



CAN-AM LEAGUE RULES (4/10/17)

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Section 1: THE GAME

1.1 The Game

- A. The game is patterned after American football, with variations adopted to accommodate playing the game indoors and in limited spaces.
- B. It is a contest between two (2) teams of eight (8) players.
- C. The team scoring the most points, at the conclusion of the game, is the winner.
- D. Coin Toss will take place four minutes prior to kickoff at midfield. The winner of the coin toss may elect to kick, receive, defend or defer.
- E. Each contest will consist of four 15-minute quarters with a modified running clock. (SEE TIMING)
- F. The official time will be under the supervision of the Back Judge. (SEE TIMING)
- G. If the game is tied after four quarters, Overtime will take place. (SEE OVERTIME)

1.2 The Field

1. An indoor artificial surface, 85 feet wide and 50 yards long with end zones eight to ten yards in length; if possible. End zones should not be rounded off, if possible. If these requirements cannot be met, the home team must apply to the league for a waiver from these requirements.
2. The field is lined every 5 yards, extending from wall to wall and running parallel to the goal line. If end lines are present in the end zone, as well as dasher boards, the end lines are to be ignored and shall have no effect. Likewise, any side lines along the dasher boards are to be ignored and shall have no effect.
3. The field is lined with hash marks 12 inches in length and 5 feet from the center of the field. The hash marks are placed on both sides of the field every yard, running perpendicular to each yard line, the first set being parallel to the uprights of the goal posts.

4. If the regulation field requirements are not achievable due to arena limitations, the field can be marked as closely as possible, pending league approval.
5. All fields must have the CAN-AM Logo at opposite ends situated at the 10 yard line.
6. Teams can paint logos on the field with advance approval by the league.
7. The side walls and end walls shall serve as the boundaries of the field of play and the end zones, as well as indicate the border for out of bounds. If a loose ball occurs by fumble, free kick, or scrimmage kick, comes in contact with a side wall or end wall prior to being caught or recovered, the ball shall remain live until it becomes dead by rule (Exception: Onside attempt that touches the side wall within 10 yards of the kick). A legal forward pass that comes in contact with a wall prior to being caught is ruled as incomplete.
8. The area bordered by the goal line, the end wall, and the side walls is the endzone. The end zones are eight (8) yards deep, but may be a lesser depth with League approval.

1.3 The Sideline

1. The dasher boards will mark the out of bounds on all sides of the field. Sideline barriers are 48 inches high and made of high-density foam rubber.
2. A four to six inch white out of bounds line should be painted around the entire end zone. Exception: If end zone dasher boards are present no end zone line is required.
3. No logos or advertising shall be placed directly above either goal line on the dasher boards. A 4" line shall be visible on the dasher boards, extending up from the field of play.
4. The top of the dasher boards are OUT of bounds. The field of play is determined by making it "within the walls". The top of the dasher boards should be considered as sideline markers and should be out of bounds when considering loose ball plays, unless as noted under Rule L5. **NOTE:** Any loose ball which hits off the dasher boards is in play and a live ball.

1.4 The Goal Posts

1. Goal posts are placed and centered above each end wall. The posts are 10 feet off the ground and 10 feet wide. The uprights should extend 20 feet from the crossbar. All goal posts shall be painted in fluorescent "Autumn Yellow."
2. Kicking blockades must be behind the goalposts and within a minimum of five feet of the goal post. They also may extend ten feet out on both sides of the uprights to prevent footballs

going into the stands.

3. Teams can place logos/names on the uprights with advance approval by the league.

1.5 The CAN-AM Football

1. All CAN-AM Games must use the official CANAM Football. This ball will have the league logo on one panel. (\$5000.00 fine per game for team not using Official CANAM Football)

2. Home team supplies a minimum of 60 game balls for each contest. * GAME BALLS SHALL BE INFLATED AND IN A BAG OR CONTAINER AND SHALL BE IN THE OFFICIALS' DRESSING ROOM **TWO HOURS PRIOR TO KICKOFF**. THE OFFICIALS SHALL CHECK THE BALLS FOR LEGALITY AND SHALL HAVE THEM AVAILABLE FOR THE HOME TEAM 40 MINUTES PRIOR TO KICKOFF. ANY GAME BALLS THAT DO NOT MEET SPECIFICATIONS PRIOR TO THE CONTEST SHALL BE REPLACED BY THE HOME TEAM.

3. Visiting team will provide their own "warm-up" balls. The home team is not required to provide the visiting team with warm up balls.

4. Teams must have two pumps available ninety minutes prior to kickoff for officials, and the pumps shall be located near the sidelines during the game.

5. Balls will not be tossed into the stands by a player, nor handed to a fan, in any manner at any time. At the end of a scoring play, the scoring player must place the ball on the ground in the end zone, or give the ball to an official. The player may not spike the ball. The ball may not be taken to the bench area. Any violation of this rule is a dead ball ten yard unsportsmanlike conduct penalty, and shall be administered from the succeeding spot. The player will be fined in accord with the fine schedule in the League Operations Manual.

1.6 The Bench

1. All players/coaches/medical staff will be permitted on the team's bench, INCLUDING INACTIVE / PRACTICE PLAYERS, to a maximum of 25 players. All non-roster players and attendants in the bench area must be in official Team apparel including Team Doctors, Trainers, etc.

2. Coach-to-coach communication devices are permitted.

3. The home team will designate which side of the field will be utilized by the home coach. This decision will be made during the Referee's and Umpire's pre-game visit with the coach of the home team. The visiting coach will utilize the opposite side of the field. Once made, this decision may not be changed. Only one coach per team may be on the field at any time, but must remain 10 yards behind the line of scrimmage when the play starts, and against dasher boards, on their designated side. The coach will not enter the field past the top of the numbers at any time, other than a team timeout. The first offense (either coming inside the top of numbers or having a second coach on the field) is an Unsportsmanlike Conduct Penalty. The second offense is an Unsportsmanlike Conduct Penalty as well as a loss of sideline privileges for the infracting staff member for the remainder of that contest. There will be no warning. It is acknowledged that different arenas have numbers placed at varying distances from the sideline dasher boards. This rule is specific to each arena. The width of the coaching belt depends solely upon the setup of the arena.

4. Ejected players and/or coaches and/or team personnel must leave the team bench area and return to the locker room for the remainder of the contest.

