



ELITE 8s FLAG FOOTBALL
RULE BOOK

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Summary

- 8 man a side (minimum 7).
- 4 downs to reach each fixed line-to-gain on the field or score.
- The field is 45 yards wide and 80 yards long with 10 yard end zones. The field is divided into 20 yard quadrants where each quadrant represents the "chains".
- Game length is four 20-minute quarters running time. Each team has two 60 second timeouts per half. At the end of each half are 5 untimed plays. Kickoffs, converts, and accepted fouls do not count toward the 5 plays.
- All players are eligible receivers. One foot in bounds for a successful catch. A catch in the air and pushed out of bounds is a successful catch.
- Offence must have at least 3 players on the line-of-scrimmage. Players on the line-of-scrimmage (linemen) cannot be in motion prior to the snap. Defence cannot be in a three or four point stance at the snap.
- The ball may be advanced by running with it or passing it to a receiver. The play is dead when the runner loses one or both flags, interferes with a defender's attempt to grab their flag, travels out of bounds/crosses the goal line, or is touched by a defender if they fall to the ground. A runner on the ground may get up and continue running if they have not been touched.
- The runner may spin, dip, or run to avoid getting flagged. They cannot use their hands or arms to guard their flag, stiff arm or deflect defenders, nor crouch, nor leave their feet in any manner including diving, leaping, jumping, hurdling, hopping, high-stepping, or flipping.
- Offensive linemen may block behind the line-of-scrimmage and up to one yard beyond the line-of-scrimmage (the neutral zone). Blocking is not permitted downfield in any situation (including punts, kicks, turnovers, and passing plays). Swimming is not permitted (linemen arms and hands must stay below the shoulders).
- All kicks (including punts, kickoffs, etc) are live and must be returned by the receiving team. Kicks are not recoverable by the kicking team (no onside kicks). The returner must be given five yards to receive the kick.
- Fumbles/muffs that touch the ground are automatically dead and the ball is spotted where the runner last had possession (QBs, punters, and returners are allowed a one muff exception to field poor snaps/kicks).
- 6 points for a touchdown, 2 points for a safety, 1 point for a rouge, 1 or 2 points for a 5 or 10 yard convert. Field goals are not permitted.
- Texas shootout overtime forces a winner during playoffs and Championships.

The basis for these rules is the Official Rules of the Canadian Amateur Football Association. Where these rules do not specify or clarify a game situation, refer to the Canadian Amateur Rule Book for Flag Football to resolve disputes.

Definitions

Ball Status

- A **dead ball** is a ball that is not in play and is not playable by either team. The interval between downs is known as the **dead ball period**.
- A **live ball** is a ball in play. A ball becomes live when the ball has been legally snapped or free kicked and a down is in progress.
- A **ready-for-play** or **set ball** is a dead ball that can become live with a snap or kick. The ball is marked ready-for-play with the referee's whistle.
- A **loose ball** or **free ball** is a live ball, including forward passes, that is not in anyone's possession and can be legally recovered and advanced by either team. The ball is considered to be free from the moment it is no longer in contact with any player until the moment it is possessed by a player, or it touches the ground. A player who is actively looking at/for a free ball (such as a receiver) is considered to be **playing the ball** and has rights to it that supersede players who are not looking at/for the ball.
- A **fumble** is a loose ball that touches the ground before any player can regain possession. Fumbles are not playable and are declared dead when they touch the ground. A fumble in the direction of the opponent's goal line is considered an offside pass.
- A ball is **out of bounds** when the ball or a player in possession of the ball touches the boundary lines, or the ground, or any object on or beyond these lines, including an official or player.
- A ball is **in bounds** when the ball or a player in possession of the ball has not touched the boundary lines or any other person or object that is considered out of bounds.

Ball Carrier / Runner

The ball carrier or **runner** is the player in current possession of a live ball during a play. The ball carrier ceases to be the ball carrier when they have given up possession of the ball, either by passing, kicking, or handing it off to another player, or by losing contact with the ball. Any player on the field is eligible to be a ball carrier.

Ball Carrier Tactics

- **Dipping** is an attempt by the ball carrier, with continuous movement, to avoid a flag pull by bending the knees and not significantly lowering the vertical level of the flags compared to regular running. Dipping is legal.
- **Spinning** is an attempt by the ball carrier to avoid a flag pull by rotation of the body along the horizontal axis. Spinning is legal if the vertical height of the ball carrier's flags is not significantly altered. Spinning combined with side-stepping or dipping is legal. Spinning combined with jumping or crouching is illegal.
- **Crouching** or squatting is an attempt by the runner, with continuous movement, to avoid a flag pull by bending over at the waist and significantly bending the knees, lowering the level of the flags so that they are near or touching the ground, and their entire body is below the waist of potential tacklers. Crouching is considered flag guarding and is illegal.
- **Diving** is an attempt by the ball carrier to avoid a flag pull by leaning the upper body forward, with or without jumping, dipping, or spinning. Diving is considered flag guarding and is illegal.
- **Flag guarding, pushing off, or swatting** is any use of the arms or hands made by the ball carrier to ward off opponents' attempts to flag them. This can include but is not limited to blocking their flag with their arms or the ball, swatting at hands, or using their body, clothing, or equipment to conceal their flag. Flag guarding is illegal.

Batting / Swatting

Batting or Swatting is intentionally slapping or striking the ball with the arm or hand while it is in possession, and is a foul (Rough Flag). It does not apply to a loose ball or a ball in flight.

Blocking

Blocking is deliberately impeding an opponent's path to the ball, ball carrier, or potential ball carrier. Legal blocking can only be carried out by the offence behind the line-of-scrimmage.

Bodily Contact

Bodily Contact is deliberately making contact with an opponent in such a manner as to stop the opponent's motion, including pushing the opponent, knocking the opponent down, or moving the opponent off stride away from the opponent's intended direction or position. Bodily contact with the exception of legal blocking is a foul (Unnecessary Roughness).

Catch

A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground in bounds while maintaining possession of the ball.

Contact

Contact is physically touching any part of an opponent's body or equipment in any manner.

Direct Path

Direct Path is the straight line between a defensive and offensive player at any given time.

Field Definitions

- The **boundary lines** are the sidelines, end zone sidelines, and deadlines.
- The **field** is the area inside the boundary lines. The boundary lines themselves are out of bounds and are not considered to be in the field.
- The **field of play** is the area bounded by the goal lines and the sidelines. The boundary lines themselves are not considered to be in the field of play.
- The **sidelines** are the lines marking the side of the field of play between the goal lines.
- The **end zones** are the 10 yard areas located at each end of the field between the goal line and the deadline. They are not part of the field of play.
- The **end zone sideline** is the portion of the sideline extended from the goal line to the deadline. It is not in the end zone.
- The **deadline** is the line marking the back of the end zone. It is not in the end zone itself.
- The **goal line** is the line marking the end of the field of play. The goal line is part of the end zone.
- The **line-of-scrimmage** or **LOS** is an imaginary line extending from sideline to sideline, parallel to the goal line, the position of which is determined by the point of the ball closest to the defence's goal line.
- The **neutral zone** is 1-yard beyond the line-of-scrimmage, extending from sideline to sideline. On kickoffs, the neutral zone is 20-yards beyond the kickoff line.
- **Behind the line-of-scrimmage** is the offensive zone or Team A's side of the ball. The **backfield** is the part of the offensive zone 1-yard behind the line-of-scrimmage, extending to their own deadline.
- **Beyond the line-of-scrimmage** is the defensive zone or Team B's side of the ball, which includes the neutral zone. **Downfield** is the part of the of the defensive zone 1-yard beyond the line-of-scrimmage, extending to their own end line.

- The **ball spot** is the spot in the field of play, equidistant from either sideline, where the ball is snapped for each play. At the referee's discretion the ball spot may be moved to avoid poor field conditions.
- The **line-to-gains** are the fixed lines on the field, in 20 yard demarcations, needed to reach for each series of 4 downs. Failure to reach the next line-to-gain or score in 4 tries will result in a loss of possession.

Flagging (Flag, Flag-pull, Flagged) / Tackling

Flagging, flag-pulling, or tackling is the removal of the ball carrier's flag(s) to end a play. Player(s) attempting to remove the ball carrier's flag(s) are known as **tacklers**. Intentionally removing the flag(s) of any player who is not the ball carrier, or before they have become the ball carrier, is a foul.

Forfeit

Forfeit is the discontinuing of a game, or the premature calling of the end of a game by the officials, before the game has been played to full time.

Forward Progress

Forward progress is the end of advancement of the ball toward the opponent's goal while in possession at the moment the ball is declared dead. It is always a touchdown if forward progress has been marked inside the opponent's goal line irrespective of where the ball carrier is.

Foul / Penalty

- A **foul** or **infraction** is any violation of these rules which gives a player or team an unfair advantage over their opponent. Types of fouls are:

Live Ball – A foul that occurs while play is in progress. Unless specifically stated, no live ball foul causes the play to become dead.

Dead ball – A foul that occurs after play has been ruled dead, or at the conclusion of a play, and before the ball is next snapped or kicked (ie: dead ball period). Unless specifically stated, dead ball fouls cannot be declined.

Double – Two or more live ball fouls committed by one team on the same play.

Multiple or **Dual** – Two or more live ball fouls committed by both teams on the same play.

Minor – A type of foul that is usually committed during the course of live play. Minor fouls carry a loss of 5 or 10 yards, and may be declined by the non-offending team.

Flagrant – A foul so severe or extreme that it places an opponent in danger of serious injury, or involves violations that are extremely or persistently vulgar, or is abusive conduct. This includes all Major Fouls, Objectionable Conduct, And Unsportsmanlike Conduct fouls. Flagrant Fouls carry a penalty of 20 yards and cannot be declined.

Nonplayer or **Unsportsmanlike** – a non contact live or dead ball foul that does not influence the play in progress.

Option – A circumstance where the non-offending team has a choice between two or more rulings on a foul.

- A **penalty** is the punishment for committing a foul. Types of penalties are:

Loss of Yards – the punishment for a foul in yards, in increments of 5, 10, or 20 yards. Unless specifically stated, Loss of Yards are applied from the location of the ball when the foul occurred or from the previous line-of-scrimmage.

Loss of Down – the punishment for a foul in downs. Unless specifically stated, all accepted live ball fouls repeat the down in which the foul occurred. A foul that does not repeat the down is a Loss of Down foul.

Automatic First Down – the punishment for certain fouls by the defence that awards a new series of downs for the offence, in addition to Loss of Yards. An automatic first down is applied irrespective of the down or distance required for the next line-to-gain.

Awarded Score – the punishment for certain flagrant fouls as an automatic score, if the foul prevented a score from occurring.

Disqualification – the immediate removal of a player or non-playing personnel from the game as punishment for a particularly flagrant foul. Substitution is permitted.

Foul Definitions

- **Charging** is the ball carrier attempting to evade a flag-pull or gain more yards by running through opponents rather than around them. Charging is not synonymous with bodily contact.
- **Holding** is any player on the field using their hands or arms to grasp another player and prevent them from moving on the field of play.
- **Illegal Block** is any player making bodily contact with an opponent in a manner that is not considered a legal block, or is blocking in an area of the field where a legal block is not permitted.
- **Illegal participation** is any player or non-playing personnel coming onto the field while a play is in progress. This includes players who go out of bounds during a play and return at a different spot on the field.
- **Illegal procedure** is any player violating a procedure rule at the beginning of a kickoff, convert attempt, or scrimmage play.
- **Illegal substitution** is any player entering the field after the substitution window for his team has closed.
- **Illegal use of hands** is any contact made with the hands by a player on an opposing player that is not permissible, such as above the shoulders or below the waist. This also applies to interlocking (linking up hands/arms with teammates for tandem tactics).
- **Interference** is any obstruction, blocking, pushing off, screening, or illegal contact committed by a player of either team against an opponent.
- **Major foul** or **personal foul** is any act which severely threatens a player's safety or is intended to physically harm or injure any participant. This includes fighting, rough play, charging, and any other act of aggression or violence.
- **No Yards** is any player on the kicking team who does not give the returner the requisite 5-yard radius to possess a legally kicked ball.
- **Objectionable conduct** or **unsportsmanlike conduct** is any act directed toward an opponent, official, spectator, or non-playing personnel which in the referee's discretion is considered obscene, profane, offensive, insulting, or making a travesty of the game.
- **Obstruction** is any player impeding an opponent's approach to the ball, ball carrier, or intended receiver with or without contacting the opponent.
- **Offside** is any player in or beyond the neutral zone (ie: on their opponent's side of the ball) at the instant the ball is snapped or kicked off.
- **Rough Flag** is any physical action against the ball carrier with the exception of grabbing their flag. It also applies to any ball carrier who physically wards off opponents including straight arm/stiff-arm, pushing, blocking, or any action considered more aggressive than flag guarding.
- **Rough Play** is any overt physical act against any player – including the ball carrier – that is not a football play. This includes charging, roughing, striking opponents with the fist, hand, knee, elbow, swinging forearm, head butting, kicking an opponent, or any other act of aggression or violence.
- **Roughing the passer/snapper/kicker** are fouls that apply to the quarterback in the act of passing the ball, and the snapper and the kicker (punter) on scrimmage kicks, and on free punts. All three players have special protections and cannot be physically interfered with while they are engaged in their activity.

