there are 3 officials during the game they will be the Referee, Line Judge, and Back Judge

Rule 10

If there are 4 officials during the game they will be the Referee, Line Judge, Field Judge and Back Judge

SECTION I

PARAMETERS OF THE GAME

Article: K – Equipment

Failure to comply with the following equipment guidelines will result in a penalty being assessed.

Rule 1

Each player must wear a standard triple threat flag belt or the like around the waist with three (3) sewn on standard flags not altered in any way placed at the hips and directly in the back of the player wearing the flag belt. The flag belt must be worn properly by securing the manufacture's clasp on the belt which cannot be tied or looped in any fashion.

Rule 2

Hand warmers, towels, or any obstruction that may impede the ability to pull the flag belts will not be allowed.

Rule 3

The entire flag belt must be visible including the belt and all three **sewn on** flags.

Rule 4

A team's official game ball must be at least High School regulation and shall not exceed NFL regulation. The preferred type is leather but rubber is permissible. If the game ball is not clearly labeled with the official size by the manufacture the Referee (White Hat) will determine if the game ball in question is permissible.

Rule 5

The use of headgear (excluding head bands, athletic caps and baseball caps worn backwards), shoulder pads, forearm pads, casts, boxing gloves, uncovered knee and elbow braces, thigh pads, jewelry and any other unyielding equipment are not permissible.

Rule 6

Illegal equipment specified, and not specified, may be measured and/or inspected by the PF3 Staff or in-game Official for the said equipment to be permissible.

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. Baseball cleats of any sort are not permissible.

Rule 8

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

SECTION I

PARAMETERS OF THE GAME

Article: L - Team Uniforms

Rule 1

Teams are required to have a uniformed look, meaning same basic color shirts/jerseys with numbers on the front and/or back. Shirts/jerseys are required to be worn at all times.

Rule 2

Pants or shorts must contrast the color of the flag.

Rule 3

In the event two competing teams have the same basic color jersey the home team (or team 1 designated on the schedule during tournament pool play) will be able to pick what jersey they wear. During single elimination tournament play high seed will wear uniform of their choice.

Rule 4

PF3 staff will not be responsible for distribution of scrimmage vests, teams will be required to maintain a uniformed look, even if it means wearing similar colored tops instead.

Rule 5

The lack of a uniformed look will solicit a 10 yard penalty at the beginning of each half at the discretion of the Referee.

Rule 6

Jerseys should be tucked in at all times and should not at any given 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; f and g

Rule 7

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

Article: M - Roster Limits

Rule 1

Team Roster limits for all PF3 sanctioned events shall be set at (24) Players for 8 Man Eligible.

Rule 2

At the discretion of the PF3 Staff, roster limits can be expanded up to Thirty (30) players for 8 Man Eligible. Additional fees may apply per additional player. The additional fees shall be added to the normal league/tournament fees.

SECTION I

PARAMETERS OF THE GAME

Article: N - Regulation Time of Play

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 time keeper, pre approved by The PF3 staff or Referee (White Hat), will operate the game clocks or scoreboard.

Rule 1

Tournament Pool Play Games shall not exceed 44 minutes of regular game time monitored by an official or designee responsible for the official game clock. Twenty-Two (22) minutes of regular “game time” per half (2) is the maximum time allowed for a sanctioned PF3 8-Man Eligible tournament pool play game.

Tournament Championship Game shall not exceed 48 minutes of regular game time monitored by an official or designee responsible for the official game clock. Twenty-Four (24) minutes of regular “game time” per half (2) is the maximum time allowed for a sanctioned PF3 8-Man Eligible championship game.

All Pool Play Tournament games must be played in order to be eligible to play in single elimination tournament! No Exceptions

A League games shall not exceed 48 minutes of regular game time monitored by an official or designee responsible for the official game clock. Twenty four (24) minutes of regular “game time” per half (2) is the maximum time allowed for a sanctioned PF3 8-Man Eligible game.

B League games shall not exceed 44 minutes of regular game time monitored by an official or designee responsible for the official game clock. Twenty four (22) minutes of regular “game time” per half (2) is the maximum time allowed for a sanctioned PF3 8-Man Eligible game.

Rule 2

The 1st half is a “running clock” stopping only for officials and team’s timeouts.