1.7 Players, Equipment, Numbering

1. Eight players on the field for each team; 20-man active roster; five players may be on an inactive roster. NOTE: It is at the discretion of the individual team if the inactive players will be paid. The Head Coach will provide to the Referee, prior to commencement of the game, an original, signed, game day roster which includes an "Equipment and Roster Certification" which certifies that the players on the game day roster are properly equipped according to these Rules, and that said players have been instructed as to the proper use of such equipment. This document is attached hereto as an addendum to the Rules, and is incorporated herein.

2. The Game Day Roster of all dressed players shall be submitted to the Referee and the opposing team's Head Coach at least one (1) hour prior to kickoff.

3. Players shall adhere to the following numbering requirements: K/QB/RB/DB/WR: 1-49 or 80-89. OL/DL: 50-79 or 90-99. Point after and field goal attempts are an exception to the numbering requirement. On point after and field goals, eligibility is determined solely by position.

4. All teams shall be properly equipped - no casts (unless padded with approved foam etc.), hard substances, metal, or steel may be on any part of the uniform/shoes at any point of a CAN-AM contest. All teams must wear CAN-AM approved game socks. All players must be dressed the same. Face shields may be tinted in any color. All players will wear required pad(s), and the Head Coach will certify this pre-game.

5. Proper shoes for the surface are mandatory. Exception: A Kicker may kick barefoot.

6. NOCSAE approved helmet, shoulder pads, stockings, and team issued uniform are mandatory, along with hip pads, thigh pads, kneepads and belts.
7. Numbers must be placed on the front and back of all jerseys (12 inch on front / 14 inch on back)
8. Last names must be on both home and away jerseys for AIF contests.
9. Spatting must be done in the same color as the team shoe with no visible markings, messages, etc. being made to the spat unless it is replacing a shoe sponsor logo.
10. Any official may remove any player that is not properly equipped. The penalty is an unsportsmanlike conduct penalty charged against the head coach.
11. All players must be 18 years of age. **NOTE:** Any player right out of High School that plays professionally would automatically lose his NCAA eligibility.
12. Each Team must declare 30 days before the season their designation as a white or black shoe team. This means that all members of the team.

1.8 Team Captains

1. Each team shall designate no more than four (4) team Captains.
2. Captains are the only players that may request an explanation from the Referee, on interpretation or application of rules.
3. In case of a foul, the Captain or Coach of the offended team is given the choice of the penalty or the result of the play.

1.9 Uniforms, Illegal Equipment

- A. The Head Coach from each participating team shall confirm and certify to the Referee that all players are properly equipped according to the uniform guidelines listed as follows.
- B. All players must be numbered 1 through 99.
- C. No two (2) players of the same team may participate in the same game with identical numbers.
- D. Numbers may be changed during a game only in the event of a damaged jersey.

However, any changes shall be reported to the Referee and to the opposing team's Head Coach. Numbers may not be changed during the game to deceive the opponents.

- E. Players of opposing teams shall wear jerseys of contrasting colors, and all players on a team shall wear jerseys of the same color and design. Such jerseys shall cover all pads worn under the jersey. The jersey must be full length and tucked into the pants or reach the belt line when a player assumes a normal standing position. Jerseys may be hemmed to reach the belt line but must be done so in a professional manner. Knotting of jerseys is not permitted. Any nonconforming uniform item shall be prohibited and players wearing such items will face disciplinary action from the League Office.
- F. Players must have their surname on the back of their jersey, located across the shoulders and above the number. If a team has players with the same surname, each player's first initial shall appear before the surname on the back of the game jersey.
- G. All players of a team shall wear pants of the same color and design.
- H. All players must wear socks or leg coverings that are of the same color, design, and length. Game pants must cover the knee of the player and socks/leg coverings must extend high enough so that no part of the skin is exposed. Any taping or spats over the shoes and/or ankles must be either a team or neutral color (black/white/gray) and shall be the same color for all members of the same team.
- I. All players, other than a kicker lined up to attempt a free kick or a scrimmage kick, must wear shoes suitable for football or turf activities. No slippers, boots, or other shoes (not designed for football or turf activities) may be worn in a game. The Umpire is the sole judge of the legality of equipment.
- I. If worn, gloves or hand pads must be either neutral (black/white/gray) in color or the appropriate colors of the team's jerseys.
- J. Mouth pieces are recommended, but not mandatory. Players shall be informed to wear a mouth piece through the direction/enforcement of their team.
- K. Hip, thigh, tail, and knee pads are recommended.
- L. All players shall wear the following mandatory equipment:
 - 1. Game pants must cover the knees. Knee pads may not be worn over the outside of the pants.
 - 2. IFL and National Operating Committee on Standards for Athletic Equipment (NOCSAE) helmets and face masks, with current certification and fastened

chin strap. Players of a team must wear helmets of the same color and design.

3. Shoulder pads.

M. Illegal equipment is not allowed, and may include, but is not limited to, the following:

1. Hard, abrasive, or unyielding substances worn on the hand, wrist, forearm, or elbow, unless covered with adequate foam padding as approved by the Umpire.
2. Metal or other hard substances, which may be dangerous to players.
3. Helmets, jerseys, or gloves, which conceal the ball, by closely resembling the ball, in color.
4. Adhesive material, paint, grease, or any other slippery substance applied to a player's body or clothing that may affect the ball or an opponent.
5. Jerseys which are taped or tied in any manner.
6. Any visible bandana worn under a helmet.
7. Only Quarterbacks and Centers may wear a towel that is either white or of a matching color to the uniform. If worn, the towel cannot have any wording that would unduly draw attention to a player or have written messages that are not part of the team's official logo.
8. Eye shields must be clear. No tinted eye shields of any kind or color are permitted unless the player has a prescription/letter/medical form from a certified Optometrist (not a team physician/doctor) on file with the League Office. If so, only lightly tinted shields are allowed.
9. Any adornment to the uniform, which serves no football purpose, but only serves to highlight the individual's appearance.
10. Any equipment which in the judgment of the Umpire is dangerous to other players.

The Umpire is the sole judge of legal and illegal equipment, and shall rule on such without appeal.

Section 2: DEFINITIONS

The following terms are defined:

A. Line of Scrimmage

1. The line of scrimmage is an imaginary transverse line (across the width of the football field) beyond which a team cannot cross until the next play has begun.
2. Its location is based on the spot where the ball is placed after the end of the most recent play and following the assessment of any penalty yards.
3. A line of scrimmage is parallel to the goal lines and touches each edge of the ball where it sits on the ground prior to the snap.
4. There are two (2) lines of scrimmage at the outset of each play: one (1) that restricts the offense and one (1) that restricts the defense.

B. Neutral Zone

1. The area between the two (2) lines of scrimmage (representing the length of the ball as extended to both sidelines) is called the neutral zone.
2. Only the Center, the offensive player who snaps the ball, is allowed to have any part of his body in the neutral zone at the time of the snap.