- **Pass interference** is any deliberate bodily contact or physical obstruction made by a player against an eligible receiver on a legal forward pass while the ball is in flight. **Illegal Contact** is a lesser foul that acts as pass interference on receivers who were not targeted, or before the ball was thrown.
- **Screening** or **face guarding** is the act of waving the hands or arms in close proximity to the face or eyes of an eligible receiver, and is considered pass interference.

Game Definitions

- A **down** is 1 of 4 consecutive attempts the offence may use to advance the ball toward the next line-to-gain or their opponent's goal line.
- **First down** or **1st down** is the first of 4 consecutive attempts awarded to a team to advance the ball toward the next line-to-gain or their opponent's goal line. It is followed by **second** or **2nd down**, **third** or **3rd down**, and **fourth** or **4th down**.
- An **untimed down** is a down in which the clock does not run or does not count toward the Five Plays, such as a repeated down due to a foul after time has expired.
- A **half** is one or two periods of playing time in a regular game or overtime divided by a period of rest.
- **Halftime** is the rest period between the two halves of a game.
- **Kickoff** is when a team kicks the ball to its opponent's half of the field by means of a place kick to begin a game, half, or immediately following a convert attempt or safety touch.
- A **quarter** or **period** is the one or two portions of specified playing time in a half or overtime.
- **Five plays** are the five untimed plays allotted at the end of each half. Kickoffs, free kicks, convert attempts, and accepted live ball fouls do not count toward the five plays. Turnovers do not end the five plays.
- The **game clock** or **main time** is the period of 20 minutes running time for each quarter.
- The **play clock** or **time count** is a period of 25 seconds given to the offence prior to a scrimmage play to huddle and put the ball in play.
- A **timeout** is when the referee has indicated by a whistle and a stop clock signal that the game clock has stopped and playing time is not being consumed.
- **Overtime** is added playing time for purposes of deciding a winner in tie games during playoffs, championships, and other elimination contests. There is no overtime in the regular season.

Hand-off / Hand Off Pass

A **hand-off** or **hand off pass** occurs any time the ball is exchanged from one player to another in any direction without being thrown. Both players must be touching the ball simultaneously for it to be a legal hand-off. There are no restrictions to the number of hand-offs the offence may commit in any direction behind the line-of-scrimmage.

Huddle

A huddle is when a team assembles on the field prior to the snap to decide their strategy for the next play. The huddle is not a mandatory requirement before snapping the ball. Team A may snap the ball any time after the ready-for-play whistle.

Impede / Redirect

Impeding is forcing an opponent to change direction, or to slow down with or without contact.

In Flight

A ball in flight is in the air, live, and not in contact with the ground or any player or object. Any kicked, punted, thrown, tossed, or loose ball can be considered to be in flight.

Incidental Contact

Incidental Contact is a player making contact with an opponent without moving the opponent off stride or away from the opponent's intended direction or position.

Kick / Kicking

A kick is the intentional striking of the ball with the knee, lower leg, or foot. A kick ends when a player gains possession or when the ball becomes dead while not in player possession. All kicks that land in bounds are live and playable off the ground, with the exception of scrimmage kicks that do not cross the line-of-scrimmage.

- A **free kick** is any kick which puts the ball into play to start a free kick down. Before the free kick each player must be behind the free kick or kickoff line/spot. A free kick is used for a kick following a safety touch. In a free kick the ball may be kicked in any manner, including punt, drop kick, place kick, or even off the ground.
- A **kickoff** is a kick which puts the ball into play at the beginning of each half and after every convert try. A legal kickoff is one where the ball must touch the ground before it is kicked, so place kicks and drop kicks are permissible but not punts. For a place kick, the ball must be controlled on the ground or on a legal kicking tee by a teammate.
- A **scrimmage kick** is any kick from in or behind the neutral zone during a scrimmage down. Either a place kick, punt, or drop kick may be used.
- A **drop kick** is a legal kick by a player who drops the ball and kicks it as it bounces off the ground. A drop kick may be used in any kicking situation, including scrimmage kicks, kickoffs, and free kicks. Drop kicks are included in the one muff exception.
- A **place kick** is a legal kick made while the ball is in a fixed position on the ground or on a kicking tee. No material or device may be placed on the ground to improve the kicker's footing. The ball also may be held in position on the ground or on a kicking tee by a teammate. A place kick may be used in any kicking situation, including scrimmage kicks, kickoffs, and free kicks.
- A **dribbled kick** is any kick that is not a drop kick or place kick made with the ball on the ground (dribbled ball or soccer kick) while not in possession or control by any player or team. A dribbled kick during live play is not permitted and is considered a dead ball at the point of contact.
- A **punt** is any ball dropped from the hands and kicked before it touches the ground (see Punt).

Muff / One Muff Exception

- A **muff** is an unsuccessful attempt to secure possession of a loose ball. All muffed balls that touch the ground are dead balls.
- The **one muff exception** is a special circumstance granted to players receiving snaps and kicks (ie: punters, quarterbacks, and returners). It is allowing the player to initially muff a snap, kick, or punt to the ground as long as they gain possession of the ball in a timely manner. A second muff is a dead ball.

Onside

Before play: Onside is any player not in or beyond the neutral zone at the moment the ball is snapped or kicked off.

During play: Onside is any player parallel to or behind the ball carrier, and thus eligible to receive a lateral or onside pass.

Opponent

Any or all players on the opposing team.

Pass

- A **pass** is any transference of the ball between two players where the ball does not touch the ground and the ball is not in contact with both players at the same time. In a pass, the ball travels in flight.
- A **forward pass** is any pass where the ball is thrown, dropped, knocked, batted, or propelled in any manner (including bouncing off the body or head) from above the waist toward the opponent's deadline, or toward a teammate who is closer to the opponent's deadline at the instant the ball is in flight. A forward pass begins when the ball leaves the passer's hand and travels in flight, and ends when the ball makes contact with any player, an official, the ground, a marker, or out of bounds. The end of the pass is not synonymous with the end of the play or down. A pass need not cross the line-of-scrimmage to be considered a forward pass.
- an **offside pass** or **illegal forward pass** is any forward pass during a down in which the player passing the ball is not eligible to make a forward pass, either by rule or by their position on the field.
- A **lateral, onside pass, or backwards pass** is any pass where the ball is thrown, dropped, knocked, batted, or propelled in any manner (including bouncing off the body or head) from above the waist parallel to or in the direction of a player's own deadline.
- A **completed pass** is any pass which is legally caught in bounds prior to the ball becoming dead.
- An **incomplete pass** is any pass which touches the ground, an official, or goes out of bounds and is declared dead without being caught.
- An **interception or intercepted pass** is any completed pass that is caught by a member of the opposing team.

Play

A **play** or **down** is the duration of action beginning with the snap or free kick of the ball and ending with the ball declared dead by the officials. No injury or foul can stop a play in progress.

Player / Team Designations

- **Offence** or **Team A** is the team that has possession of the ball at the beginning of a down. **Defence** or **Team B** is the team that does not have possession of the ball at the beginning of a down. Team designations (A and B) are retained until the conclusion of the down even if there is a change of possession.
- **Kicking Team** or **K** is the team that makes the last legal kick or punt during a down. **Returning Team** or **R** is their opponent.
- A **back** is any player on offence who is in motion or is not on the line-of-scrimmage at the snap.
- The **Quarterback** is the offensive player who receives the snap of the ball from the centre at the beginning of a scrimmage play for the purpose of running, passing, handing off, or punting the ball.
- The **kicker** is any player who legally punts, drop kicks, or place kicks during a down. A player becomes a kicker when any part of their body below the waist including their knee, lower leg, or foot makes contact with the ball. They continue to be the kicker until they have reasonable opportunity to regain their balance or until after a free kick, or they have advanced beyond their free kick line, or the kicked ball has touched the ground or any other player.
- A **returner** is any player receiving a kicked ball, either by punt, scrimmage kick, kickoff, or any free kick. The returner is granted a one muff exception, in addition to the **5-yard restraining zone**, to possess a kicked ball.
- A **nonplayer** or **non-playing personnel** is any coach, trainer, attendant, substitute, or a replaced player who is not actively participating in the current play.
- A **passer** is any player who throws a legal forward pass. They continue to be a passer until the legal forward pass ends or until they move to participate in the play.
- A **receiver** or **pass receiver** is any player eligible to catch a forward pass.

- The **centre** is the player facing their opponent's goal line and begins the scrimmage play by delivering the ball from the point of scrimmage through their legs (the snap) to a teammate at the beginning of the scrimmage play.
- The **snapper** or **long snapper** is a type of centre who snaps the ball on scrimmage kicks. The snapper has protection from contact with defensive players that extend for as long as they are in a snapping position, defined as: Head down, legs spread, and actively in the midst of snapping the ball. They lose this protection as soon as they stand up, look up, or move to participate in the play or engage with opponents.

Possession / Control

- **Possession** is a player in full control of the ball. To **recover** is to gain possession.
- **Control** is defined as the player with the ball firmly held in one or both hands, arms, or any part of his body without the ball touching the ground. The securing of the ball must be firm enough to enable the player to stop the ball's rotation and to be able to exhibit influence over its direction.
- **Team possession** is a team having the right to advance the ball, be awarded a first down, or continue its downs.
- **Simultaneous possession** is joint possession of a live ball by players from opposing teams. A ball declared dead in this manner is considered possessed by the team that last had sole possession of the ball.

Punt / Punter / Punt Returner

- A **punt** is any ball dropped from the hands and kicked before it touches the ground. Possession of the ball must be gained before the ball is dropped. Punts are not permissible to put the ball into play at the start of a kickoff.
- A **free punt** is any punt made by any player with possession of the ball beyond the line-of-scrimmage.
- A **scrimmage kick** or **scrimmage punt** is any punt made behind the line-of-scrimmage from a direct snap.
- A **return punt** is any punt made by a punt returner after receiving a punt from an opponent.
- A **deflected punt** is a scrimmage kick that is contacted by any player but crosses the line-of-scrimmage.
- A **blocked punt** is a scrimmage kick that is contacted by any player but does not cross the line-of-scrimmage.
- A **punter** is any player who punts or attempts to punt the ball.
- A **punt returner** or is any player from the opposing team who attempts to possess and advance a punted ball.

Referee

The referee is the chief game official who is in charge of the game and all other officials.

Restraining Zone

The restraining zone is a protective circular area of 5-yard radius with the centre being the ball at the moment it is touched, muffed, or possessed at the end of a kick or punt. The restraining zone ends as soon as a kicked ball is touched, muffed, or possessed by the receiving team. On scrimmage kicks the ball must be kicked across the line-of-scrimmage for the restraining zone to apply.

Right-of-Place (ROP)

Right-of-place is given to any stationary player who maintains their position and makes no horizontal movement in any direction to change their position. Right-of-place extends to vertical movement (ie: jumping) to catch a pass or possess a loose ball. Right-of-place supersedes right-of-way when determining who is guilty of a foul.

Right-of-Way (ROW)

Right-of-way is given to a player according to rule who has established a direction of movement in a regular manner and does not alter that direction. A player with right-of-way has higher privilege when determining who is guilty of a foul with the exception of right-of-place.

Scrimmage Play

A scrimmage play is the official action taken by the offence to score or advance the ball towards the defence's goal line by passing, running, or punting. It begins by a snap of the ball by the centre to a teammate.

Scoring

A scoring play or score is any play where a team has legally earned points.

- **Touchdown** is legal possession of a live ball in the opponent's end zone. It is a score of 6 points.
- **Convert attempt, convert try, or PAT** (point-after-touchdown) is the scrimmage play that follows the touchdown, in which the team that scored the touchdown has the option to scrimmage from the 5 or 10-yard line to score bonus points. It is a score of 1 or 2 points, respectively.
- **Safety touch** or just **Safety** is a score of 2 points against a team that has not advanced the ball out of its own end zone at the end of a play, after it has put the ball into its own end zone from the field of play, either by carrying, passing, or snapping it.
- **Rouge** is a score of 1 point awarded to the opposing team for any kicked ball that crosses the goal line and becomes dead in the end zone.

Shortlining

Shortlining or short-lining is an act made by the ball carrier of stopping before the next line-to-gain during live play in order to establish a short yard situation on the next down or series of downs. When the ball carrier shortlines, they are said to have "given up" the right to advance with the ball and the play can be ruled dead with no action needed by the opposing team. A shortlined ball cannot be spotted closer than 1-yard to the next line-to-gain.