- a. The first half may also use a regulation 2 minute clock concluding the 1st half if mandated by the PF3 staff prior to the start of the first game of the league/tournament.
 - a. The decision for the regulation clock during the 1st half must be made prior to the start of the first game of the league/tournament.
 - b. 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.
- b. The first half may also use a regulation 1 minute clock concluding the 1st half if mandated by the PF3 staff prior to the start of the first game of the league/tournament.
 - I. The decision for the regulation clock during the 1st half must be made prior to the start of the first game of the league/tournament.
 - II. 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.
- c. 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.
 - I. 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.
- d. 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”

- a. The game clock will stop on “out of bounds” plays, timeouts, injuries, fair catches, penalties, 1st downs, and incomplete passes under two (2) minutes in the second half.
- b. During penalties the play clock will start back on the Referee’s ready for play whistle depending on the previous play or infraction.
- 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.

SECTION I

PARAMETERS OF THE GAME

Article: N - Regulation Time of Play (Continued)

Rule 4

Two Minute Warning: The Referee will announce to both teams 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 PF3 Staff prior to the first game of the league/tournament in which case the official will follow the guidelines of the altered regulation clock procedures noted in the rulebook.
- 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. 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 restrictions or time restrictions required by the facilities being used, An PF3 Staff or Head Referee can reduce the time of a half or both halves to either 22 minutes or 20 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 3 minutes and cannot be less than 1 minute.

Article: O - 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 and granted if recognized by any game Official.

Rule 3

At least one (1) timeout must be utilized prior to the two minute (2) mark at the end of each half. Failure to utilize a timeout prior to the two minute (2) mark will cause the team to forfeit one (1) of their remaining timeouts for that half. A team cannot carry 3 timeouts 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 a delay of game and will draw a 5 yard penalty or possible a 15 yard penalty for excessive delay of game.

Rule 7

Equipment and injury timeouts are at the Officials' discretion. Play will resume on the ready whistle depending on the previous play prior to the Official's timeout.

SECTION I

PARAMETERS OF THE GAME

SECTION I

PARAMETERS OF THE GAME

Article: P - Overtime Play (Continued)

Rule 1

Pool Play Overtime - Winner of coin toss chooses to start on offense or defense OR they can choose direction. Team A (Offense) chooses to play from the 5 yard line OR the 10 yard line for ONE play. The offense must score a touchdown for a conversion. NO KICKS. If the conversion is good, the opposing team (Team B) must match what team A attempts. If Team A chooses to convert from the 5 yard line, Team B can choose to convert from the 10 yard line for the win, or they can also play from the 5 to start another round. If Team B chooses to match team A and converts, Team B's offense stays on the field and they now choose to play from the 5 yard line or the 10 yard line. Play continues with this format until a winner is decided.

Rule 2

One timeout will be awarded to each team per overtime period. Timeouts will not carry over from regulation play.

Rule 3

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

Rule 4

Both offensive and defensive team can score during overtime. Interceptions can be returned for TD's.

Article: Q - Game Start Time

Rule 1

The game will start no later than **ten (10) minutes** after the designated time set in the official league/tournament schedule. It will be the PF3 management or Referee's discretion to forfeit the game.

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 properly secured.

Article: R - 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) will be the sole representative for team decisions during the entire game and can only be changed if said the said player is disqualified from game or injured.

Rule 2

Each team may have an offensive captain; defensive captain and a non-playing sideline coach/captain.

Rule 3

Sideline coaches are permitted and must identify themselves prior to the start of any game.

Rule 4

Sideline coaches are permitted to solicit a rule clarification from the Referee only, but cannot relay a decision to said Referee directly.

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.

SECTION I

PARAMETERS OF THE GAME

Article: S - 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. Failure to do so will automatically award the non-calling team the winner of the coin toss. The team winning the coin toss team will have the choice(s) to take possession of the ball, defend a particular goal while conceding possession or defer their choice until the second half of said game. The team losing the coin toss will have opposite 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 not appearing for the coin toss will automatically lose the coin toss.

Article: T - Starting the Game

Rule 1

The clock will start no later than 1 minute after the coin toss regardless if the teams have initiated play.

Rule 2

The ball shall be placed on the twenty (20) yard line on regulation size fields at the start of each possession, game and half.

Rule 3

After halftime the clock will start on the Referee’s ready whistle after a 1 minute start-up warning.

Article: U - Possession

Rule 1

A team in possession of the ball will have four (4) consecutive downs to advance it’s 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 for four more downs.

Rule 2

On any down except for 4th down a team can utilize a scrimmage kick (punt) to surrender possession without declaring to the Referee, except on fourth down which the team in possession must declare.

- 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.
- c. The offense will not have any release restrictions regarding players leaving before the punt on non-declared punts /legal kicks.

Rule 3.

On 4th down, a team must declare its option to punt or play to the Referee (White Hat), which will then be declared as official decision unless a timeout is utilized by the possessing team to change the declaration. Once the offense has declared they are punting all punting guidelines will be enforced for that play.