C. Alley

1. The alley is the area bordered by the outside shoulders of the two (2) offensive guards.
2. The alley is a maximum of five (5) yards wide, and runs from end line to end line. The alley is established at the snap and does not move during the down.

D. Belt

1. The belt is located six (6) yards beyond the defensive line of scrimmage and runs from side wall to side wall.
2. The belt disappears at the snap.
3. The depth of the belt is never extended beyond the goal line.
4. The depth of the belt is reduced when the ball is snapped inside of the defending team's six (6) yard.
5. When the depth of the belt is reduced due to the ball being inside of the defending team's five (6) yard line, defensive players may take a position such

that the foremost part of their front foot or hand on the ground is touching the goal line.

E. Offensive Box

1. The offensive box is defined as the area between the outside shoulders of the two guards, not to exceed five (5) yards wide; and the box continues from the line of scrimmage to the offensive team's end line.
2. The offensive box disappears at the snap.

F. Defensive Box

1. The defensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards (alley), the defensive line of scrimmage, and the distance six (6) yards beyond the defensive line of scrimmage (belt).
2. Two (2) defensive players must be aligned in the defensive box at the time of the snap. They must be staggered and cannot stack.
3. The defensive box disappears at the snap.
4. The defensive box is never extended beyond the goal line.
5. The depth of the defensive box is reduced when the ball is snapped inside of the defending team's five (6) yard line.
6. When the depth of the box is reduced due to the ball being inside the defending team's five (6) yard line, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line.

G. Blitz

1. Only one player in the defensive box may blitz. It must be the player closest to the offensive line. The second player may move sideline to sideline but cannot go deeper than the six yard belt, unless there is a play action pass, pump fake pass, the running back leaves the offensive box or the ball leaves the box. If the running back leaves the offensive box while the ball is still in the box, all players restrictions are off the DB's and LB's.

H. In the Bank

1. **“In the Bank” is defined as a penalty that has been elected to be enforced on the free kick rather than on the PAT, but, because of the Indoor Football field limitations, the penalty is enforced on the first scrimmage play following the free kick or kicks.**

Neither half may end with a penalty in the bank. A period shall be extended with an untimed free kick or kicks, followed by a scrimmage down in which the banked penalty is subsequently enforced. Only after running an untimed down in which the banked penalty was enforced may the half end, as long as no other foul prohibits such ending of the half.

I. Kicked Ball

1. A kicked ball is the intentional striking of the ball by a player’s foot or leg below the knee.
2. If a ball accidentally strikes a player’s foot or leg, it is not ruled a kick.

J. Place Kick

1. A place kick is a legal action made by kicking the ball after it has been placed in a fixed position on the ground.
2. A place kick may be used for a kickoff, scrimmage kick, or free kick following a safety.
3. On a kickoff or free kick, the ball may be placed on a one-inch tee.
4. On a scrimmage kick attempt, a kicking tee may not be used and the ball shall be held on the ground by a teammate of the kicker.
5. No substance or device may be used to improve the kicker’s footing.
6. The Kicker may choose where to spot the ball prior to the kick.

K. Drop Kick

1. A dropkick is a legal action by a player who drops the ball toward the ground and kicks the ball simultaneously with it hitting the ground.
2. A drop kick may be used for a kickoff, scrimmage kick, or free kick following a safety. If made from a scrimmage kick formation, the kick must be made immediately upon reception of the snap, otherwise it is an illegal kick.

3. It is an illegal kick if the kicker contacts the ball with his foot prior to it having contacted the ground (a punt), or after it is already contacted the ground and bounced.

L. Punt

1. A punt is an illegal action by a player who contacts the ball with his foot or lower leg after first having possessed the ball and prior to it hitting the ground.
2. There is no punting in the IFL. When the offensive team faces Fourth (4th) down it must either attempt to achieve a First (1st) down or attempt a scrimmage kick.

M. Team A/Team B

1. "Team A" refers to the players of the team in possession of the ball (offense) at the snap, while "Team B" refers to the players of the defense at the snap.
2. During kicking situations, "Team A" refers to the players of the kicking team while "Team B" refers to the players of the receiving team.

Section 3: SCORING

3.1 Points for Scoring

A. The following points are awarded;

1. Touchdown: Six (6) points
2. Field Goal by placement: Three (3) points
3. Field Goal by drop kick: Four (4) points
4. Safety: Two (2) points
5. Safety on two point conversion attempt: One (1) point
6. PAT by running/passing: Two (2) points
7. PAT by drop kick: Two (2) points
8. Returned PAT by defense to Team A's end zone: Two (2) points
9. PAT by place kick: One (1) point

10. Rouge (kickoff downed in end zone): One (1) point
11. Free kick that goes through uprights and over crossbar (1) point

3.2 Types of Scoring

A. Touchdown

1. A touchdown is scored when a player in possession of the ball is in the opponent's goal area or crosses/touches the plane of the opponent's goal line before the player is declared down.
2. The ball becomes dead at the instant of scoring a touchdown.

B. Field Goal

1. A field goal is scored when a player kicks the ball, whether by place kick or drop kick from a scrimmage kick formation, between the opponent's uprights and over the crossbar. When the field goal posts/uprights are suspended from a ceiling using chains extended from the uprights, a field goal is also scored when the legally kicked ball passes above the cross bar and uprights and between the support chains.
2. After being kicked, the ball cannot touch the ground before breaking the plane of the uprights.
3. Touching of a field goal kick in flight by players of the receiving team or game officials once the ball has been kicked is ignored.
4. The ball in flight during a field goal attempt may be caught in the field of play or in the end zone and returned by a player of Team B (receiving team).
5. If Team A (kicking team) gains possession of a kicked ball that has not traveled beyond the neutral zone, the ball remains alive and may be advanced to the line to gain or for a touchdown.
6. If Team A (kicking team) gains possession of a kicked ball that has traveled beyond the neutral zone, untouched by Team B, the ball is declared dead and belongs to the receiving team at that spot.
7. If the kicked ball becomes dead inbounds in the field of play beyond the line of scrimmage, or goes out of bounds after first touching a player or the ground, whether behind or beyond the line of scrimmage, it belongs to the receiving team at that point.