Set

Set is the formation arranged by the offence before they snap the ball. When the offence is set, the quarterback and all players on the line-of-scrimmage (with the exception of the centre who snaps the ball) must be in a fixed position for at least one second before the ball is snapped.

Snap

A snap is the legal act of passing or handing the ball backward from its position on the ground. The snap begins when the snapper or centre first moves the ball legally other than in adjustment. In a snap, the movement must be a quick and continuous backward motion of the ball during which the ball immediately leaves the hand(s) of the snapper and touches a back before it touches an A lineman. The snap ends when the ball touches the ground or any player.

Spot

- The **spot** or **basic spot** is the location on the field at the end of a play where the ball is placed, to be snapped or free kicked for the next play. Unless otherwise noted, dead ball fouls are enforced from the basic spot in the order that they occurred.
- The **previous spot** is the location on the field during a down where the ball was last snapped or free kicked (ie: line-of-scrimmage). Unless otherwise noted, live ball fouls are enforced from the previous spot.

Substitute

A substitute is a player replacing a teammate on the field. Offence may substitute players up until they break from the huddle or until they are set. Defence may substitute players up until the snap. No one may substitute players while play is in progress.

Tipped Pass / Touching

- A **tipped pass** is any pass that is touched by one player and then caught by the same player, a teammate, or an opponent.
- **Touching** refers to any contact with the ball, either by touching or being touched by it.
- Both **touching** and **tipped pass** mark the end of a forward pass.

Touchback

It is a touchback if a team has possession of the ball in their own end zone and it is declared dead in their end zone, with the ball having crossed the goal line in flight via the opposing team in any manner other than a kick, including passing, batting, or tipping. A touchback does not award points. The team with possession scrimmages at their own 10 yard line.

Turnover

A turnover or **change of possession** is any action during play where the opposing team obtains possession of the ball. This can be the result of an interception, kick, or any loose ball situation. Intentionally caused fumbles and strip-sacks are not permitted and cannot turnover the ball.

Rule 1. The Game, Players, Field, Equipment, and Ball

1. The Game

- 1.1.1 - The game of Elite 8s Flag Football is played by two teams with an inflated regulation size football.
- 1.1.2 - The object of Elite 8s Flag Football is for one team to advance the football (either by carrying or passing it) into their opponent's end zone to score points.
- 1.1.3 - The game is won by the team that scores the most points at full time.
- 1.1.4 - Game officials shall assume authority for the contest including:
- a) Sole discretion over interpretation of the rules.
 - b) Administration of fouls, downs, and spots.
 - c) Completion of reports.
 - d) Conduct of players and coaches.
- 1.1.5 - The Head Referee shall take primary charge of the game including:
- a) Guiding and directing the work of other officials.
 - b) Removing players, coaches, or other officials from the contest if necessary.
 - c) Testing game balls before the game for suitability.
 - d) Reporting irregularities in field conditions and markings to both teams before the game and removing or repairing such irregularities if the referee considers them a danger to player safety.
 - e) Administering the coin toss, and notifying each team of their options prior to each half.
 - f) Notifying each team of their options for rulings and fouls throughout the court of the game.
- 1.1.6 - The Head Referee's decision to forfeit, cancel, or discontinue a game is final. **A report will be written and sent to the appropriate governing body.**

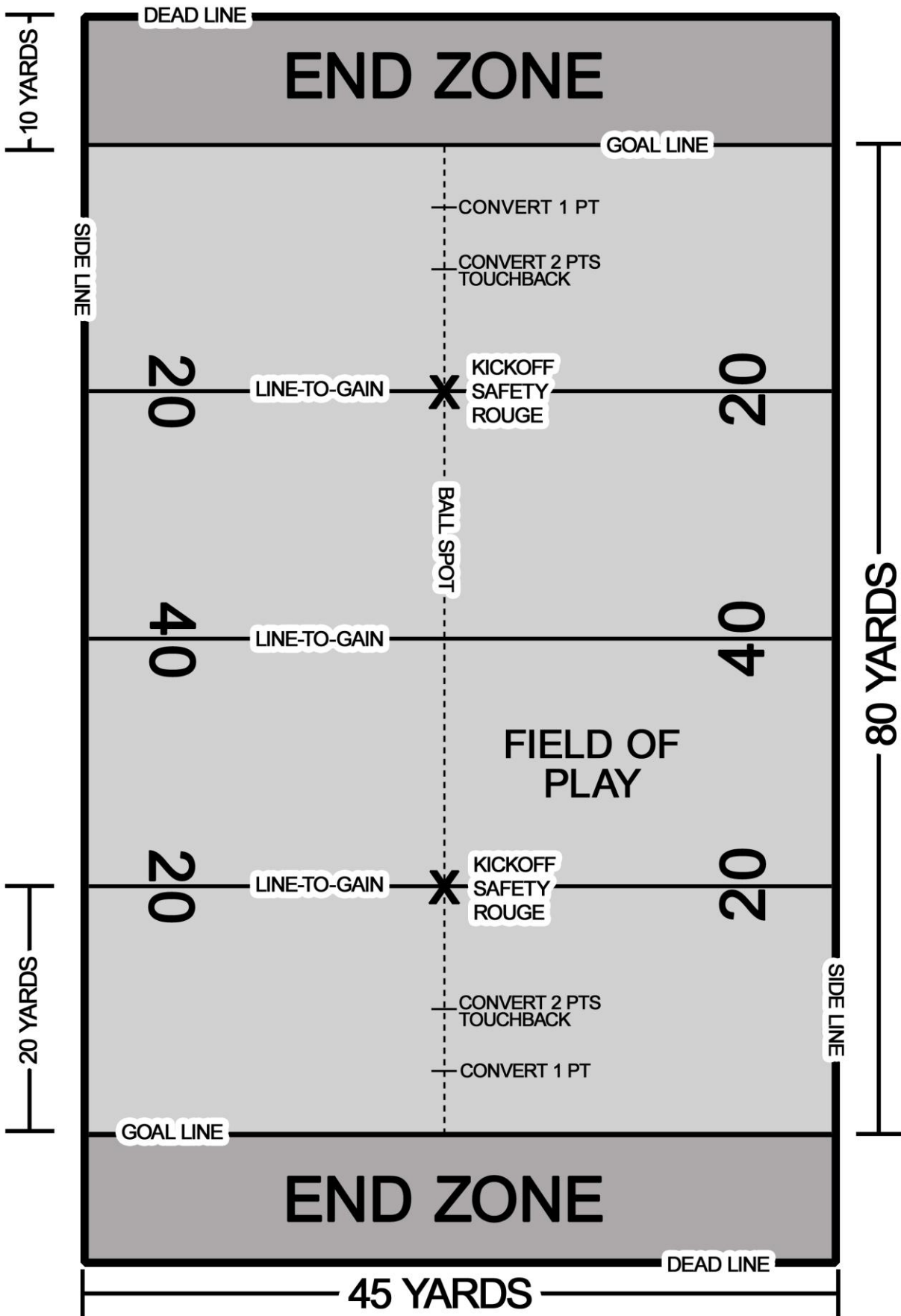
2. The Players

- 1.2.1 - The maximum number of players each team shall have on the field is eight. Teams are responsible for fielding the correct number of players.
- 1.2.2 - The minimum number of players a team can start the game is seven. **Forfeit to non-offending team, report sent to the appropriate governing body.**
- 1.2.3 - Substitutes may enter the field during the dead ball period. Offence is not permitted substitutions after the huddle breaks. Defence is permitted substitutions up until the snap. **Illegal Substitution. 5 yard foul.**

- 1.2.4 - Non-playing personnel/players may not enter the field of play during the live ball period. **Illegal Participation. 10-yard foul.**
- 1.2.5 - Non-playing personnel/players may not enter the field of play and deliberately intervene, disrupt, or interfere with the ball carrier or the play in progress in a manner that directly prevents a scoring opportunity. **Illegal Participation. Awarded Score.**
- 1.2.6 - All offensive players must join the huddle or declare themselves part of the next play by joining the field further than 5 yards from the sidelines (ie: tag up). Players may then take up a position beside the sidelines after this requirement has been met. Any substitution proceedings or game stoppages designed to catch the defence out of position is not permitted. **Illegal Participation (Sleeper Play). 10 yard foul.**
- 1.2.7 - Each team shall have a representative to discuss with the Referee options regarding fouls. They shall be the sole communicator between their team and the officials and shall be entitled to an explanation of the rules. No prolonged argument is permitted and the referee's decision is final.
- 1.2.8 - An injured player for whom the clock has been stopped must be removed from the game for a minimum of one play or a charged team timeout. **Illegal Substitution. 5 yard foul.**

3. The Field

- 1.3.1 - The field of play shall be 80 yards long by 45 yards wide. At each end of the field of play shall be 10 yard end zones. The markings of the field shall include sidelines, deadlines, goal lines, end zone sidelines, end zones, and line-to-gains on the field of play. Refer to the Field Definitions and the graphic on the following page for field dimensions.
- 1.3.2 - The bounds of the field are defined as being inside the sidelines, end zone sidelines, and deadlines. These boundary lines themselves are out of bounds.
- 1.3.3 - All measurements shall be taken from the inside edge of any boundary line.
- 1.3.4 - The field of play should be marked every 20 yards by lines parallel to the goal line and extending completely across the field of play between sidelines. These are the line-to-gains.
- 1.3.5 - It is recommended that markers be placed opposite each 20-yard line for easy identification of these lines. These markers must be made of soft, flexible material for safety purposes.
- 1.3.6 - The four intersections of the goal line and sidelines and the four intersections of the deadlines and the end zone sidelines shall be marked by flexible markers, pylons, or flags which must be placed so that they are out of bounds. If flags are used the shafts must be of a flexible type, not rigid or wooded shafts, in order to prevent injury. **The markers/pylons are considered in play and if a kicked ball hits one of them it is an automatic rouge.**



4. Equipment

- 1.4.1 - Each player shall wear a jersey, sweater, or t-shirts of a similar colour to easily identify opposing sides. If both teams are wearing identical colours, the home team shall be required to change uniforms.
- 1.4.2 - Each player shall have a number on their jersey ranging from 00 to 99.
- 1.4.3 - Sweaters, jerseys, and shirts must be tucked inside shorts or pants so as to not interfere with the player's flag. **Jerseys may not be worn draped over the flag belt.** Towels must also be removed before a scrimmage play, or worn under jersey, not visible or encumbering the player's flags. **Officials will request players to tuck their jerseys under their flag belts before resuming play.**
- 1.4.4 - Shorts or pants worn by players must not have pockets or belt loops. Players wearing shorts or pants with pockets will be asked to wear their pockets inside out.
- 1.4.5 - All active players shall wear two flags, one on each hip, fastened to a belt worn around the player's waist. Each flag shall be no less than 16" in length and no less than 2 1/2" in width. The design for attaching the flag to the belt must be a popper style such that it is easily separated from the belt when pulled by an opposing player and a loud "POP" is heard.
- 1.4.6 - **All flags must be straight, flat, clearly visible, not frayed or curled or folded, and a contrasting color to the clothing underneath (shorts/pants). For example: Red flag with white shorts is acceptable. Red flag with dark orange shorts is not.**
- 1.4.7 - No padding may be worn by any player, except knee pads made of a soft foam type material. Elbow pads are not permitted.
- 1.4.8 - Sun glasses, tinted glasses, or visors are not permitted unless they are prescription safety glasses or goggles and approved by the appropriate governing body.
- 1.4.9 - **Players are permitted to wear toques, bucket hats, or other soft headwear. Baseball caps or headwear with a broad frontal brim must be worn backwards to prevent injury to other players. Hats with a 360 degree brim or any headwear that in the referee's discretion may cause injury are not permitted and must be removed.**
- 1.4.10 - **Players are not permitted to wear hoodies, scarfs, or any neckwear – protective or non – that in the Referee's discretion may pose a safety risk. Any loose fitting clothing that extends over the collar of the player's jersey must be tucked inside or removed.**

1.4.11 - Footwear must meet the following specifications:

- a) A minimum of 6 cleats per sole, with a minimum cleat tip diameter of 3/16".
- b) Additional cleats may be of lesser tip diameter, provided the maximum length is 1/2".
- c) Cleats made of metal are not permitted.
- d) Shoes shall be in a state of good repair, with soles not split or cracked.
- e) Runners are legal but are strongly discouraged.
- f) Baseball, softball, golf, track, and other cleated shoes are not permitted, including hard plastic moulded types.
- g) Bare feet are not permitted.

1.4.12 - Officials reserve the right to request that a player remove, modify, or fix any equipment or clothing that the official considers a safety risk, or provides an unfair advantage in the course of the game. The Referee's discretion on the suitability of equipment is final.