SECTION I

PARAMETERS OF THE GAME

Article: V - Advancement

Rule 1

The ball carrier cannot dive to advance the ball in order to gain an advantage. The Interpretation of this rule will be at the sole discretion of the officials.

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: W - Scoring

Rule 1

Touchdowns (6): By run or pass, a team can score a maximum of six (6) points for each score at any given time of the game.

Rule 2

Extra points (1 or 2): Are determined by yardage.

- 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. One (1) point when set at the three (3) yard line by run or pass.
- d. Two (2) points when set at the 10 yard line by run or pass.
- e. A defensive player may advance to the opponent's end zone on a turnover during a run or pass extra point attempt for 2 points except for the overtime period in which case the attempt will be "no good".

Rule 3

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 the 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 momentum carries him into the end zone and he is de-flagged in the end zone the team making the interception will get the ball at the spot of the interception.
 - II. If a player makes an interception outside of the end zone and retreats on his own initiative into his own end zone, where he is de-flagged, it is a safety for the other team.

Rule 4

Returned Extra Points (2): The defense returning the run or pass attempt during regulation play only may be awarded 2 points if the ball carrier for the defense reaches the opposing team's end zone before he is de- flagged.

Article: X - Mercy Rule

Tournament

Rule 1 - There is no mercy rule during pool play games.

Rule 2 - If the point differential reaches 18 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 36 points at any given point of the game, it will be considered a "Skunk" and will end no matter who owns the next possession

League

Rule 1 - (Statistical Leagues Only) There is no mercy rule for leagues games that carry statistics.

Rule 2 - (Non-Statistical Leagues) If the point differential reaches 18 points within the two minute mark of the second half, the game will automatically end no matter who owns the possession.

Rule 3 - (Non-Statistical Leagues) If the point differential reaches 36 points at any given point of the game, it will be considered a "Skunk" and will end no matter who owns the next possession

Article: Z – Final Score Verification

Both team captains will be required to sign the scorecard of the lead referee (White Hat) after each game. Once the card is signed, the score is final. This rule is in place in case point differential becomes a factor at the end of the pool play (tournaments, or season (league). Captains must verify and sign card within 5 minutes after game is conclude or forfeit the right to dispute final score.

SECTION II

BASICS RULES OF THE GAME

Article: A - Blocking

Rule 1

You are allowed to utilize 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. Block a defender from behind if the original engagement from the front was never broken and the defender spins or turns while the blocker maintains contact the entire block.

Rule 2

While blocking a player 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 defenders body.
 - i. Pull
 - ii. Hook
 - iii. Hug
 - iv. Lay on a downed defender
- b. Elbow or "upward flipper" block.
- c. Lead with the head.
- d. Make contact against a player above the shoulders or below the waist.
- e. Hit a player in the back if contact was broken from frontal engagement or never established.
- f. Trip.
- g. Target, crack back, or blind side block of a "defenseless player" when the ball carrier is down field, and is a non-threat to the play. Infraction will result in a personal foul. Penalty may be called whether it occurs during, or after the play is considered dead. Player in violation of this rule may be subject to suspension and fine. A "defenseless player", by definition, is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.
- h. Leave feet to block.
- i. Clip.

Article: B - Capture

Rule 1

When the flag belt is CLEARLY taken from the ball carrier, the play is considered dead and a new line of scrimmage will be established.

Rule 2

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

Rule 3

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

Rule 4

Purposely throwing the flag belt away from the ball carrier after capture may result in a delay of game or unsportsmanlike like 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 at all while still in bounds.

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 hitting the ground with the ball not touching the field.

Rule 3

A receiver making a catch near the sideline 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 the catch is no good.

SECTION II

BASICS RULES OF THE GAME

Article: D - Chucking Zone

Rule 1

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

Rule 2

The defender may chuck the eligible receiver as many times as they can within the 5 yards.

Rule 3

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

Article: E - De- Flagging

Rule 1

Flag Belt removal

- a. The offensive player must have full possession of the ball before they can be legally de-flagged.
- b. Once the flag belt is disengaged at the clasp it is considered a de-flag. A flag belt hanging on the uniform or belt is considered a de-flag if contact was made by a defender or not on if the flag belt is not secured properly.
- c. The defender must make a "legitimate attempt" at the flag(s) by reaching for the flag(s) at all times with both hands and by keeping his head and shoulders up during contact for the de-flag attempt.
- d. If the ball carrier hits the ground as a result of a "legitimate attempt" by the defender the ball will be dead at the spot the ball carrier hits the ground.
- e. If the flag belt falls off the ball carrier during any contact by the defender the ball will be spotted at the point of contact by the defender.
- f. A player cannot remove his own flag belt during a play.
- g. A defender cannot illegally hold, grab or prevent a runner from advancing when attempting to de-flag a ball carrier.
- h. 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 legitimately attempting to de-flag the ball carrier.
- i. Grabbing the shorts is legal only if the defender is making a legitimate attempt for the de-flag and he does not significantly control the ball carrier during his attempt at the de-flag.
- j. A holding penalty enforced on the defense during a de-flag attempt of the ball carrier will 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.
- k. If the ball carrier does not have on a flag belt then the defender must touch the ball carrier with one (1) hand between the shoulders and knees.