C. Safety

1. A safety is scored when the ball becomes dead out of bounds behind Team A's goal line, except from an incomplete forward pass, or becomes dead in possession of a player on, above, or behind his own goal line, or becomes dead by rule, and the defending team is responsible for the ball being there. (Responsibility means the ball is anywhere on, above or behind the defending team's own goal line by a member of the defending team's carry, kick, fumble, bat, backward pass, or snap.)
2. A safety is also scored when there is an intentional grounding or illegal forward pass while in the goal area or any accepted penalty for a foul that leaves the ball on or behind the offending team's goal line. This includes penalties on free kicks committed by the receiving team that occur in the receiving team's end zone after the ball has been advanced out of the end zone.

D. Point After Touchdown (Extra Point)

1. After scoring a touchdown the offense will have an attempt to score again by run, pass, or kick from no closer than the three (3) yard line.
 - a. A place kick attempt is worth one (1) point.
 - b. A drop kick attempt is worth two (2) points.
 - c. A two (2) point attempt may be tried from a scrimmage formation or may be attempted by a fake scrimmage kick formation. Two (2) points are awarded upon running or passing the ball successfully into the goal area.
2. If Team B (defense) gains possession of the ball by fumble recovery, pass interception, or recovery of a blocked kick during a point after touchdown attempt, they may score two (2) points by advancing it into the kicking team's goal area.
3. If the defense forces a safety on a PAT, the defensive team will be awarded one (1) point.

E. Rouge

1. A rouge may only be scored on free kicks, and is scored when a member of Team B (receiving team) is not able to advance a free kick out of his own end zone, or a member of the receiving team is declared down, with the ball in his possession in his own end zone following a free kick.

2. A rouge will be awarded to the kicking team if the receiving team commits a penalty in the receiving team's end zone and the ball has not been advanced out of the end zone. One (1) point will be awarded to the kicking team and the ball will be placed in play at the receiving team's two and a half (2 ½) yard line (administration of half the distance to the goal for penalty).
3. On all free kicks, the ball remains alive and is not out of bounds when it hits **the** ground, a side wall or end wall in the end zone or goal area. On a free kick only, the receiving team must advance the ball out of the receiving team's end zone in order to avoid having a rouge scored against them.
4. The ball remains alive following a free kick in the end zone for the entire free kick down and if it is recovered by the kicking team in the receiving team's end zone it shall result in a touchdown for the kicking team.

Section 4: TIMING AND TIMEOUTS

1. Four 15-minute quarters. Halftime shall be a minimum of 15 minutes and a maximum of 20 minutes. This is at the discretion of the Home Team.
2. A running play clock will be used except during the final minute of each half. The running clock will start;
 - a. When a free kick is legally touched in the field of play.
 - b. On the ready for play after an official's time-out or a media time-out.
 - c. On the snap after a charged team time-out and after the one (1) minute warning in the 2nd and 4th periods.
3. In the final one minute of each half, the clock stops for out-of-bounds plays and incomplete passes. The clock also stops when a team is granted a first down. In the event of an official's time-out, the clock will start based on the status of the previous play.
4. When inside one minute of either half, if a runner comes in contact with the wall, he shall be whistled out of bounds and the clock will start on the snap. Intent is not a requisite of this rule. If the runner touches out of bounds, intentionally or not, within the last minute of the half or game, the clock will stop and will start on the snap.

5. Each team is granted three (3) timeouts per half; each 1 minute in length, except during the last minute of the 2nd and 4th periods, when the time-outs will be 30 seconds. All time-outs will be timed by the back judge.

4.1 Starting the Game

- A. The game shall start promptly at the scheduled time.
- B. If a team is late appearing on the field at the start of the First (1st) or Third (3rd) quarters the team shall be penalized for delay of game.
 - Infraction: Delay of Game
 - Penalty: 5 yards (In the bank). (May also be subject to fine from League Office)
- C. Prior to the start of the game the Captains of both teams shall meet the Referee at mid-field for a coin toss. The Referee or a dignitary shall toss a coin with the visiting team Captain making the call. The Captain of the team winning the coin toss has the following choices:
 - 1. To receive or to kick.
 - 2. Which end of the field to defend.
 - 3. Defer choice to Second (2nd) half.
- D. Unless the team winning the coin toss defers, the Captain of the team losing the coin toss shall have first choice at the start of the Second (2nd) half.

4.2 Playing Periods

- A. The length of the game is sixty (60) minutes of actual playing time, divided into four (4) quarters, each fifteen (15) minutes in length. The scoreboard clock is the official time for the game, and shall be operated by a timekeeper under the direction of the Referee.
- B. End Zones shall be changed at the end of the First (1st) and Third (3rd) periods. At the start of the Second (2nd) and Fourth (4th) periods the ball shall be put at a point corresponding exactly to the point at the other end of the field where the ball became dead at the end of the previous period. It shall be put into play in exactly the same manner as if play had not been interrupted.

- C. The time between the First (1st) and Second (2nd) Quarter and between the Third (3rd) and Forth (4th) Quarter may not be longer than ninety (90) seconds.
- D. Halftime is twenty (20) minutes in length unless otherwise approved by the League Office.
- E. Overtime periods are authorized in the event neither team has scored more points than the other at the conclusion of the four (4) quarters.

4.3 Stopping and Starting of the Game Clock

A. Stopping the Clock

1. Time shall start when the ball is legally touched in the field of play by either team following the kickoff at the start of each half or following a score, and shall continue until the ball is ruled dead and an official signals time shall stop.
2. The clock shall be stopped:
 - a) When a score is made. Note: All PAT attempts are untimed downs.
 - b) For the application of a penalty.
 - c) For a player injury.
 - d) When time expires at the end of each period.
 - e) When a player goes out of bounds, either by force of a defensive player into the walls or by giving themselves up, in the final sixty (60) seconds of either half.
 - f) On incomplete passes in the final sixty (60) seconds of either half.
 - g) For a first down to reset the chains in the final sixty (60) seconds of either half.
 - h) If positive yardage is not gained by Team A in the final sixty (60) seconds of the game, when Team A is leading on the scoreboard, the game clock will be stopped and not restarted until the next scrimmage snap (including yardage lost from an accepted offensive penalty). "Positive Yardage" is defined as anything gained beyond the line of scrimmage, whether through rushing, passing, or an accepted defensive penalty. Note: This rule will only be applied when the offensive team is leading in

the game and will not apply if the teams are tied. Additionally, if both team head coaches agree to waive this timing rule, then the rule will not be enforced.

- i) When a team timeout is requested.
- j) For the sixty (60) second warning timeout. If the ball is dead when the clock reaches 1:00, the sixty (60) second timeout is taken. If the ball is live when the clock reaches 1:00, the clock runs throughout the down and the sixty (60) second timeout occurs immediately following the down and after completion of any penalties for fouls which occurred during that down.
- k) When the referee suspends play for any reason.