1.4.1 – 1.4.12 Not a game foul. This is a safety issue and must be enforced: Players who do not have proper equipment will be sent off the field and will not be permitted to play until they have obtained suitable equipment. Teams that violate these rules repeatedly and have made no attempt to fix their equipment are subject to having their games forfeit.

5. The Ball

1.5.1 - The game is played with a four-panel ball made of pebbled grain leather enclosing a rubber bladder and tightly inflated to a pressure of not less than 12 1/2 lbs. and not more than 13 1/2 lbs. It shall be in the shape of an oblate spheroid. (Examples of suitable balls are JV5, Wilson NFL, Wilson Duke, and Rawlings footballs)

1.5.2 - Rubber balls, nerf balls, or under-inflated balls are not permitted. The officials will inspect the game balls before the game to ensure suitability.

1.5.3 - Teams are responsible for cleaning the ball between plays, and for retrieving the ball after plays. The Head Referee reserves the right to suspend the clock if any team delays in retrieval of the ball or delays getting it ready-for-play, especially in close games.

1.5.4 - On wet days, if no extra balls are available, the offence may at the discretion of the Head Referee, take a towel into the huddle for the sole purpose of cleaning or keeping the ball dry for the next play.

1.5.5 - No substance foreign to the manufacture of the ball shall be added to the surface of the ball. **Objectional Conduct. 20 yards.**

1.5.6 - The use of any object to deceive opponents as to the location of the ball is illegal. **Objectional Conduct. 20 yards.**

Rule 2. Scoring

Touchdown	6 points
Convert (5-yard line)	1 point
Convert (10-yard line)	2 points
Rouge	1 point
Safety	(awarded to opponent) 2 points
Forfeit or Incomplete Game	Offended team: 6, Opponent: 0 (if offended team is ahead, score stands)

1. Touchdown

- 2.1.1 - A touchdown is 6 points awarded to the team with possession of a live and legal ball in the opponent's end zone during any down that is not a convert attempt.
- 2.1.2 - A touchdown is scored when any portion of the ball, while in possession of a player, crosses or touches the opponent's goal line or goal pylons while the player has one or both feet touching the ground. The player himself need not cross the goal line.
- 2.1.3 - After a touchdown the scoring team shall be entitled to a convert try. If a touchdown is scored on the last play of the game, the convert will not be attempted unless it affects the outcome of the game or league standings.

2. Convert Try

- 2.2.1 - A team scoring a touchdown may attempt to add 1 or 2 points to its score by one scrimmage play from the opponents' 5-yard line (for 1 point) or 10-yard line (for 2 points) in the same manner as they would score a touchdown.
- 2.2.2 - Once a team has chosen a convert try for 1 or 2 points, that decision extends for the remainder of the convert try period, including after administration of fouls or other events that may repeat the convert try, and cannot be changed.
- 2.2.3 - All legal requirements for a regular scrimmage play (Rule 5.1) apply to a convert try.
- 2.2.4 - Scrimmage kicks, including punts, place kicks, or free punts, are not permitted on covert tries. **No penalty, play is immediately blown dead, no score awarded.**

2.2.5 - Team B is permitted to legally possess the ball during live play on a convert try and return it to Team A's end zone for a score. The score is commensurate with Team A's convert try (ie: try for 1 point can be returned for 1 point, try for 2 points can be returned for 2 points).

2.2.6 - After a convert try the team scored against has the option to kickoff from its own 20-yard line or require the scoring team to kickoff from the scoring teams' 20-yard line, pending administration of fouls.

3. Rouge

2.3.1 - A rouge is 1 point awarded to the kicking team when:

- a) A scrimmage kick, return punt, or free punt crosses the opponent's goal line and becomes dead in the end zone or goes out of bounds in the end zone.
- b) A kickoff touches the field or a player before being declared dead in the end zone, either by going out of bounds in the end zone, going beyond the deadline, or after being possessed in the end zone.
- c) A returner in his own end zone fails to return any kick that crosses his goal line back into the field of play.
- d) Any kick touches the end zone pylons or markers without going out of bounds or being touched or fielded by the receiving team.

2.3.2 - A rouge is NOT scored when:

- a) The ball becomes dead in the end zone, having crossed the goal line via any means other than a kick by the opposing team.
- b) A kickoff in flight passes beyond the deadline or out of bounds in the end zone without touching the field or any player.

2.3.3 - A rouge is only applicable to a kicked ball that crosses the goal line before it is possessed, whether in flight or on the ground. A kick that is possessed before the goal line shall not count as a rouge.

2.3.4 - After a rouge the team scored against shall scrimmage first down from their own 20-yard line.

4. Safety

2.4.1 - A safety is 2 points awarded to the opposing team if the ball has been declared dead in a team's own end zone having been taken across the goal line by that team in any manner including carried, passed, batted, snapped, or kicked.

2.4.2 - It is a safety when the ball is ruled dead in a team's own end zone due to a fumble, offside pass, dribbled kick, bobbled ball, blocked kick, or the ball or player is "downed" on a kick or bad snap play.

2.4.3 - It is a safety when a team commits any live ball foul in its own end zone while having possession of the ball in its own end zone and the foul is accepted by the opposing team.

- 2.4.4 - It is a safety when a team, in a scrimmage kick formation in which the ball is snapped across their own goal line, attempts a punt from their own end zone and:
- a) The punted ball touches the ground in bounds or out of bounds before crossing the goal line due to a blocked, deflected, or bad punt.
 - b) The punted ball is blocked into the end zone by a Team B player and is possessed by a Team A player who fails to advance the ball out of his own end zone.
- 2.4.5 - It is NOT a safety when a Team B player intercepts a forward pass and his momentum carries him into his own end zone where the ball is subsequently ruled dead. Team B is awarded a first down at its own 10-yard line in the field of play (touchback).
- 2.4.6 - After a safety the team that scored shall have the option of scrimmaging from their own 20-yard line, or the team that was scored against shall free kick from their own 20-yard line.

Rule 3. Timing, Clock Management, Overtime, and Coin Toss

1. Timing

- 3.1.1 - The game shall consist of 80 minutes running time divided into 4 equal quarters. Each quarter is 20 minutes. At the end of the 1st and 3rd quarters the teams shall change ends. The ball will be put into play in exact correspondence to where the last line-of-scrimmage was at the opposite end of the field. Team possession, down number, and yards-to-gain shall remain unchanged.
- 3.1.2 - The game shall start promptly at the time scheduled. 10 minutes grace will be granted for teams with insufficient players, equipment, or other delays. If, after the 10 minutes grace, teams are still unable or unwilling to play, the game shall be canceled. **Forfeit to non-offending team, report sent to the appropriate governing body.**
- 3.1.3 - Time for each quarter officially starts when the referee blows his whistle and gives a wind-the-clock signal to indicate that time begins.
- 3.1.4 - Time between the 1st and 2nd quarters, and between the 3rd and 4th quarters (quarter time) shall be 60 seconds.
- 3.1.5 - Between the 2nd and 3rd quarters is a ten-minute rest period (halftime). It may be shortened given time constraints and upon mutual agreement of the teams.
- 3.1.6 - At the 15 minute mark of the 2nd and 4th quarters the referee shall notify that there are five minutes left to play (5 minute warning). The game clock does not stop for the 5 minute warning nor do any special timing rules apply afterward.
- 3.1.7 - At the end of the 2nd and 4th quarters the referee shall notify each team of five additional untimed scrimmage plays (Five Plays Rule).
- 3.1.8 - Kickoffs, convert attempts, and accepted live ball fouls do not count toward the Five Plays Rule.
- 3.1.9 - A half cannot end on an accepted live ball foul. This applies to both the final play with seconds on the game clock, before the Five Plays Rule, as well as the last play of the Five Plays Rule.
- 3.1.10 - The team with possession of the ball during the Five Plays period has the option to “take a knee” and eliminate the remaining number of plays if they have the requisite number of downs to end the half/game. They signal this to the officials by pulling their flags out.
- 3.1.11 - It is a foul if a team refuses to continue a game when requested by the referee. **1st and 2nd refusal – Delay of Game, 5 yards. 3rd refusal – Refusal to Play. Forfeit to non-offending team, report sent to the appropriate governing body.**

2. Clock Management

3.2.1 - Each team is allowed two 60-second charged timeouts per half. Any player on the field may request a timeout. The game clock shall be stopped at the request of the timeout and will start on the ensuing snap.

3.2.2 - Unused charged timeouts do not carry over to the second half or overtime.

3.2.3 - The clock may be stopped for the following reasons:

- a) Injury.
- b) Extended or unusual delay (multiple fouls, substitutions, dog on field, etc).
- c) Equipment malfunction, adjustment, or replacement.
- d) Referee timeout (coach's conference, referee conference, etc).
- e) Charged team timeout.
- f) Time Count Violation foul.
- g) Consecutive penalties with intentions to run out the clock.

For a-d, the clock restarts on the referee's ready-to-play whistle.

For e-g, the clock restarts on the snap.

3.2.4 - The referee reserves the right to extend or shorten games depending on time of day, weather, scheduling, or other circumstances (late start, injury, etc). The referee will notify both teams of this. The referee's ruling is final.

3.2.5 - The offence has 25 seconds to snap the ball after the referee's ready-to-play whistle. **Time Count Violation. 5 yard dead ball foul. Clock stops and restarts on the snap.**

A third consecutive Time Count Violation and each subsequent Time Count Violation also carries a loss of down penalty.

Repeated Time Count Violations will be treated as Refusal to Play. Forfeit to non-offending team, report sent to the appropriate governing body.

3.2.6 - Mercy rule procedure:

- a) A difference of 35 points or more at the beginning of the 4th quarter, the losing team shall have the option to discontinue playing and the game shall be called.
- b) A difference of 35 points or more at the conclusion of the 4th quarter, the Five Plays Rule shall not be optioned and the game shall be called.

3. Overtime

3.3.1 - If a game is tied after regulation and a winner must be declared (play offs, championships, etc.) overtime shall be played.

3.3.2 - A coin toss determines first choice of possession in overtime.

3.3.3 - Each team is allowed one 60-second charged timeout in the overtime period.

3.3.4 - Overtime begins with the Texas Shoot-Out format where each team is allotted one possession at their opponent's 20 yard line and shall have 4 downs to score a touchdown and a conversion of 1 or 2 points. This format will continue if the score is still tied after each round. The team with the most points after each team has had an equal number of possessions shall be the winner.

3.3.5 - The team with second possession in the second round and each subsequent round in the Texas Shoot-Out format must force a result (ie: if the first team scores a 1-point convert, then the second team must try for 2 points. They are not permitted to tie).

3.3.6 - Teams keep playing additional shootout rounds until a winner is declared.

4. Coin Toss

3.4.1 - Before the start of the game the referee shall meet with the field captains from either team at the centre of the field. No more than four members of each team may be present at the coin toss and only one from each team shall be designated as its spokesperson.

3.4.2 - The referee shall instruct the visiting captain to give a "heads" or "tails" choice before the coin toss.

3.4.3 - The winner of the toss shall have first choice of options for the first half or to defer and have first choice for the second half. The loser of the coin toss shall have the first choice of options for the half that the winner of the toss did not select. The options for each half shall be:

- a) Choose whether his team will kick or receive.
- b) Choose the goal his team will defend.

The team not having the first choice of options shall exercise the remaining option.

Rule 4. Possession, Ball Status, and Out of Bounds

1. Possession

- 4.1.1 - A player is considered to have possession of a live ball when they have the ball firmly held in the hand or hands, arm or arms, leg or legs, or under their body without the ball touching the ground.
- 4.1.2 - When players of opposite teams have possession of a live ball, it shall belong to the team of the player who first gained possession and has not lost possession.
- 4.1.3 - If players of opposite teams legally gain simultaneous possession of a loose ball, it shall belong to the team which last had possession.
- 4.1.4 - On a forward pass, the ball is considered to be in possession of Team A until the pass is ruled incomplete or the ball is intercepted by Team B. Team B is considered to be in possession when a B player intercepts the pass.
- 4.1.5 - A team shall continue to have possession unless they fail to score or reach the next line-to-gain on fourth down.
- 4.1.6 - When a ball is fumbled it shall belong to the team who last had possession at the spot of their last possession, except on fourth down if they have failed to reach the next line-to-gain.
- 4.1.7 - A team loses possession of the ball when:
 - a) They do not advance the ball beyond the next line-to-gain on fourth down, including recovering and advancing a blocked punt.
 - b) An opponent obtains possession by intercepting a pass or possessing a loose ball.
 - c) The ball is kicked and it travels the requisite distance for a legal kick.
 - d) A safety touch has been scored.
 - e) A convert attempt is completed.

2. Ball Status

- 4.2.1 - On the referee's ready-for-play whistle the ball is considered live (in play), and it remains live until the officials stop play.