SECTION II

BASICS RULES OF THE GAME

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 25 seconds to begin a play.

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 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 penalty 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 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 assessed if the offending team gains a decisive advantage by intentionally committing the penalty.

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

SECTION II

BASICS RULES OF THE GAME

Article: G - Diving

Rule 1

Diving to pull a flag is legal.

Rule 2

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

Rule 3

Diving to block is illegal.

Article: H - Encroachment / Offsides / Neutral Zone Infraction

Rule 1

Any part of the defenders body in the neutral zone when the ball is snapped is considered Offsides and 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 making contact with 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.

Rule 4

If a defender has any part of her body in the neutral zone which makes the offensive player feigns 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 penetrating the neutral zone.

Rule 5

Consecutive Encroachment / Offsides / Neutral Zone Infraction penalties will be 10 yard penalties in which case the offense has to accept and continue to accept if the penalties continue in succession.

Article: I - End zone Celebrations

Rule 1

End zone celebrations are acceptable with in the context of the PF3 sportsmanship guidelines

Rule 2

Penalty for excessive celebration will be assessed on the succeeding spot after extra point.

SECTION II

BASICS RULES OF THE GAME

Article: J - Extended Playing Time

Rule 1

An un-timed down(s) may extend the 1st half, or ending 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 the extra point try will decide the game.
- b. During pool play the team scoring a touchdown is attempting their extra point try.
- 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. There was a fair catch interference and the offended team accepts an awarded fair catch. the half may be extended and the ball put in play by a snap.
- f. If there was fair catch interference and the offended team accepts the distance penalty the half will be extended and the ball put in play by a snap.
- g. Penalties on the offensive team will not extend the half or game if the defensive team accepts the penalty regardless if the offensive team scores.

Article: K - 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.
- d. Defensive pass interference.
- e. Defensive holding (eligible receiver).
- f. Illegal contact.
- g. Personal foul on the defense.

Rule 4

Gaining a first down during a live ball penalty against the offensive team can not be awarded unless the final spot of the ball is marked in the zone to gain after the penalty yardage has been marked off.

SECTION II

BASICS RULES OF THE GAME

Article: L - Flag Belt falls off Inadvertently

Rule 1

If the ball carrier flag belt falls off on its own without any contact from the defender the play is to continue and the ball carrier must be touched with **one (1) hand** between the shoulders to knee.

Rule 2

If the ball carrier loses his flag belt moments after contact by a defender then the play should be blown dead by the official and the ball spotted where the contact for the de-flag was made.

Rule 3

If a defender intercepts the ball and does not have on a flag belt the ball will be blown dead at the spot and the defense will retain the ball at that spot barring any pre-possession penalties.

Rule 4

If an eligible receiver does not have on a flag belt to start the play a penalty will be thrown for illegal equipment.

Rule 5

If an eligible receiver does not have on a flag belt to start the play and receives the ball; the **one (1) hand** touch rules will apply and an illegal equipment penalty may be assessed from the original line of scrimmage with a replay of the down.

Rule 6

If any play, whether resulting in a score or not, has a player found without a flag belt to start the play will be assessed an illegal equipment penalty. This penalty must be either noticed by the official, or pointed out by an opponent prior to the next play in order for penalty to be assessed.

Article: M - Flag Guarding

Rule 1

A player may not guard against being de-flagged by using any part of his body past his flag belt.

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 motion if he 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 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

Jumping to throw the ball by the quarterback/passers is legal

- a. If the quarterback/passers jumps while being pressed by a defender and does not throw the ball it will be consider flag guarding.
- b. If the quarterback/passers 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/passers.

Article: N - 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 Flagrant 1 or Flagrant 2 personal foul or unsportsmanlike penalties in which case the penalty may be enforced excluding the yards 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.

SECTION II

BASICS RULES OF THE GAME

Article: O - Last Player Rule

The last player rule is a judgment call by the officials regarding the defensive player 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 ball carrier must have a "clear path" meaning the defensive player committing the penalty is not obstructing the ball carrier's direct path to the end zone and the ball carrier with a reasonable opportunity to score.

Rule 1

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

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 an attempt for the deflag.