B. Starting the Clock

1. If the clock is stopped for any reason, the clock will normally start again on either the ready for play signal of the Referee or when the ball is legally touched in the field of play during a free kick down.
2. If the clock is stopped for any of the following reasons, time will start on the snap:
 - a) After a delay of game foul.
 - b) Following an official's timeout due to arena music, lights, or PA announcer.
 - c) Following a team timeout, a media timeout or a promotional timeout.
 - d) Following a play during which possession changed in the final (sixty) 60 seconds of either half.
 - e) Following an incomplete legal forward pass in the final sixty (60) seconds of either half.
 - f) Following an out of bounds in the final sixty (60) seconds of either half.
 - g) Following a play in which Team A does not gain positive yardage in the final sixty (60) seconds of the game, when leading on the scoreboard.
 - h) Anytime under sixty (60) seconds in either half, if a running clock is stopped solely for the treatment of an injured player. The injured player's team shall be charged with a timeout. If the team has no timeouts remaining and the injury occurs to a player of the team trailing on the scoreboard, a mandatory ten (10) second runoff from the clock is required prior to

resuming the game.

C. Running Clock - Until the final sixty (60) seconds of either half, the clock shall continue to run anytime there is any of the following:

1. An incomplete pass.
2. An out of bounds.
3. A First (1st) down.

D. If at the end of a Second (2nd) or Fourth (4th) quarter, time expired during a play in which a foul occurs, the offended team may:

1. Decline the penalty and accept the play.

Accept the penalty and run an untimed down, unless the penalty for the foul calls for a loss of down, at which point the down is not replayed and the quarter is not extended. If the untimed down is terminated by an official's whistle for a penalty prior to the ball being put into play the penalty shall be enforced and the untimed down played.

4.4 Timeouts

A. Team Timeout

1. In each half, both teams are permitted three (3) timeouts.
2. A timeout may be requested by a player or coach on the field.
3. A team timeout may be up to sixty (60) seconds in length.
4. During timeouts, one (1) coach may come to the center of the field to consult with his team or the team may assemble in front of the team bench and consult with more than one (1) coach.
5. The game clock will start on the snap following a timeout.

Section 4. H. Media timeouts will be as follows: the first and third periods will have two media time-outs. These will occur with approximately 10 and 5 minutes remaining in the 1st and 3rd periods. In the 2nd and 4th periods, the media time-outs will occur with approximately 10 minutes remaining and at the 1 minute warning mark. Each media time-out may be a maximum of 2 minutes in length. NOTE: The media time-outs may be waived at the sole discretion of the home team.

Section 5: OVERTIME RULES

5.1 Coin Toss

- A. If the score is tied at the end of regulation there shall be a two (2) minute intermission followed by an overtime period.
- B. Prior to the start of the overtime the Captains of both teams shall meet the Referee at midfield. The Referee shall toss a coin with the visiting team Captain making the call. The Captain of the team winning the coin toss shall choose one of the following options:
 - 1. Offense or defense
 - 2. End of the field used for both teams during the first (1st) overtime period.
- C. The winner of the toss may not defer his choice.
- D. If the score remains tied at the end of an overtime period, the end of the field used for the subsequent overtime will be changed.
- E. The loser of the overtime coin toss shall exercise the remaining option for the first overtime period, and shall have first choice of the option to go on offense or defense first for subsequent even-numbered periods.
- F. The winner of the coin toss shall have first choice of the options to go on offense or defense first for subsequent odd-numbered periods.
- G. No additional coin toss is conducted for additional overtime periods.

5.2 Overtime Periods/Team Series

- A. An overtime period shall consist of an offensive possession by each team.
- B. Each team's offensive possession starts with the ball put in play on their opponent's twenty (20) yard line.
- C. The offensive can choose to place the ball on any hash mark.
- D. The offensive team retains the ball until they score or fail to make a first down.

- E. The ball remains live after a change of team possession until it is declared dead, however, Team A may not have a first (1) and ten (10) if it again possesses the ball after a change of team possession.

5.3 Scoring

- A. The team scoring the greater number of points during the regulation game and the overtime period(s) shall be declared the winner.
- B. There shall be an equal number of series as defined in 5.2 above in each extra period, except if Team B (the team first on defense in a given period) scores during a period other than on a try.
- C. If the teams remain tied at the end of an overtime period, a subsequent overtime period is played.
- D. Beginning in the third overtime period, teams scoring touchdowns must attempt a two(2) point conversion. A one (1) point try, although not illegal, will not score a point.

5.4 Fouls After Team B Possession

- A. Distance penalties by either team are automatically declined and scores by any team committing a foul are cancelled by rule in overtime periods. (Exception: Dead ball fouls and live ball fouls enforced as dead ball fouls)
- B. Scores by the fouling team are cancelled if there are offsetting fouls, whether one or both occur after Team B possession, the down is not replayed.

5.5 Timeouts

- A. Each team will have one (1) timeout in each overtime period.
- B. Timeouts do not carry over from the second half or from any previous overtime period.
- C. Promotional timeouts are not permitted during any overtime period and team timeouts may not be extended for promotional purposes.
- D. If multiple overtime periods occur, teams may have promotional timeouts in between overtime periods.

Section 6: FREE KICKS

6.1 Free Kicks

- A. A free kick is used to begin each half, after a successful or unsuccessful point after touchdown, after a successful field goal, or after a safety.
- B. The kickoff **always** occurs from the goal line and at any point between the sidewalls.
- C. The goal line is the kicking team's restraining line. The receiving team's restraining line is the ten (10) yard line. The area between the two restraining lines is the neutral zone.
- D. (1) point may be awarded if the free kick goes through the uprights. The receiving team will take possession at the 5 yard line after the 1 point is awarded.

6.2 Live Ball Fouls

- A. No member of either team may violate their respective restraining lines prior to the ball being kicked. (Exception is allowed for the kicker or holder)
 - Infraction: Offside, Live Ball Foul
 - Penalty: 5 yards. Offended team has the option to decline the penalty and take the result of the play, replay the free kick down with the 5-yard penalty "in the bank", or take the result of the play and have the 5 yards enforced from the succeeding spot. Note: If Team A (kicking team) is called offside on a successful onside recovery, the penalty is accepted and belongs to Team B (receiving team) at the spot of the recovery. There is no re-kick.
- B. No member of the kicking team may block a member of the receiving team until the ball has traveled ten (10) yards or been touched by the receiving team.
 - Infraction: Illegal Block
 - Penalty: 10 Yards. Receiving team can take the result of the play, accept the foul with a ten-yard penalty "in the bank" and re-kick, or tack on the 10-yard penalty at the end of the run.