4.2.2 - The ball is still considered live when:

- a) It has not touched the ground after being snapped, passed, batted, tipped, blocked, or deflected.
- b) It has touched the ground after a legal kickoff, scrimmage kick, or punt.
- c) The player receiving a kick or snap drops the ball and retrieves it in a timely manner (see one muff exception)
- d) It has changed possession without touching the ground, including in the end zone.
- e) The runner falls to the ground and immediately gets back up.

NOTE: In situation (e), if the runner has any part of their body other than their hands or feet on the ground and is touched by an opposing player, the ball is declared dead.

4.2.3 - The ball is considered dead when:

- a) The officials blow their whistles at any point during play.
- b) The referee blows his whistle to signal that time is out.
- c) The runner loses one or more of their flags in any manner, including an opponent pulling a flag or a flag falling off.
- d) A score is made.
- e) The ball touches the ground, except on punts or kickoffs where the ball has not yet been touched by a returner, or in situations where the one muff exception applies.
- f) Any pass is declared incomplete, including all forward passes and lateral passes.
- g) Any infraction that ends the play, such as illegal forward pass, illegal hand off pass, flag guarding, or dribbled kick.
- h) A forward pass hits an official.
- i) A punt or kickoff is muffed a second time by the returner.
- j) A punt, kickoff, or snap is muffed, and picked up by a different player.
- k) A punted ball touches the ground before crossing the line-of-scrimmage.

4.2.4 - The spot of a dead ball is:

- a) The point where a kick goes out of bounds.
- b) The ball's forward progress when the runner steps out of bounds, loses their flag, or commits any infraction that does not permit them to advance.
- c) Where the ball was last possessed if it becomes a loose ball and is ruled dead (including out of bounds).
- d) Where a dribbled ball is first kicked.
- e) The previous spot on an incomplete forward pass.
- f) The point where the ball was thrown on an illegal forward pass.
- g) The ball's forward progress on any official's inadvertent whistle. The team with possession will have the option to replay the down or play the next down at the new spot.
- h) Where the passer loses possession of the ball before beginning his throwing motion (passing arm moving forward) and the ball is ruled dead.

4.2.5 - The ball is always spotted at the midpoint of the field (the ball spot) equidistant from either sideline, at the forward progress of the previous play, or after administration of penalties.

NOTE: If field conditions are poor due to weather, the officials shall laterally move the ball to a spot with better conditions. This point shall not be closer than 15 yards to either sideline.

4.2.6 - A ball declared dead within one yard from the goal line in the field of play shall be spotted and scrimmaged from the 1-yard line.

4.2.7 - The ball is considered in the end zone when:

- a) Forward progress is marked on or beyond the goal line.
- b) It touches the plane of the goal line or any part of the end zone.

NOTE: The ball is considered to have been brought out of the end zone when the whole ball is completely ahead of the goal line and into the field of play.

4.2.8 - The ball is declared dead in Team B's end zone after:

a)	Team A passed, muffed, fumbled, or in ways other than a kick put a ball in flight across Team B's goal line.	Touchback
b)	Team A kicked (kickoff) the ball across Team B's goal line and it touched the ground or a player before being declared dead.	Rouge
c)	Team A free punted, return punted, or scrimmage kicked the ball across Team B's goal line.	Rouge
d)	Team B carried, passed, muffed, fumbled, kicked (including blocked kicks), or otherwise caused the ball to cross their own goal line.	Safety
d)	Team B fumbled, dropped, or otherwise lost possession of the ball and it was not recovered by the opposing team.	Safety
e)	Team B commits a live ball foul in their end zone while having possession in their end zone.	Safety

NOTE: If the kickoff crosses the receiving team's deadline in flight without touching the field or any player, it shall be ruled a **Touchback**.

3. Out of Bounds

4.3.1 - The ball is considered out of bounds and automatically dead when:

- a) The ball touches the boundary lines or any object or ground beyond those lines.
- b) The runner touches the boundary lines or any object or ground beyond those beyond those lines.

4.3.2 - On a forward pass play, when a player catches the ball in the air and lands on or beyond the boundary line, the ball and the player are considered out of bounds and the pass is incomplete.

4.3.3 - A player other than the runner who goes out of bounds may return to the field of play providing they return at the exact spot where they left. Any player who uses the out of bounds to gain a significant advantage in position or yardage, must remain out of the play. **Illegal Participation. 10-yard foul from line-of-scrimmage.**

4.3.4 - The ball is considered in bounds when:

- a) The ball is on or over the field of play inside the boundary lines.
- b) The ball is over or beyond the boundary lines and has not yet touched the ground or an object on or beyond the boundary lines.
- c) A player with the ball in his possession touches the ground inside the boundary lines.
- d) A player with the ball in his possession is over, but does not touch the boundary lines, the ground beyond the boundary lines or any object on or beyond the boundary lines.

4.3.5 - A ball in flight which passes over the boundary lines and then curves or is blown back in bounds without touching the ground or any object considered out of bounds is a live ball and remains in play.

4.3.6 - A ball which is knocked or batted into the in-bounds areas by a player who is off the ground and has not touched the ground or any object out of bounds is a live ball and remains in play.

Rule 5. Scrimmage, Downs and Line-to-Gain

1. Scrimmage

- 5.1.1 - Any Team A player in the backfield or not on the line-of-scrimmage may go into a three or four point stance and may be in motion prior to and at the instant the ball is snapped.
- 5.1.2 - When the ball is set Team A may have as many as seven players but no fewer than three players on the line-of-scrimmage. The centre must be on the line-of-scrimmage. **Illegal procedure. Live ball foul, 5 yards.**
- 5.1.3 - Any Team A player on the line-of-scrimmage may go down into a three or four point stance but may not move after taking up that position. **Illegal procedure. Live ball foul, 5 yards.**
- 5.1.4 - The centre of Team A shall take up a position with the ball on the ground in front of him. The centre must stand with his head toward Team B's goal line and put the ball into play by snapping it between his legs in one continuous motion in the direction from toe to heel. Any player who snaps the ball shall be considered the centre. **Illegal procedure. Live ball foul, 5 yards.**
- 5.1.5 - The centre shall not intentionally move the ball as if to snap it, such as a fake snap or a quick non-snap motion, so as to draw the opponents offside. **Illegal Procedure – simulating snap. Dead ball foul, 5 yards.**
- 5.1.6 - On the snap, the ball must visibly leave the centre's hands and be firmly grasped by the quarterback. At that point, the quarterback may exercise his options with the ball (ie: run, throw, kick, hand off). **Illegal Procedure. Dead ball foul, 5 yards.**
- 5.1.7 - No player of either team shall be in the neutral zone when the ball is snapped, except the head, arms and hands of the centre may be in advance of the line-of-scrimmage for purposes of snapping the ball. **Offside. Live ball foul, 5 yards.**
- 5.1.8 - No player on either team shall cross the neutral zone into their opponent's side of the field, nor make physical contact with their opponent, prior to the snap. **Offside. Dead ball foul, 5 yards.**
- 5.1.9 - Team B players who enter the neutral zone without contacting an opponent prior to the snap are permitted to retreat back to their side of the field provided they do so before the ball has been snapped.
- 5.1.10 - Team A players on the line-of-scrimmage are not permitted to react to Team B players who enter the neutral zone prior to the snap. **Illegal procedure. Live ball foul unless such movement prevents the play from starting, 5 yards or Team B's option.**

5.1.11 - No Team B player shall simulate snap, call out signals or plays, voice a snap count such as “go” “set” or “hut”, clap, or make any verbal or physical motion designed to disrupt, interfere with, or mimic the cadence or snap mechanics of Team A. **Illegal Procedure – Snap Interference.**
First occurrence: Dead ball foul, 5 yards. Second infraction: Objectionable Conduct. 10 yards.
Third infraction: Unsportsmanlike conduct. 20 yards, disqualification.

2. Downs and Line-to-Gain

5.2.1 - A new possession always starts with a first down.

5.2.2 - The team with a new possession shall have four attempts (downs) to advance the ball across the next line-to-gain or score. The ball may be successfully advanced across the line-to-gain by carrying or passing it, or through the administration of fouls.

5.2.3 - Advancing the ball across the next line-to-gain shall award the offence a new series of four downs (1st Down).

5.2.4 - No line-to-gain may award a new series of downs more than once per possession.

5.2.5 - No line-to-gain that is behind the line-of-scrimmage upon a new possession may award a new series of downs. If a team loses yards such that they cross back over a previous line-to-gain, as through the course of play or fouls, the line-to-gain they crossed backed over is ignored and cannot grant a new series.

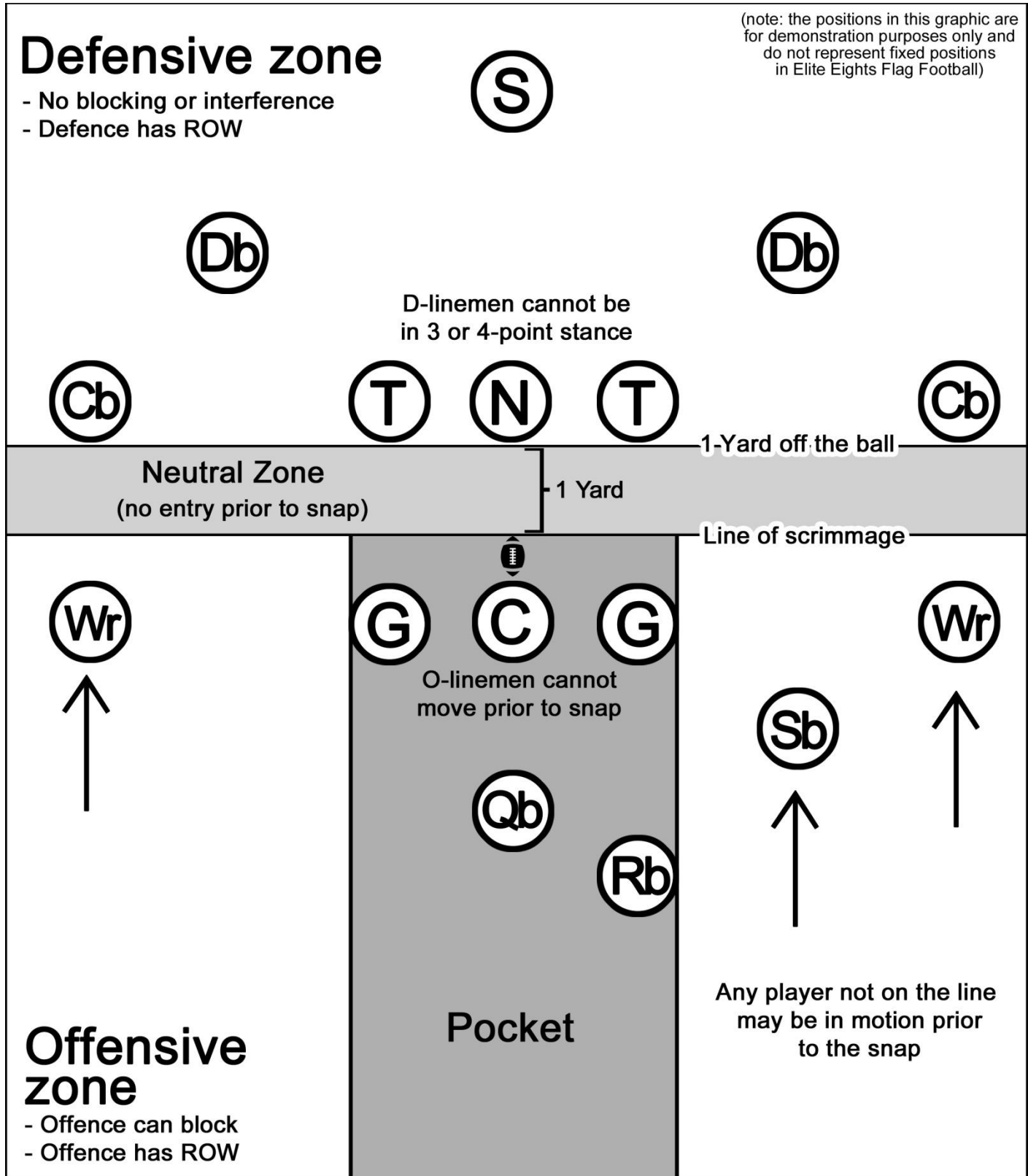
5.2.6 - Fouls that occur after the line-to-gain has been reached cannot negate a first down. Fouls that award an automatic first down do not count as a new series of downs toward the next line-to-gain.

5.2.7 - Failure to advance the ball across the next line-to-gain in four downs will result in a loss of possession at the basic spot of the fourth down.

5.2.8 - The continuity of downs is interrupted when:

- a) Team A gains the required distance for a first down
- b) Team A fails on the fourth down to gain the required distance for a first down.
- c) Team B obtains possession of the ball through the course of play.
- d) Team B commits a foul by which Team A is awarded an automatic first down.
- e) The ball is punted and passes the line-of-scrimmage.
- f) The ball is punted and Team B gains possession before it touches the ground behind the line-of-scrimmage.
- g) A score is made.