Rule 3

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

Article: P - Legal Kicks (Scrimmage Kicks)

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 does not clearly declare to the Referee and the referee notifies the defense then the play is considered a regular offensive play with no rushing restrictions for the defense.
- 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 decision without using a time out.
- c. The punter cannot take a snap directly from the center; 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 hits the ground during the snap 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.
- d. The center cannot be blocked until his body is upright and the ball is kicked.
- e. Once declared the offense must punt the ball there are no fake punts.
- f. The punting team must have all players on the line of scrimmage except for the punter on declared punts.
- g. During the "declared punt" no one from the kicking team or the return team's defensive line can move from the line of scrimmage until the ball is kicked.
- h. Four (4) players from the receiving team must be on the line of scrimmage during a declared punt. **All four (4) players from the receiving team must stay on the line of scrimmage until the ball is punted.**
- i. **Opponent may block the punt as long as they do not cross the line of scrimmage!**

SECTION II

BASICS RULES OF THE GAME

Rule 2

FIELD GOALS/XP KICKS

Defense:

- a. No 3 point stance from anyone on the defensive line. You CANNOT rush inside the guards inside shoulder. It's either head up on the guard or anywhere outside. You can jump and/dive to block the kick. Under no circumstances can you touch the center.
- b. The holder is in play via one hand touch in the event of a fake only (his flags do not matter in this instance). You can still be penalized for roughing the holder (referees call). The kicker is not to be touched in any way. **A roughing the kicker call will result in a penalty and/or an ejection for the game or tournament depending on severity of the act.**
- c. If a kick is attempted and falls short in the field of play, the ball can be caught out of the air (not a bounce) and returned for points relative to the attempt (TD for FG's, 2 point for XP's)
- d. If a kick is attempted and fails and is not returned, the defending team has the option to take the ball where the ball landed (touchback if in the end zone), the original line of scrimmage, or the place holders spot.

Offense:

- a. Normal extra points are in play from the 3 yard line for 1 point. No kicking for a 2 point conversion. Kicking is only for one point. You must run a regular play for a 2 point conversion. Blocking personnel on either immediate side of the center must line up foot to foot with the center. There must be at least 4 on the line of scrimmage. There are no formation restrictions or guidelines when kicking as long as 4 people are on the line of scrimmage.
- b. In the event of a fake kick, all normal flag football rules are in effect. In executing a fake kick, the kicker CANNOT make motion like he is attempting to kick. When the holder receives the snap, he can choose to run or throw, including from his knees, but is subject to being single hand tagged down without his flags having to be pulled. All roughing the quarterback/holder rules still apply as in a normal pass play. The kicker can also receive the snap and then choose to run or pass with all normal flag football rules applying.
- c. Any attempts at a FG by the offense can be made at any position on the field at any point in the game.
- d. If a kick is blocked and caught out of the air by an offensive player, it can be advanced as if it were a pass received.
- e. No kicking for a 2 point XP conversion. Only for one point. You must run a play for a 2 point conversion.

Article: Q – Onside Kick

ONSIDE KICK (play)

- a. **Onside kick can be performed at any point during the game.**
- b. After a TD, the team that scores is allowed to have one offensive play from the 20. They must get to the opponents 40.
- c. If the offensive team converts, they keep the ball wherever the play ends. If you score, it's a TD.
- d. If the defense stops you, they retain possession wherever the play ends at. Example, if team A tries for the onside play and throws an incomplete pass, team B takes over first and goal from the 20.
- e. If offensive team tries for the onside play and throws a pick 6, the touchdown stands for the returning team.
- f. You don't have to be losing to try an onside kick play.

SECTION II

BASICS RULES OF THE GAME

Article: Q - 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 body in the neutral zone.

Rule 2

The spot of the ball will determine the line of scrimmage after the ball has been declared dead by the game official (s).

Rule 3

A minimum of 4 offensive players must be on line of scrimmage and set for the offense at the snap.

Article: R - Offensive Line

Rule 1

The linemen are allowed to come off the line for running plays or to receive a pass immediately after the snap.

Rule 2

The 2 closest players to the center (within 5 yards horizontally and 1 yard vertical on either side of the center) will be considered the offensive line in which case the alignment guidelines will apply to these players regarding a legal formation.

Rule 3

The offensive line will consist of the center and the 2 closest players (guards) who may not be more than 1 yard vertical and 5 yards horizontal of the center to be considered on the line. Any players beyond 5 yards horizontal and 1 yard vertical of the center must be directly up on the line to be counted on the line of scrimmage for a legal formation.

Rule 4

All offensive linemen eligible to receive forward passes or handoffs.