6.3 Onside Kick

- A. A kicking team player may not touch a free kick prior to it traveling ten (10) yards or having been first touched by a receiving team member
 - Infraction: Illegal Touching

- Penalty: Receiving team may take possession of the ball at the point of illegal touching, or may take the result of the play.
- B. The clock shall start when the ball is legally touched by either team in the field of play between the goal lines.
- C. A free kick is a live ball after it has traveled ten (10) yards or is touched by the receiving team, at this point it can be recovered by the kicking team.
- D. On a free kick, the first ten (10) yards of wall beyond the kicker's goal line is out of bounds. The ball is dead immediately if the kicked ball touches the wall. Once the ball has traveled ten (10) yards or has been touched by the receiving team, the wall reverts back to being inbounds.
- E. If the kicking team recovers an onside kick, they may not advance the ball. If the kicking team recovers a fumbled kick return, it may advance the ball.
- F. During a free kick, a player of the receiving team may block a player of the kicking team from the moment the ball is kicked provided the contact is made legally above the waist and from the front or side. No blocking below the waist is allowed.
- Infraction: Illegal block
 - Penalty: 10 yards
- G. If a free kick is declared dead in possession of the kicking team in the kicking team's end zone, as a result of the ball contacting a player from the receiving team, a touchback is awarded and the ball will be put in play by the kicking team at the five (5) yard line.
- H. If a free kick is declared dead in possession of the kicking team in the kicking team's end zone, as a result of the kick (no contact by the receiving team) i.e. an awkward bounce off of the turf, the ball will be placed in play by the receiving team at the kicking team's one (1) yard line.
- I. Once a free kicked ball contacts the ground, the receiving team no longer has the right to a fair catch. In addition, kick catch protection is not afforded to the receiving team once a kicked ball contacts the ground. However, this does not permit the kicking team to commit a personal foul on the defenseless player.

6.4 Free Kicks Out of Bounds/Touchbacks

- A. If a free kick goes out of bounds through the end zone before touching the ground or a player of the receiving team, it belongs to the receiving team at the receiving team's twenty (25) yard line.
- B. A free kick is only out of bounds when the ball goes over the wall. This applies to all walls within the field of play and applies throughout the entire free kick down.
- C. A free kick in the end zone remains live and either team may recover. The receiving team must advance the ball out of the end zone or a rouge will be scored for the kicking team.
- D. In the event of a rouge, the ball will next be put in play by the receiving team on their own five (5) yard line.

If a free kicked ball goes out of bounds through the sideline, on the receiving team's side of the receiving team's twenty (20) yard line, before touching the ground or a player of the receiving team, it belongs to the receiving team at the receiving team's twenty (25) yard line.

- E. If a free kicked ball goes out of bounds through the sideline, on the kicking team's side of the receiving team's twenty (20) yard line, before touching the ground or a player of the receiving team, it belongs to the receiving team at the spot where it went out of bounds.
- F. If a free kicked ball goes out of bounds through the end zone after first touching the ground or a player of the receiving team it shall belong to the receiving team at the receiving team's five (5) yard line. A free kick is out of bounds through the end zone only when the ball goes over the wall. The back wall is not out of bounds in the end zone when touched by a free kick. A free kick in the end zone remains alive and either team may recover. The receiving team must advance the ball out of the end zone, or a rouge will be scored for the kicking team.
- G. If a free kicked ball goes out of bounds through the sideline, after touching the ground or a player of either team and before possession is gained, it belongs to the receiving team at the spot the ball went out of bounds. However, at no time is the ball to be spotted inside the receiving team's five (5) yard line following a free kick, unless a penalty enforcement requires the ball to be spotted inside the five (5) yard-line.
- H. On a kickoff, the ball must break the plane of and stay beyond the receiving team's restraining line or touch any player, the ground, or an official beyond the receiving team's restraining line before a legal touch or recovery by the kicking team can occur. The ball must also travel ten (10) yards before striking the wall. If the kicking team illegally touches the free kick, the receiving team may take the ball at the spot of the illegal touching.

- I. If a penalty occurred by either team before the ball becomes dead, or if there are off-setting fouls, the illegal touching privilege is cancelled. If off-setting fouls occur when there has been illegal touching by the kicking team, the free kick down is repeated. This is the only instance when off-setting live ball fouls on a free kick result in replay of the free kick down. Illegal touching in the kicking team's end zone is ignored.
- J. If a free kick hits the ceiling, or any object suspended from the ceiling of the facility, while over the field of play, it is immediately dead, and it belongs to the receiving team at the receiving team's twenty (25) yard line.
- K. If the receiving team catches the ball in the end zone or in the field of play and simultaneously goes through the sidewall, end wall, or any door/gate, the play shall be immediately declared dead and there shall be a re-kick.
- L. If the kicked ball is simultaneously recovered by players from both teams or simultaneously touched by players from each team before going out of bounds, the ball belongs to the receiving team at the spot of recovery or at the spot where the ball went out of bounds.
- M. There are no limitations on using wedge formations on kick returns. Holding hands or interlocking arms by teammates during a play is allowed but is illegal once one (1) of the players is engaged with an opposing team player.
 - Infraction: Illegal Block
 - Penalty: 10 yards

Section 7: LIVE BALL. DEAD BALL. POSSESSION. OUT OF BOUNDS

7.1 Live Ball/Ball in Play

- A. The ball is considered live and in play until the ball is dead. An official shall sound his whistle after the ball is dead. The whistle does not kill the ball. The whistle is an aid to assist players in recognizing the fact the ball is dead.
- B. The ball becomes live upon being legally snapped from a scrimmage formation or being legally kicked from a free kick formation.
- C. The ball remains live and does not become dead because of an injury to a player or to impose a penalty. Once the ball is declared dead, an injured player may be attended to or a penalty may be enforced.