5.2.9 - A blocked punt recovered by Team A before it touches the ground behind the line-of-scrimmage is not a new series of downs, unless the line-to-gain has been reached during the down.



Rule 6. Running, Passing, Defence, and Blocking

1. Running

- 6.1.1 - All players are eligible runners.
- 6.1.2 - Players on offence who are positioned in the backfield or in motion are eligible to become runners immediately after the snap.
- 6.1.3 - Players on offence who are positioned on the line are eligible to become runners after the snap provided they make a complete half turn and are facing their own deadline, and have repositioned themselves at least 1-yard behind the line-of-scrimmage when they receive the ball. **Illegal hand off pass. No penalty, play is blown dead and ball spotted at the point of infraction.**
- 6.1.4 - The ball may not be handed off in a forward manner except by the offense on a scrimmage down provided both players are behind the line-of-scrimmage. **Illegal hand off pass. No penalty, play is blown dead and ball spotted at the point of infraction.**
- 6.1.5 - No player while missing one or more flags may advance with possession of a live ball. Receivers missing one or more flags are still eligible to catch a pass. **No foul, play is blown dead and ball spotted at the point of infraction.**
- 6.1.6 - The runner never has the right-of-way or right-of-place and must at all times make an effort to run around opponents. This includes when running down the sidelines. **Charging. Live ball foul, 10 yards.**
- 6.1.7 - The runner is permitted to spin (including a full 360 degrees), side-step, dip, run, feint, or deke in an effort to avoid getting flagged. Such actions are commensurate with their flags remaining visible, at the sides of their waist, and at a relatively consistent vertical height from the ground at all times. **Flag guarding. No penalty, play is blown dead and ball spotted at the point of infraction.**
- 6.1.8 - The runner may not:
- a) Jump, dive, leap, hurdle, hop, high-step, somersault, flip, or leave their feet in any manner that significantly raises the vertical height of their flags to evade tacklers.
 - b) Crouch, crawl, squat, or make any motion or action that significantly lowers the vertical height of their flags to evade tacklers.
 - c) Protect their flag with their hand(s), arm(s), any other body part, clothing or equipment, nor use the ball to fend off opponents. This includes any running style that causes the arms to wave or hover over their flag(s) to make it difficult for opponents to grab (ie swatting).
- Flag guarding. No penalty, play is blown dead and ball spotted at the point of infraction.**
- 6.1.9 - The runner may not straight arm/stiff-arm, push, block, or otherwise physically ward off opponents' attempts to grab their flag. **Rough Flag. Live ball foul, 10 yards.**

6.1.10 - The play is blown dead if contact is made with the runner who has any part of their body (including the hands) touching the ground, with the exception of their feet.

2. Passing

6.2.1 - All players are eligible receivers.

6.2.2 - Offence is permitted one legal forward pass per down from behind the line-of-scrimmage, defined as any portion of the passer's body (including arms or feet) behind the line-of-scrimmage at the instant the ball is released from their hands. **Illegal forward pass. No penalty, play is blown dead and ball spotted at the point of infraction.**

6.2.3 - No team is permitted a forward pass:

- a) Once the ball has crossed the line-of-scrimmage in any manner, including carried, kicked, or passed.
- b) During any play in which a legal forward pass has already been successfully completed.
- c) During any play after a change of possession.
- d) During any non-scrimmage play that begins with a legal kick.

Illegal forward pass. No penalty, play is blown dead and ball spotted at the point of infraction.

NOTE: On a convert attempt an illegal forward pass is ruled as a dead ball foul and as such nullifies any potential score.

6.2.4 - The passer is not permitted to deliberately throw the ball out of bounds or to an area where there is no receiver in the vicinity, or out of the field of play, apparently to avoid a loss of yardage. **Intentional Grounding. Live ball foul, 5 yards from point of infraction and loss-of-down.**

NOTE: "In the vicinity" is defined as any eligible receiver looking for the ball within 5-8 yards of where it was thrown. No other criteria (such as being outside the pocket area) is considered.

6.2.5 - Defensive players must make a definitive effort to avoid making physical contact with the passer, or interfering with or obstructing their throwing motion, at any moment before, during, or after the ball has been thrown. While the passer has possession of the ball, defenders must go for the flag at all times. **Roughing the Passer. Live ball foul, 10 yards and automatic first down.**

6.2.6 - When players from opposite teams catch a forward pass in bounds, and the ball is ruled dead with both of them in possession (simultaneous possession), the ball shall belong to the team which last had possession.

6.2.7- It is a catch when:

- a) The ball in flight is possessed by any player without the ball touching the ground, an official, a marker, or out of bounds.

- b) A player takes possession of a ball in flight while in the air but in bounds, then is contacted by an opponent (ie: pushed) so that they land out of bounds. The ball shall be spotted at the point of possession.
- c) A player takes possession of the ball in flight with one foot on the ground in bounds and no other portion of their body out of bounds, then steps out of bounds. The ball shall be spotted where they stepped out of bounds.
- d) A player clearly has control of the ball after receiving a pass but then is flagged hard by an opponent, enough to jar the ball loose. The ball shall be spotted where the player first possessed it.

6.2.8 - It is not a catch when:

- a) The ball touches the ground, an official, or goes out of bounds, even if previously touched by a player.
- b) A player catches a pass while in the air but in bounds, and lands on or outside a boundary line due to their own momentum, even if they are touched or flagged by an opponent before they land out of bounds.
- c) The passer has initiated an attempt to throw a forward pass with their arm beginning a forward motion and the ball is dropped and touches the ground. This is an incomplete pass.

6.2.9 - On Pass Interference:

Pass interference rules apply to both teams and only during a legal forward pass while the ball is in flight. Pass interference does not depend on whether the ball is “catchable” or whether or not the pass could have been completed.

Pass interference rules for Team A come into effect when the ball is snapped, and for Team B the moment the ball leaves the passer’s hand. Pass interference rules end when the ball touches any player or official (it need not be caught). Balls tipped or deflected are thereafter no longer passes and therefore pass interference rules do not apply.

During a legal forward pass, the following rules are in effect:

1. All players on both teams looking at/for the ball have an equal right to play the ball. The location of the ball in flight determines who has the right-of-way in most circumstances.
2. Players who are not looking at/for the ball cannot be considered to be playing the ball. They have given up their right to it and they have neither right-of-way nor right-of-place regardless of their position on the field.
3. Incidental contact, where players make unintentional contact with opponents without disrupting their motion, stride, or intended direction or position, applies only to players who are playing the ball.
4. Players in a fixed position (ie: standing still) have right-of-place and cannot be physically contacted by opponents to prevent them from playing the ball. Their positioning supersedes everything else.

For pass interference to apply, the pass must be targeted to that particular receiver, and the infraction must occur while the ball is in flight. Nothing else can be pass interference, although it does not rule out other infractions potentially being called instead (ie: defensive holding, illegal contact, etc).

6.2.10- It is pass interference if:

- a) Any player makes contact with an opponent in such a manner as to put them off stride, including deliberate or accidental tripping, to prevent them from catching the ball.
- b) Any player “drives through” an opponent to reach the ball.
- c) Any player screens or face-guards an opponent to prevent them from catching the ball.
- d) Team B players make contact or obstruct potential pass receivers who are not threatening their defensive position unless movement or contact is incidental.
- e) Team A players make contact or obstruct Team B players who are pursuing a potential pass receiver unless the movement or contact is incidental.

Forward Pass Interference (PI). Live ball foul, see table below for enforcement.

Where is the PI?	PI on Team A	PI on Team B
Beyond LOS (downfield)	10 yards from LOS	A’s option: Spot foul or 10 yards from LOS
Behind LOS (backfield)	10 yards from LOS	10 yards from LOS
Team A end zone	Safety	10 yards from LOS
Team B end zone	10 yards from LOS	First down at B’s 1-yard line
Convert Attempt	B’s option: 10 yards apply to Convert LOS or kickoff	A’s option: half distance apply to Convert LOS or kickoff

6.2.11 - Team B players may not make contact with or obstruct eligible receivers on Team A beyond the line-of-scrimmage in a manner that would be considered pass interference but before pass interference rules can apply (ie: before the ball is thrown), or if the pass was not toward the infraction. **Illegal Contact. Live ball foul, 10 yards from line-of-scrimmage.**

3. Defence

6.3.1 - All players on defence must be outside the neutral zone at the snap. **Offside. Live ball foul, 5 yards.**

6.3.2 - Defence is not permitted to be set in a 3-point or 4-point stance (ie: with one or both hands on the ground) at the snap. **Illegal Procedure. Live ball foul, 5 yards.**

6.3.3 - Beyond the neutral zone defence has a clear right-of-way to the runner and cannot be obstructed or blocked by any offensive player at any time. **Illegal block. Live ball foul, 10 yards.**

6.3.4 - Defence must make an attempt to grab the runner’s flag at all times. Defence may not physically bring the runner to the ground, nor push the runner out of bounds, nor physically obstruct the runner’s momentum in any way, nor attempt to end the play in any manner by physically stopping the runner and not going for their flag. **Rough Flag. Live ball foul, 10 yards.**

- 6.3.5 - Defence may not grab any portion of the runner except for the flag, including actions that precede grabbing of the flag such as pulling the runner's waist, wrapping arms around the runner, or anything overtly physical to slow their momentum. **Holding. Live ball foul, 10 yards.**
- 6.3.6 - Defence may not make any attempt on the ball while it is in possession by the runner, including batting, swatting, knocking it out of the runner's hands, stripping it, stealing it, punching it, or any other act of physicality that is not an attempt to grab the runner's flag. **Rough Flag. Live ball foul, 10 yards.**
- 6.3.7 - Defence may not block any opposing player at any time for any reason. **Illegal block. Live ball foul, 10 yards.**
- 6.3.8 - A defensive player may use unlocked hands, or arms to ward off an opponent who is blocking him or is attempting to block him, provided such contact is made within the frame of the opponent's body.
- 6.3.9 - A defensive player may not use any technique where the hands/arms are above the shoulders (ie: swim moves), nor leave his feet in any manner to evade a block. **Illegal Block. Live ball foul, 10 yards.**
- 6.3.10 - A defensive player may not grab, hold, or pull an opponent who is blocking him. **Holding. Live ball foul, 10 yards.**

4. Blocking

6.4.1 - On blocking:

A legal block is described as a player making bodily contact with any opponent. This includes using their torso, hands, or forearms to impede the direct path of their opponent. Blocking is only permissible for players on offence behind the line-of-scrimmage.

The technique shall be:

1. Open hands in advance of the elbow.
2. Hands and forearms inside the frame of the blocker's body, defined as the square torso between the waist and the shoulders. Elbows may be outside the frame.
3. Making contact with the opponent's torso inside the frame of the opponent's body. The opponent's shoulders, arms and hands are considered part of their torso.
4. The blocker's hands may not be locked nor may they swing, throw, or flip the elbow or forearm so that it is moving faster than the blocker's shoulders at the time they make contact with the opponent.
5. Blockers may also use their own torso, including their shoulders, to impede the path of their opponent, provided such contact remains within the frame of their opponent's body.

It is important for blockers to remember to keep their hands and arms firmly within the torso of the opponent's body, and that they remain below the shoulders and above the waist at all times.