Article: S - Pass Interference

Pass interference is a judgment call by the official. When the ball is thrown a potential receiver should not have obstruction by an opposing player. This means their vision should not be blocked and physical contact is illegal. Players should be making a legitimate attempt to make a play on the ball in which case the player must be looking at or for the ball while in flight.

Rule 1

Actions that constitute defensive pass interference include but are not limited to

- a. Contact 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 in an attempt to make a play on the ball.
- c. Grabbing a receiver's arm(s) in such a manner that restricts his opportunity to catch a pass.
- d. Extending an arm across the body of a receiver thus restricting his ability to catch a pass, regardless of whether the defender is playing the ball.
- e. Cutting off the path of a receiver by making contact with him without playing the ball.
- f. Hooking a receiver in an attempt to get to the ball in such a manner that it causes the receiver's body to turn prior to the ball arriving.
- g. Face guarding with no attempt to turn and locate the ball.

Rule 2

Actions that do not constitute defensive pass interference include but are not limited to:

- a. Incidental contact by a defender's hands, arms, 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 a receiver that does not restrict the receiver in an attempt to make a play on the ball.

SECTION II

BASICS RULES OF THE GAME

Article: T - Pass Interference (continued)

Rule 3

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

- a.) Blocking downfield on a forward pass beyond the line of scrimmage by an offensive player prior to the ball being touched.
- 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.

Rule 4

Actions that do 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 touching of feet when both players are playing the ball or neither player is playing the ball.
- c. Contact that would normally be considered pass interference, but the ball is clearly uncatchable by involved players this does not permit the defender or receiver to make illegal contact to a player which may result in a personal foul and the penalty yardage assessed but not a spot foul and automatic first down for defensive pass interference and a loss of for offensive pass interference.

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 personal fouls as a result of contact to the restricted areas of an eligible receiver or the any player not making an attempt to play the ball.

Article: U - 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.

Rule 2

If the offense does not snap the ball before the play clock expires a delay of the game penalty will be called.

Rule 3

Either the Referee or the Back Judge will maintain the play clock.

SECTION II

BASICS RULES OF THE GAME

Article: V - Roughing the Quarterback/ Passer

Rule 1

During the quarterback's pass drop, and his throwing motion, the quarterback/passers CANNOT be touched above the upper waist. The defender should be attempting to de-flag the quarterback.

Rule 2

The quarterback's/passers arm and hand may not be touched unless the ball is released and the defender contacting the quarterback/passers arm tipped the released ball prior to contact.

Rule 3

The defender cannot touch any part of the quarterback's/passers arm, hand, shoulder or ball while in the throwing motion. The ball is considered an extension of the quarterback's/passers arm and hand.

Rule 4

A defender can attempt to block a pass as long as the quarterback's/passers throwing motion is not interrupted by contact, to the quarterback's/passers arm, hand or shoulder which includes excessive contact after the release or contact with the quarterback's/passers "follow through" even if the "follow through" contacts a defender's arms or hands while the defender's is just raising his arms or hands in attempt to block the pass but does not make contact with the "released" ball.

Rule 5

The defender has the right to make a legal attempt to de-flag the quarterback/passers under the guidelines noted in the Capture, De-Flagging, and Diving sections of the rulebook.

Rule 6

A penalty will be assessed if roughness is habitual per player or one team, ejection rules may apply.

Rule 7

If the quarterback/passers advances past the line of scrimmage, he is declared a runner and is no longer protected under the rules indicated in **SECTION II; Article V; Rules 1 - 5**.

Article: W - 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.
- b. **Jump,**
- c. Spin.
- d. Extend his arm with the ball in hand while running to gain better field position.
- e. Compact body without extending body parts to absorb potential contact
- f. 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 M; Rule 2 a – e**

SECTION II

BASICS RULES OF THE GAME

Article:X – Running(Continued)

Rule 3

Ball carriers are not allowed to:

- a. Flag Guard. **See: Flag Guarding**
- b. Dive to advance the ball in order to gain extra yards or avoid a defender.
- c. Diving with clear field from the playing field to the end zone in order to taunt his opponent. The score will be awarded and the penalty will be enforced on the extra point attempt.
- d. Lower head or bend over in which either action gives the ball carrier a decisive advantage over a defender attempting a de-flag.
- e. Charge.
- f. Get back up once he hits the ground.

Rule 4

If the ball carrier inadvertently touches the ball on the ground the play is considered dead.

Rule 5

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

Rule 6

If the ball carrier does not have his jersey tucked in there can be no holding on the defense if the defender is making a legitimate attempt at the waist to de-flag the ball carrier.

Rule 7

If a ball carrier is in clear field and dives into the end zone in order to taunt the opposing team or celebrate the touchdown the score will stand but an unsportsmanlike penalty will be called and enforced on the extra point try or ball spot on next possession.