7.2 Dead Ball

The ball is dead:

1. When an official signals a score.
2. When the ball goes out of bounds.
3. When a forward pass is incomplete.
4. When a kicked ball strikes the opponent's goal post assembly in flight, without first touching the ground, a player or an official, and the kick is ruled no good
5. When a ball carrier is tackled and his forward progress is halted. If a ball carrier is tackled and driven back towards his own goal line it is assumed he was attempting to advance the ball and only the contact with an opponent prevented such advance. Therefore, the most forward point of the ball is the point where the ball is dead.
6. When a ball carrier behind the line of scrimmage is firmly in the grasp and control of a tackler to the extent he cannot throw the football.
7. When the ball carrier is contacted by an opponent and loses his balance so that a portion of his body, other than his hands or feet touches the ground.
8. When the force of contact from an opponent causes the ball carrier to make contact with the wall. The ball is declared dead at the point of contact with the wall.
9. When a player in possession of the ball intentionally kneels on the ground.
10. When the quarterback slides feet first the ball is declared dead at the point it was held when any part of the quarterback's body, other than his hands or feet, touched the ground. When a ball carrier is not attempting to advance the ball the official shall declare the ball dead.
11. When a player in possession of the ball is down and makes no attempt to regain his feet.
12. When an official sounds his whistle if the ball was not previously dead by rule.
Note: A ball lying on the ground and not in possession of a player is not dead until blown dead by an official.
13. When the ball carrier loses his helmet the ball shall be declared dead immediately.

14. When a Team A player possesses a scrimmage kick that has traveled beyond the neutral zone.
15. When a Team A player possesses a free kick.
16. When the ball carrier slides, slips, or falls to the ground without contact from an opponent and remains there, he has declared himself down and the official shall sound his whistle. The ball shall be marked at the spot where the runner first contacted the ground.
17. When fan interference occurs.

7.3 Possession

- A. Possession means having the ball firmly in hand(s), arm(s), or under the body.
- B. When players of opposing teams have joint possession of the ball, it belongs to the player who first gained possession or who has not lost possession. If both players are not touching the ground with anything other than their feet or hands and are inbounds, gaining joint possession does not result in the ball becoming dead.
- C. If players of both teams legally gain possession of the ball simultaneously it belongs to the team which last had possession.
- D. A ball that is not in possession of a player is still in play. A ball is considered to have been fumbled if the player last in possession has lost control of it.
- E. If the ball is fumbled out of bounds or touches a player in the field of play and then goes out of bounds, it belongs to the team which last possessed the ball. If the ball is fumbled backwards, the ball shall next be snapped at the point the ball went out of bounds. If the ball was fumbled forward, the ball is spotted at the point where the ball was fumbled.

7.4 Touchback/Safety

- A. A touchback occurs if;
 1. A Team A player fumbles the ball from the field of play over Team B's goal line, the ball goes out of bounds or is declared dead in Team B's possession in the goal area, and a new force was not imparted on the fumbled ball in the field of play by a Team B player. The ball is awarded to Team B at its five (5) yard line.
 2. A Team A player directs the ball, other than by kicking, from the field of play over Team B's goal line where a Team B player catches or recovers it prior to

the ball going out of bounds in the goal area. The ball is awarded to Team B at its five (5) yard line. If in attempting to run the ball out of the goal area Team B commits an infraction and the ball is declared dead in the goal area, the basic spot of enforcement of the penalty is Team B's five (5) yard line.

- B. A safety occurs if a Team A player causes the ball to be in his own end zone (fumbles, or directs the ball from the field of play into his own end zone or goal area) where the ball is declared dead by an official or goes out of bounds without possession being gained by either team, a safety is scored by Team B.

7.5 Loose Ball

- A. A loose ball occurs when the ball is kicked, blocked during a kick (on a kickoff or a kick from scrimmage), during a pass, fumble, or muff. It continues to be a loose ball until a player secures possession of the ball or it becomes dead by rule, whichever occurs first.
- B. Force is a consideration and must be determined on ruling whether a loose ball which goes out of bounds in the end zone is a touchback or a safety. If it is ruled a touchback, the ball is put in play on the five (5) yard line. If it is a safety, two (2) points are scored and the team scored upon shall kickoff to the other team.
- C. A loose ball by the offense across the line of scrimmage does not interrupt the continuity of downs.
- D. Fourth Down Fumble Rule
 - 1. On fourth down, only the Team A player who fumbled the ball may recover and advance the ball for Team A.
 - 2. Any Team B player may recover and advance the fumble on fourth down.
 - 3. If another Team A player recovers the fumble, the ball shall be blown dead immediately and Team A shall retain possession at the spot of the fumble, unless the spot of the recovery is behind the spot of the fumble, at which point Team A shall retain possession at that point.
 - 4. A try for point (PAT) following a touchdown is considered a fourth down play.

7.6 Walls/Player Out of Bounds

- A. All walls are live for a player in possession of the ball until contact is made with the wall as a result of defensive contact.

- B. All walls are in play for a player, when catching a pass, recovering a fumble, muff, backward pass, blocked kick, or fielding a scrimmage kick.
- C. All walls are out of bounds for any forward pass. The ball is dead and the play shall be blown dead immediately anytime a forward pass, strikes any wall.
- D. A player who stands on the top any wall or utilizes a wall to enhance his vertical height shall be ruled out of bounds.

7.7 Out of Bounds Rulings

- A. The ball remains in play if it is knocked or batted back into the field of play by a player who is off the ground and who has not touched the ground or any object out of bounds.
- B. A player is out of bounds if no part of his body contacts the wall prior to going over the wall. If the player is contacted by a defensive player in such way that he is forced out of bounds over the wall, without touching the wall, the player is out of bounds.
- C. A player is in bounds if any part of a player's body contacts any wall prior to going over the wall, regardless of whether defensive contact was the cause for such player going over the wall.
- D. If a scrimmage kick contacts the end zone or end wall in the Team B's end zone untouched by Team B, it shall be considered dead by rule.

7.8 Out of Bounds During Final Sixty (60) Seconds of Either Half

- A. During the final sixty (60) seconds of either half the clock is run consistent with normal NCAA timing rules. Note: Lone exception is the new "Positive Yardage" rule in effect for Team A when leading in the final sixty (60) seconds of the game.
- B. A player of the offense may give himself up by purposefully contacting the wall and holding the ball over the wall with arm fully extended without defensive contact in an effort to stop the clock and preserve time.
- C. The action of the offensive player must be clear to the game officials in order to stop the clock and provide adequate protection to the player.

Section 8: SCRIMMAGE FORMATIONS

8.1 Lines of Scrimmage and Neutral Zone

- A. The line of scrimmage is an imaginary line that extends from sideline to sideline, parallel to the goal lines, and passing through the foremost and rear most points of the football.
- B. The area between the lines of scrimmage (the length of the football) is the neutral zone.
- C. The offensive line of scrimmage is on the offensive team's side of the football and the defensive line of scrimmage is on the defensive team's side of the football.
- D. Defensive players are considered to be on the line of scrimmage if they are within one yard of the defensive line of scrimmage. Offensive players are considered to be on the line of scrimmage if their head penetrates the imaginary plane formed by the waistline of the snapper.