- 6.4.2 - Any player on offence may block any player on defence anywhere behind the line-of-scrimmage and no further than one yard beyond the line-of-scrimmage during a scrimmage down. **Illegal block downfield. Live ball foul, 10 yards.**
- 6.4.3 - No blocking is permitted by any player or team beyond the line-of-scrimmage, or after a change of possession, or during non-scrimmage plays such as a kickoff, or after any kick has crossed the neutral zone. **Illegal block. Live ball foul, 10 yards.**
- 6.4.4 - Blockers shall not:
- a) Leave their feet while blocking or attempting to block.
 - b) Lift their hands above their shoulders or below their waist to block.
 - c) Make contact with an opponent above the shoulders or below the waist to block.
 - d) Block an opponent below the waist, or behind the back, or in any manner that their opponent cannot see them coming.
- Illegal block. Live ball foul, 10 yards.**
- 6.4.5 - Blockers shall not grab, grasp, hold, hug, grapple, or reach out to the side with their arms to impede the progress of their opponent. **Holding. Live ball foul, 10 yards.**
- 6.4.6 - Blockers shall not link hands, arms, or any other body part with teammates to form interlocking blocking. **Illegal Use of Hands. Live ball foul, 10 yards.**
- 6.4.7 - Blockers shall not make any contact with their opponent above the shoulders. **Illegal Use of Hands (Hands to the Face). Live ball foul, 10 yards.**

Rule 7. Kickoffs, Scrimmage Kicks, and Punting

1. Kickoffs and Free Kicks

- 7.1.1 - Each half always begins with a kickoff.
- 7.1.2 - All kickoffs and free kicks are from the team's own kickoff line (20-yard line) following a safety touch (free kick), or convert try (kickoff), pending penalty enforcement.
- 7.1.3 - For a legal kickoff the ball must touch the ground before it is kicked. This would permit drop kicks, place kicks, kicks on a tee, kicks with a holder, or soccer style kicks provided the ball is kept motionless on the ground in a controlled manner. Punts are not permissible. **Illegal kick. 5-yard penalty, play is blown dead immediately, the penalty enforced, and the team re-kicks.**
- 7.1.4 - Free kicks have no restriction on the manner or mechanisms in kicking the ball.
- 7.1.5 - On all kickoffs and free kicks the ball may be placed on the ground or placed on a kicking tee, provided that the lowest point of the ball is no more than one inch above the ground. **Illegal equipment. No penalty, the tee is removed and the team re-kicks.**
- 7.1.6 - All legal kickoffs and free kicks must travel at least 20 yards in flight toward the opponent's goal line and must remain in bounds. Short/pooch kicks, kicks along the ground, and onside kicks are not permitted, nor are kicks that go out of bounds. **Illegal kick. Play is blown dead and the ball is shortlined 1-yard behind the line-to-gain closest to the kicking team's end zone from where the ball was ruled dead.**
- 7.1.7 - All players on both teams must be outside the kickoff neutral zone (20 yards beyond the kickoff line) at the moment the ball is kicked. This applies even if the kickoff spot has been moved via penalty enforcement. **Offside. Live ball foul, 5 yards.**
- 7.1.8 - On a legal kickoff or free kick only the receiving team may play the ball. No player on the kicking team may deliberately touch, or attempt to possess, a kicked ball, either in flight or after it lands, before the returning team. The kicking team must give the returner five yards free space (restraining zone) to recover the ball. **No Yards. 10 yard live ball foul.**

NOTE: A kickoff or free kick which inadvertently touches a player on the kicking team shall be dead at the point of contact, with the receiving team having the option of accepting the foul or redoing the kick. **No Yards. Dead ball foul, 10 yards**

- 7.1.9 - Restraining zone rules are in effect for every kickoff and free kick, and remain in effect until the ball is touched, muffed, or possessed by a returning player. **No Yards. Live ball foul, 10 yards.**

NOTE: A No Yards foul in the end zone nullifies any potential Rouge and the non-offending team has the option of enforcing the penalty from the basic spot or the Rouge (20-yard) line.

7.1.10 - No blocking or interference is permitted by any team on kickoffs and free kicks. Right-of-Place still supersedes all other considerations. **Illegal block. Live ball foul, 10 yards.**

2. Scrimmage Kicks

7.2.1 - The requirements for a legal scrimmage (Rule 5.1) also apply to a scrimmage kick.

7.2.2 - During a legal scrimmage kick the defence shall not charge directly into the snapper when the offensive team is in a scrimmage-kick formation. **Roughing the Snapper. Live ball foul, 10 yards and automatic first down.**

7.2.3 - The player in the act of kicking the ball shall be the designated kicker, and they shall not be interfered with, obstructed, or physically contacted either before, during, or immediately after kicking the ball, while they remain the designated kicker. **Roughing the Kicker. Live ball foul, 10 yards and automatic first down.**

7.2.4 - The designated kicker is permitted to punt, drop kick, or place kick any kick from scrimmage. Possession of the ball must be gained behind the line-of-scrimmage before the ball is kicked. **Illegal Kick. Live ball foul, 5 yards.**

NOTE: A dribbled kick from scrimmage is only a foul if possession has not been gained prior to the kick. In all other dribbled kick situations the ball is dead at the point of contact.

7.2.5 - In the act of kicking the ball, the kicking team has voluntarily given up possession. When a kicked ball crosses the line-of-scrimmage, the kicking team has also given up all rights to recover the ball, even if it's muffed. Restraining zone rules are in effect. **No Yards. Live ball foul, 10 yards.**

7.2.6 - A scrimmage kick must cross the line-of-scrimmage to be playable off the ground. A scrimmage kick (including blocked punts) that touches the ground before it crosses the line-of-scrimmage is ruled dead. The returning team takes possession of the ball at the previous line-of-scrimmage.

7.2.7 - A scrimmage kick is considered a free ball until it crosses the line-of-scrimmage, and therefore may be recovered and advanced by either team. Restraining zone rules do not apply behind the line-of-scrimmage.

7.2.8 - A player may not use the body of another player to elevate himself to block any kick, including scrimmage kicks, free punts, return punts, kickoffs and free kicks. **Illegal Procedure - Pyramiding. Live ball foul, 5-yards.**

7.2.9 - A team that recovers and advances their own scrimmage kick – even off a blocked punt by the opposing team – is not considered to have gained a new possession, and therefore shall not be awarded a new series of downs unless they have advanced beyond the next line-to-gain.

7.2.10 - A team that recovers their own scrimmage kick is accorded all the rules of a regular play during the down, including applicable forward passing rules and even the option to punt again.

3. Punting (Free Punts and Return Punts)

- 7.3.1 - Free punts may be attempted during regular play including downs, kickoffs, and free kicks. Free punts are not permitted during convert attempts. **No foul. Play is blown dead and any potential score is declined.**
- 7.3.2 - Free punts may be attempted at any point during regular play, from any point on the field, from any player on either team. There are no restrictions to the number of free punts that may occur during a down.
- 7.3.3 - Any player while in the act of punting is considered to be in a defenseless posture and as such has the same protection rules as kickers, snappers, and passers. **Roughing the Kicker. Live ball foul, 10 yards and automatic first down.**
- 7.3.4 - Missed or botched punt attempts, where the ball does not travel any significant distance toward the opponent's goal line, are ruled dead and the ball spotted where it touches the ground or goes out of bounds.
- 7.3.5- Restraining zone rules are in effect for all free punts, return punts, and scrimmage kicks (including deflected punts) that cross the line-of-scrimmage, and shall remain in effect until the ball is touched, muffed, or possessed. **No Yards. Live ball foul, 10 yards.**

NOTE: A No Yards foul in the end zone nullifies any potential Rouge and the non-offending team has the option of enforcing the penalty from the basic spot or the Rouge (20-yard) line.

- 7.3.6 - Restraining zone rules are not in effect when:
- A scrimmage kick does not cross the line-of-scrimmage.
 - A player is making a reasonable effort to withdraw from the restraining zone where the ball is bouncing unpredictably, and they do not interfere with the ball or the returner.
 - A scrimmage kick or free punt travels a short distance across the line-of-scrimmage and prevents players from the punter's team from having enough time to give yards. In such a situation play shall be blown dead where the ball lands and possession awarded to the returning team.
 - A punted ball touches or makes contact with any player on the returning team.
 - A return punt or free punt is blocked. It shall be treated as a free ball until it is possessed or touches the ground.

NOTE: For (d) if such circumstances occur on the final play of a quarter or half, the foul shall not be enforced but the non-offending team shall be granted an untimed down as if it is.

- 7.3.7 - Free punts and return punts may not be deflected by the punter's own team. **No Yards. Live ball foul, 10 yards. Possession awarded to receiving team.**
- 7.3.8 - A blocked return punt or free punt may be legally recovered and advanced by any player in flight.

7.3.9 - A blocked return punt or free punt is ruled dead if it touches the ground, and possession is awarded to the returning team where the ball touches the ground. It cannot be possessed or advanced.

7.3.10 - A scrimmage punt is blocked (by either team) in the end zone, or into the end zone of K and:

a)	The ball is recovered and possessed by R	Touchdown
b)	The ball is ruled dead in the end zone, either by touching the ground, going out of bounds, or with K in possession	Safety
c)	The ball touches the ground or goes out of bounds in the field of play behind the line-of-scrimmage with no one in possession	1st Down R at previous LOS

NOTE: for (b), if it is 4th down R has the option to decline the safety and take possession at the previous line-of-scrimmage. This option is not valid on a return punt or free punt.

7.3.11 - Any accepted live ball foul committed by either team after the ball has been punted but before the returning team has touched the ball (ie: ball is in flight), the non-offending team shall have the option to enforce the penalty from the spot where the returning team possesses the ball. The returning team retains possession.

NOTE: This does not apply to Roughing the Snapper/Kicker or any foul committed during play that awards an automatic first down to the kicking team.

Rule 8. Conduct of Players and Personnel

1. Code of Conduct

NOTE: Officials reserve the right to escalate any first infraction to an automatic disqualification based on severity.

8.1.1 - No player, non-player, or coach shall make physical contact with any opponent, coach, or spectator during the dead ball period. **Unnecessary roughness. 10 yard dead ball foul.**

8.1.2 - No player, non-player, or coach shall act in an unsportsmanlike manner. Examples of unsportsmanlike behavior are, but not limited to:

- a) Baiting, taunting, trash talking, ridiculing, or using any language designed to embarrass or demean others.
- b) Using profanity, insulting or vulgar languages, or gestures.
- c) Any demeaning or offensive language that targets someone's race, ethnicity, gender, sexual orientation, or culture.
- d) Showboating, excessive celebration, or any prolonged unnecessary act that brings attention to themselves.
- e) Using disconcerting words or acts prior to the snap in an attempt to interfere with the other team's signals or movements.
- f) Deliberately destroying or stealing clothing (including hats), pulling hair or uniforms, spitting, biting, scratching, or any violent non-football action that intentionally harms or endangers other players.
- g) Throwing objects at opponents or game officials in a threatening manner, such as water bottles, chairs, kicking tees, or even the ball.

Objectionable conduct. First infraction 20 yard foul applied at the line-of-scrimmage. Second infraction an additional 20 yards, a disqualification, and a report written and sent to the appropriate governing body.

8.1.3 - No player, non-player, or coach shall act in an unsportsmanlike manner toward game officials, including:

- a) Intentionally making physical contact or making threatening gestures or postures with a game official.
- b) Attempting to influence a decision by a game official through intimidation, coercion, or through threats or rewards.
- c) Disrespectfully addressing a game official, loudly objecting to an official's decision, or challenging an official's authority in any manner.
- d) Refusing to comply with an official's request.

8.1.4 - No player, non-player, or coach shall use or be under the influence of tobacco or tobacco products, illegal drugs, or alcohol on the field while they are playing.

8.1.5 - No player, non-player, or coach shall use, threaten with, or carry dangerous weapons on the field.

8.1.6 - No team shall repeatedly and deliberately commit fouls with the ball on their 1-yard line with intentions to delay or prevent the normal course of play from continuing.

8.1.7 - No player, non-player, coach or team shall commit any act which, in the opinion of the referee, makes a travesty of the game.

8.1.3 - 8.1.7 Unsportsmanlike Conduct. First infraction sideline warning. Second infraction 20 yards dead ball foul. Third infraction 20 yards, a disqualification and a report written and sent to the appropriate governing body.

8.1.8 - No non-player or coach shall enter the field while play is in progress and attempt to intervene, disrupt, or interfere with the play in progress. **Illegal Participation, 20 yard foul.**

NOTE: If the play in progress would have resulted in a score had the illegal participation not occurred, the score shall be awarded.

8.1.9 - A disqualified player or coach who persists in their behavior may be asked to leave the park and the game will not resume until they do so. Any player or coach who refuses to leave when asked, the game shall be forfeit to the non-offending team. **Refusal to Leave. Forfeit to non-offending team, report sent to the appropriate governing body.**

Rule 9. Fouls and Penalty Administration

1. General Fouls

9.1.1 - **Interference** is an all-encompassing term applicable to both teams. It is committed when a player in motion obstructs, impedes, or illegally contacts an opponent's direct path that is not a valid block (either intentionally or by accident). Interference must involve the change of direction of a player's path due to an opponent's contact or obstruction. **Interference. 10-yard live ball foul.**

9.1.2 - Any player who is completely stationary has right-of-place and by rule cannot be fouled for Interference.

9.1.3 - **Unnecessary Roughness** is any act of roughness made in the course of a football play, and includes the following:

- a) **Tripping** – the intentional use of the lower leg or foot to trip any opponent below the knee.
- b) **Roughing the Passer/Snapper/Kicker** – making physical contact with these positions while they are in the act of executing their designated roles unless the contact was slight and incidental or the offender made every attempt to avoid or diminish such contact.
- c) **Roughing the Returner** – making physical contact with the kick returner while they are attempting to catch a kicked ball.
- d) **Rough Flag** – any overt grabbing, pulling, holding, jostling, or bringing the runner to the ground or physically obstructing their movement without making any effort to grab their flag.

Unnecessary Roughness. 10-yard foul. For 9.1.3(b) an automatic 1st down.