Article:Y - 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.

Rule 3

Rushers are not allowed to do the following:

- a. Hit a player above his shoulders nor below his waist
- b. Hold
- c. Trip
- d. Drive through the center prior to him raising his head or making an attempt to block.
- e. Dive into a would be blocker
- f. Tackle a player

SECTION II

BASICS RULES OF THE GAME

Article: Z1 - Score Verification

The official may choose to verify the equipment of a player after a 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 flags or flag belt in order to verify the player did not gain an unfair advantage. The ball carrier is to go directly to the official if commanded without making any adjustment to his 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 counts as it would in a regular playing situation with regards to first downs or a turn over on downs.

Rule 1

If the ball carrier's flag belt is disengaged and hanging on the belt or 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 a flag belt on at all then one or all of the following rules may apply.

See: SECTION II; Article E; Rule 1 - i and SECTION II; Article L; Rule 1 - 5

Rule 3

The official may overturn a score and assess a penalty 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.

Rule 4

If the ball carrier does not report to the official when commanded then the official may enforce a 15 yard penalty for an excessive delay.

Article: Z2 - Scrimmage Formations

Rule 1

At all times the team with possession must have at least four (4) players on the line of scrimmage. **See: SECTION II; Article Q; Rule 2.**

Rule 2

At the start of a play, offensive players must be at least four (4) yards away from sideline in bounds.

Rule 3

An offensive player cannot enter the field of play when the formation is set for play by the center placing his hand on the ball ready to snap.

Rule 4

The team may not break the huddle with more than 8 man players.

Rule 5

If the quarterback takes a direct snap he must take a half step back or lateral before he moves forward or diagonal to run the ball himself. Violation of this rule is a 5 yard penalty for illegal offensive rush.

Rule 6

A player exiting the field on the opposing teams sideline or either end zone will result in a delay of game penalty.

Rule 7

If a team motions a player, he will not be counted as one of the mandatory four (4) players on the line of scrimmage until he resets himself on the line.

Rule 8

A defensive team can have as many players on the line of scrimmage it chooses.

Rule 9

The center must snap the ball between his legs to legally start any scrimmage play or legal kick.

SECTION II

BASICS RULES OF THE GAME

Article: Z3 - 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, but rather the position of the ball according to the official's judgment.

Rule 2

If the ball carrier loses the ball, and the ball falls backwards, the spot of the ball will be where the ball lands. If the ball carrier loses the ball, and the ball falls forward, the spot of the ball is where the carrier originally lost the ball.

Article: Z4 - Stiff Arming

Rule 1

Stiff arming is illegal and may not be used to ward off a defender attempting a de-flag. (Flag Guarding)

Article: Z5 - 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 carrier's hand while the defender is making a legitimate attempt at the flag(s) a penalty may not be called depending on the official's judgment and all loose ball rules for PF3 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 has 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: Z6 - Team Box

Rule 1

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

Rule 2

Teams must use opposite sidelines. Home team sideline will be decided by the PF3 staff or 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.

SECTION III

FOULS AND PENALTIES

The PF3 Staff and Competition Committee strives to serve the 8-Man community with just and comprehensive reprimands for fouls / penalties committed during, before and after the game. The judgment and application of the PF3 8-Man rules are trusted in the hands of dedicated 8-Man officials that certify under the PF3 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 occurs during a live ball play, the Referee (White Hat) at the end of the down will notify the offended team's captain of his options. If the penalty is declined the game will resume as normal without any penalties enforced.

Rule 2

A captain's choice cannot be reversed once the Referee (White Hat) 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 unsportsmanlike fouls are penalized separately, and in addition to those occurring during a down 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 may decline all penalties except for consecutive encroachment/offside penalties against the defense.

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

If both teams foul during a play where there is a change of possession, the team last gaining possession may retain the ball provided they did not commit a penalty prior to the final change of possession and the team currently with possession declined the pre possession penalty.

SECTION III

FOULS AND PENALTIES

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.

- a. Defensive Pass Interference. If interference occurs in the defenders end zone, the ball will be placed on the 1 yard line.
- b. Illegal block
- 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. Away from the play crack back blocks
- h. Charging
- i. Intentional grounding within 10 yards behind the established line of scrimmage.
- j. Intentional grounding beyond 10 yards the established line of scrimmage.
- k. Aiding the runner

Article D - Loss of Down Fouls / Penalties

Rule 1

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

- a. Intentional grounding. 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 (Stiff Arming)
- c. Charging
- d. Illegal forward pass
- e. Illegal forward lateral
- f. Offensive pass interference

SECTION III

FOULS AND PENALTIES

SUMMARY OF PENALTIES

5 YARDS PENALTIES

9 or more men in the Huddle - Breaking the huddle with more than 8 players.

Aiding the Runner - Grasping, lifting, pushing in order to assist the runner by a teammate.

Defensive Holding (*Automatic First Down*) - 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.

Illegal Contact (*Automatic First Down*) - Making contact with a receiver past the neutral zone before the ball is thrown.

Illegal Defensive Formation (*Punting Plays*) - Less than 4 players on the receiving team's line during a declared punt.

Illegal Equipment - Not having the proper equipment during a play.

Illegal Formation (*Offense*) - Less than 4 players on the line of scrimmage at the time of snap.

Illegal Forward Pass (*Loss of Down*) - A player can not throw the ball forward once they are beyond the line of scrimmage.

Illegal Motion - More than 1 player in motion parallel to the line of scrimmage at the snap.

Illegal Return Formation - Return team not having enough players (4) on the restraining line.

Illegal Participation (*Prior to snap*) - Too many players on the field of play.

Illegal Procedure / False Start - An offensive player feigning or moving forward during or before the ball is snapped.

Illegal Shift - A player shifting his position and not getting set for at least a half of a second before the ball is snapped.

Illegal Substitution - Player entering the field of play while the ball is live (ready for play) or leaving the field through the opposing team's side line or the end zone.

Neutral Zone Infraction - Defensive player penetrating the neutral zone causing an offensive player to false start.

Offside - A player in the neutral zone at the snap of the ball or kicking team off sides.

Simulating the Snap - Defensive player making sounds that sound like the offensive cadence.

SECTION III

FOULS AND PENALTIES

SUMMARY OF PENALTIES (Continued)

10 YARDS PENALTIES

Charging (Loss of Down) - Intentional not avoiding a defender who has established position.
Consecutive Encroachment/Off sides - Defender committing consecutive neutral zone infractions.
Flag Guarding (Loss of Down) - Using body part past the waist and around the flag belt to prevent deflagging.
Holding (Offensive and Defensive) - Illegal use of hands or body to grab, hook or pull an opponent.
Illegal Block - Blocking above the waste in the rear of the opponent.
Impeding the runner - Delaying the ball carrier with no attempt to de-flag the ball carrier.
Intentional Grounding (Loss of Down) - Purposely throwing the ball away to avoid a sack
Offensive Pass Interference (Loss of Down) - Illegal actions with the receiver gaining an advantage in order to catch a pass.
Stiff Arming (Loss of Down) - Use of arm or hand to the defender's body in order to ward off a de-flag attempt.
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.

15 YARDS PENALTIES

Clipping (Personal Foul) - 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 (Personal Foul) - Extending forearm upward or leading with the elbow from the body to block.
Excessive Delay of Game - Delays causing a decisive disadvantage to the opponent or poor conduct.
Illegal Crack Back Block (Away from the Play) - A Flagrant illegal act in which a player blind sides blocks an opponent who is no threat to the play.
Illegal contact with an official, PF3 Rep - Aggressively approaching an official or PF3 representative.
Illegal Participation – Live Ball - Having too many players on the field involved in a live play.
Illegal use of the hands – to restricted area - Unintentional hands to an opponent's restricted area(s)
Personal Foul - A Flagrant illegal act that results in contact to a restricted area of a player.
Personal Foul-Defensive (Automatic First Down) - A Flagrant illegal act that results in contact to a restricted area of a player.
Personal Foul-Dead Ball (Automatic First Down) - A Flagrant illegal act after the play is blown dead.
Roughing the Center (Automatic First Down) - Illegal contact with the Center.
Roughing the Passer (Automatic First Down) - Illegal contact with the Quarterback or player behind the Line of scrimmage passing the ball.
Tackling - Pulling, throwing, or driving a ball carrier or receiver to the ground with no attempt to de-Flag.
Tripping - 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 - 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.

Personal Foul Penalties occurring at the end of 1st half (time has expired) or post touchdown

- **Penalized team starting 2nd half on Offense** - Prior to the start of the 2nd half penalty will be marked off from the 20 yard line. Down will be considered 1st down and 2 cones (penalty yardage plus 20).
- **Penalized team starting 2nd half on Defense** - Prior to the start of the 2nd half penalty as marked off as normal.

CHALLENGABLE CALLS & RULLES

List of plays that can be challenged in the PF3

- Scoring Plays
- Turnovers
- Receptions
- Spot of the Ball
- Missed Kicks
- If a player is down

Challenge Rules

- A timeout is used on a challenge
- A timeout is restored if the challenge is correct
- A challenge is given to a team if 1st challenge is correct
- Using a challenge with no timeouts results in a 10 yard penalty from the line of scrimmage