9.1.4 - **Rough Play** is a category of fouls that are not considered football plays, which include the following:

- a) **Charging or Intimidation** – deliberately running through any opponent in such a way as to cause intentional harm, such as lowering an elbow or shoulder, or using their body in a manner that is not their natural running style. This applies to all players, including the runner.
- b) **Roughing** – any overt physical act that is not a football play, including striking an opponent with the fist, hand, knee, elbow, swinging forearm, head, or kicking an opponent.
- c) Any other act of aggression, roughness, or unfair play which, at the discretion of the officials, is intended to cause harm.

NOTE: It is the runner's responsibility to attempt to avoid contact with the opponent. Defence has right-of-way and right-of-place in all situations beyond the line-of-scrimmage.

Major Foul. 20-yard foul. Any player with two major fouls carries an automatic disqualification and a report written and sent to the appropriate governing body.

9.1.5 - **Fighting** is any act where an opponent is struck repetitively in an excessive manner with intent to injure, including punching, elbowing, kicking, kneeling, headbutting. **Major Foul. 20-yard foul, automatic disqualification, report sent to the appropriate governing body.**

2. Penalty Administration

9.2.1 - Option is given to the non-offending team for live ball fouls. They have a choice to:

- a) Accept the foul and replay the down after enforcement.
- b) Decline the foul and accept the results of the play with no enforcement.
- c) In the case of flagrant fouls choose when to apply enforcement.

They may even exercise any of these choices to negate a score, a change of possession, or terminate a quarter, half, or game if the foul occurred on the last play. The officials shall notify the captain or coach of the non-offending team the full extent of their options.

9.2.2 - Fouls eligible for option are:

- a) All live ball minor fouls that occur during the course of a down.
- b) **Dead ball scrimmage fouls such as Illegal Procedure, Offside, or any pre-snap minor foul that prevents the play from beginning. This especially applies to deliberate fouls taken to escape shortlined situations.**
- e) For double fouls, only one live ball foul may be accepted per team per down. Accepted fouls are enforced in the order that they occurred.
- f) For multiple fouls, one or both fouls may be declined by either team. The first option shall be given to the team against whom the first foul occurred.
- g) Flagrant fouls cannot be declined and are always applied to give maximum advantage of distance gained and score made.

9.2.3 - Fouls after scoring plays are automatically declined unless they are flagrant fouls. The non-offending team has the option to apply the foul(s) to the convert attempt (if applicable) or the ensuing kickoff.

9.2.4 - Penalty enforcement for live ball fouls take into account where the ball was in possession at the moment the foul occurred. See table below:

	If the ball was	Then foul is enforced from
a)	Behind the line-of-scrimmage	The previous line-of-scrimmage
b)	Before the next line-to-gain	The previous line-of-scrimmage
c)	Beyond the next line-to-gain	The spot of the ball
d)	During change of possession (ie: kick)	The point of possession
e)	After change of possession	The spot of the ball
f)	After score	The next ball spot – convert or kickoff

NOTE: (d) situations also apply to fouls during kicks where the ball is still in flight. If the foul directly affects the recovery of a loose ball it shall be from the point of the foul.

9.2.5 - Loss of Yard penalties shall not exceed half the distance from where the penalty was enforced to either team's goal line, up until the 1-yard line.

9.2.6 - For Loss of Yard fouls on the 1-yard line that cannot mark off any yardage:

a)	Team A foul on Team A 1-yard line	Loss of Down
b)	Team B foul on Team B 1-yard line	Automatic first down for Team A.

9.2.7 - Fouls in own end zone by Team A:

a)	Team A foul in Team A end zone with ball in possession in end zone	Safety
b)	Team A foul in Team A end zone while ball is not in possession (ie: loose ball)	Team B option: Rouge/Safety where applicable, or first down Team B at 10-yard-line or previous line-of-scrimmage, whichever is closest to Team A goal line.

NOTE: A foul in the field of play while ball is in possession in the end zone is enforced from the line-of-scrimmage.

9.2.8 - Fouls in own end zone by Team B:

a)	B foul in B end zone while ball in possession in end zone	Rouge/safety where applicable (see NOTE).
b)	B foul in B end zone while ball in possession in field of play	Team A option: 1 st Down B at their own 10-yard-line or basic spot.
c)	B foul in field of play while ball in possession in end zone	Rouge/safety where applicable if ball is dead in end zone.
d)	B foul in B end zone while ball is loose in end zone	Team A option: Safety/Rouge where appropriate, or first down at B's 10-yard-line.

NOTE: An exception to (a) is any foul after an interception. This is a touchback and the penalty shall be enforced from the touchback spot (ie: 10-yard-line).

9.2.9 - Fouls in opponent's end zone:

a)	Team A foul in Team B end zone on a scrimmage play	Enforce the foul from line-of-scrimmage.
b)	Team A foul in Team B end zone while ball is loose in Team B end zone	No Rouge/Safety, B scrimmage first down at B 10-yard line.
c)	Team B foul in Team A end zone on a scrimmage play	Enforce the foul from line-of-scrimmage.
d)	Team B foul in Team A end zone while ball is loose in Team B end zone	No score, option to A: Automatic first down at previous line of scrimmage or B's 10-yard-line.
e)	Punting team foul in receiving team's end zone	No score, receiving team's option to scrimmage at 10-yard-line or basic spot.

9.2.10 - Fouls on convert try. Infraction by Team B:

a)	Minor Fouls convert successful	Score stands, penalty automatically declined, scoring team kickoff from their 20-yard line.
b)	Minor Fouls convert unsuccessful	Repeat convert, apply foul to convert. OR Repeat convert, apply foul to kickoff.
c)	Flagrant Fouls convert successful	Score stands, apply foul to kickoff.
d)	Flagrant Fouls convert unsuccessful	Repeat convert, apply foul to convert. OR Repeat convert, apply foul to kickoff.

9.2.11 - Fouls on convert try. Infraction by Team A:

a)	All Fouls convert successful	Allow score, apply foul to kickoff. OR Disallow score, repeat convert, apply foul to kickoff. OR Disallow score, apply foul to convert, repeat convert.
b)	Minor Fouls convert unsuccessful	Penalty automatically declined, scoring team kickoff from their 20-yard line.
c)	Flagrant Fouls convert unsuccessful	Foul automatically applied to kickoff.

9.2.12 - Flagrant fouls enforcement:

a)	Flagrant fouls by Team B that cannot be enforced in their entirety.	Automatic First Down
b)	Flagrant foul occurs before the line-to-gain	Repeat down, apply foul to previous line-of-scrimmage OR Loss of Down, apply foul to basic spot
c)	Flagrant foul occurs after the line-to-gain	Always apply foul to basic spot
d)	Flagrant foul occurs before a change of possession	Repeat down, apply foul to previous line-of-scrimmage OR Apply foul at the end of the play with the team in possession maintaining possession
e)	Flagrant foul occurs after a change of possession	Apply foul to point of first possession OR Apply foul to location of ball when foul occurred OR Apply foul to the end of the play
f)	Flagrant foul occurs in end zone during a kick	If Team A: No score, apply foul to 10-yard line or basic spot If Team B: Allow score, apply foul on subsequent play
g)	Flagrant foul by Team A during converts	If successful: Allow score, apply foul to kick off OR Disallow score, repeat convert, apply foul to convert or kickoff. If unsuccessful: Disallow score, apply foul to kickoff
h)	Flagrant foul by Team B during converts	If successful: Apply foul to kickoff If unsuccessful: Repeat convert, apply foul to convert or kickoff
i)	Flagrant foul by Team A before a score	Disallow score, repeat down, apply foul to line-of-scrimmage OR Allow score, apply foul on subsequent play
j)	Flagrant foul by Team B before a score	Allow score, apply foul on subsequent play
k)	Flagrant foul by A or B after score	Allow score, apply foul on subsequent play

NOTE: For (c) First down is always established before penalty enforcement.

For (d) Fouls on the punter/snapper shall be considered before change of possession.

For (k) In all situations, if the score is a touchdown the non-offending team shall have the option to apply the foul to either the convert or the kickoff.

9.2.13 - Multiple fouls enforcement:

- a) Both live ball fouls must be accepted by both teams for the multiple foul rule to apply. The non-offending team against whom the first foul has been made shall have the first option. Where both fouls are flagrant, the automatic first down penalty shall not apply.
- b) No Yards shall be considered an in flight foul for the purpose of this rule.
- c) When one of the penalties is a non-yardage foul (such as Illegal Forward Pass) it shall be applied as a 10-yard penalty.
- d) If any of the fouls occur before the line-to-gain is reached, the fouls shall be enforced from the previous line-of-scrimmage and the down repeated.

NOTE: Each team has the option to decline their opponent's foul if it is to their advantage. For example: Team B foul at the line-of-scrimmage vs Team A foul beyond the line-to-gain. Accepting Team B's foul would enforce both fouls from the previous line-of-scrimmage. By declining Team B's foul Team A gets to keep their gains, even after application of Team A's foul.

- e) If both fouls occur after the line-to-gain is reached, the fouls shall be enforced from where the ball was possessed when the first foul occurred.

f) On scrimmage kicks:

	When fouls occurred	Where enforcement
i)	Both fouls while A has possession	line-of-scrimmage
ii)	One foul while A has possession, one foul in flight	line-of-scrimmage or option
iii)	Both fouls while ball is in flight	Point of possession
iv)	One foul in flight, one foul while B has possession	Point of possession or option
v)	Both fouls while B has possession	At point when the first foul occurred or option

g) On end zones:

	When fouls occurred	Where enforcement
i)	ball is in Team A end zone and both fouls in Team A end zone	No score, line-of-scrimmage or option
ii)	While ball is in Team B end zone and both fouls in Team B end zone	No score, administrate both fouls from 20-yard line
iii)	When the first foul occurs in end zone and another after ball has been advanced or punted out of end zone	Team A foul in end zone: Rouge/Safety where applicable, penalty for second foul applied from the 10/20 yard line where applicable. Team B foul in end zone: No score, penalty for second foul applied from the 10-yard line

NOTE: For (iii) The non-offending team has the option to decline the points and have the fouls applied at the 10-yard line to take advantage of field position

- j) The multiple foul rule does not apply to corresponding live and dead ball fouls. When both fouls occur during a dead ball period the fouls shall be applied to the basic spot in the order that they occurred.

Foul Summary

0 yards/Play is dead

Flag guarding	6.1.8
Illegal forward pass	6.2.2, 6.2.3
Illegal hand off pass	6.1.3, 6.1.4

5 yards

Delay of game	3.1.11
Illegal kick	7.1.3, 7.1.4
Illegal procedure	5.1.7, 5.1.8, 6.3.1., 7.2.8
Illegal substitution	1.2.3. 1.2.8
Offside	5.1.2 - 5.1.6, 5.1.10. 5.1.11. 6.3.2, 7.1.7
Time count violation	3.2.5

10 yards

Charging	6.1.6, 9.1.4
Holding	6.3.5, 6.3.10, 6.4.5
Illegal block	6.3.3, 6.3.7, 6.3.9, 6.4.3, 6.4.4, 7.1.10
Illegal contact	6.2.12
Illegal participation	1.2.4, 1.2.6. 4.3.3
Illegal use of hands	6.4.6, 6.4.7
Interference	9.1.1
No yards	7.1.8, 7.2.5, 7.3.5, 7.3.7
Pass interference	6.2.11
Rough flag	6.1.9, 6.3.4, 6.3.6, 9.1.3
Rough play	9.1.4
Roughing the kicker	7.2.3, 7.3.3, 9.1.3(A)
Roughing the passer	6.2.5, 9.1.3(A)
Roughing the snapper	7.2.2, 9.1.3(A)
Unnecessary roughness	8.1.1

20 yards

Fighting	9.1.5(R)
Illegal participation	8.1.8
Objectionable conduct	1.5.5, 1.5.6, 8.1.2
Rough Play	9.1.4
Unsportsmanlike conduct	5.1.11, 8.1.3 - 8.1.7(R)

Spot Foul

Illegal kick out of bounds	7.1.6
Pass interference	6.2.11

Loss of Down

3rd time count violation	3.2.5
Intentional grounding	6.2.4

Awarded Score

Illegal participation	1.2.5, 8.1.8
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Disqualification

Major Foul	9.1.4(R), 9.1.5(R)
Objectionable conduct	8.1.2(R)
Unsportsmanlike conduct	5.1.11, 8.1.3 - 8.1.7(R)

Forfeiture

Game can't continue	1.1.6(R)
Illegal equipment	1.4.1 - 1.4.12(R), 7.1.3(R)
Insufficient players	1.2.2(R)
Late/unwilling to play	3.1.2(R)
Refusal to leave	8.1.9(R)
Refusal to play	3.1.11(R), 3.2.5(R)

Fouls with (R) also require a report to be written and sent to the appropriate governing body.

Fouls with (A) also carry an automatic first down penalty.