8.2 Alley

- A. The area bordered by the outside shoulders of the two (2) offensive guards is known as the alley.
- B. The alley is no more than five (5) yards wide and runs from end line to end line. The offensive guards must take splits that cause the width of the alley to be no more than five (5) yards wide. The alley does not disappear at the snap.

8.3 Belt and Offensive/Defensive Box

A. Belt

- 1. The belt is located six (6) yards beyond the defensive line of scrimmage and runs from side wall to side wall.
- 2. The belt disappears at the snap.
- 3. The depth of the belt is never extended beyond the goal line.
- 4. The depth of the belt is reduced when the ball is snapped inside of the defending team's six (6) yard line.

When the depth of the belt is reduced due to the ball being inside of the defending team six (6) yard line, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line. This only applies to defensive backs not mirroring a receiver.

B. Offensive Box

1. The offensive box is defined as the area between the outside shoulders of the two guards, not to exceed five (5) yards wide; and the box continues from the line of scrimmage to the offensive team's end line.
2. The offensive box disappears at the snap.

B. Defensive box

1. The defensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards, the line of scrimmage, and the distance six (6) yards beyond the line of scrimmage on the defensive side of the ball.
2. Two (2) defensive linebackers must initially be positioned in the defensive box and stationary at the snap. They cannot leave the defensive box until the ball is snapped. The linebacker's restriction to the defensive box is controlled by each offensive play.
3. Defensive box disappears at snap but Linebacker restriction remain unless play dictates differently.
4. The back of the defensive box is never extended behind the goal line.
5. The depth of the defensive box is reduced if the ball is snapped inside the six (6) yard line.
6. When the depth of the box is reduced due to the ball being inside the six (6) yard line, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line.

C. Team A players in motion may be in the offensive box prior to the snap, but may not be in the box at the time of the snap.

- *Infraction: Illegal motion, live ball foul*
- *Penalty: 5 yards*

D. No Team B player, other than the three (3) down defensive linemen, and two (2)

Linebackers, may be in the defensive box at the snap, unless the B player, trying to stay with the A player in motion, is in the box at the time of the snap. The B player cannot stop while following the A player through the box.

- Infraction: Illegal defense, live ball foul
- Penalty: 5 yards, automatic first down
- Note: Officials shall consider the circumstances which caused a Team B player, while mirroring the actions of a Team A player, to be in the defensive box at the snap, and may not allow the offense to manufacture penalties in this manner.

8.4 Offensive Alignments

A. Positioning

1. All offensive players may set in a two (2), three (3), or four (4) point stance.
2. After the ready for play signal and prior to the snap, all offensive players are either on the line of scrimmage or in the backfield.
 - a. Players are considered to be on the line of scrimmage if their shoulders are substantially parallel to the line of scrimmage and the player's head intersects the imaginary line passing through the center's waist that runs parallel to the goal line.
 - b. Players are considered in the backfield if no part of their body intersects the imaginary line passing through the center's waist that runs parallel to the goal line.
 - c. There must be daylight between the backs in the backfield and the deepest interior linemen.
3. There shall be at least four (4) stationary Team A players on the line of scrimmage at the scrimmage snap, three of whom are ineligible receivers.
4. The other stationary Team A Player(s) on the line of scrimmage at the snap are called the ends.
 - a. An end is an eligible receiver that may line up on either end of the offensive formation.

- b. An end must be lined up at least three (3) yards from the outside shoulder of the nearest guard. If a player is positioned as a receiver on the line of scrimmage, said player remains eligible if “covered up” by a wide receiver.
5. The offensive players not on the line are called backs.
6. A maximum of two (2) backs may be aligned in the offensive box at the snap and must have been in a set position for a least one second prior to the snap.
 - a. If two (2) backs are in the box, one (1) of the backs in the box must be the player that receives the snap.
 - *Infraction: Illegal offensive formation or snap infraction (dead ball foul)*
 - *Penalty: 5 yards*

No stationary offensive player, whether lined up on or off the line of scrimmage, may be set in the area within three (3) yards of the outside shoulder of the guard on either side of the formation. This alignment rule does not pertain to men in motion.

7. All backs and receivers remain eligible regardless of players in motion

alignment on or off the line of scrimmage. The only requirement is that at least one end is aligned on the line of scrimmage.

B. Offensive Players in Motion

- 1.
2. Two (2) players of the offense may be in lateral or forward motion toward the line of scrimmage prior to the snap provided:
 - a. All players, must set for one (1) second before any player starts in motion.
 - b. Players in motion cannot perform a “stop-motion” move
 - c. The players clearly start their motion while in their backfield.
 - d. The players are behind or on the line of scrimmage at snap of the ball.
3. Offensive players in motion are not permitted to be in the offensive box at the time of the scrimmage snap. **An offensive player in motion and in the box at the time of the scrimmage snap is illegally in motion and is not eligible to receive a hand off or a pass.**
4. Players in motion may not take a hand off.
5. A motion player may not block any of the three (3) defensive linemen, or be the lead blocker on a running play inside of the alley on the line of scrimmage. The motion receivers must stay outside the 3 yard buffer from the outside shoulder of the guards before they can block a linebacker.
 - *Infraction: Illegal Block*
 - *Penalty: 10 yards*

Players in motion are permitted to block the blitzing linebacker (provided they are not the lead blocker for a running play inside of the alley), defensive backs and linebackers on the line of scrimmage or any player downfield, provided it is above the waist, and does not constitute offensive pass interference. Players in motion cannot block the three defensive down linemen.

8.1 Defensive Alignments

A. Positioning

1. After the ready for play signal by the official, all Team B players must be on their side of the line of scrimmage.

2. At the snap there must be three (3) defensive linemen in a three (3) or four (4) point stance on the line of scrimmage.
 - a. The defensive lineman may align head up or in a shade technique on offensive linemen. The shade cannot be wider than shoulder to shoulder. Defensive linemen cannot be aligned at an angle. The three defensive linemen must be aligned on one of the interior offensive linemen.
 - b. The shoulders of the defensive ends must be parallel to the line of scrimmage.
 - c. Defensive lineman cannot drop or go laterally into pass coverage after the snap of the ball.
 - d. Defensive linemen are not permitted to stunt, loop, twist, or scrape.

2. The remaining five (5) defensive players are considered linebackers or defensive backs.
 - a. Two defensive linebackers must initially be positioned in the defensive box and cannot leave the box until the ball is snapped.
 - b. Linebackers/defensive backs may line up on the line of scrimmage, inside the belt, but outside of the alley, when they are head up or shaded to either the inside or the outside of a set eligible receiver who is not located in the box (i.e. end, flanker, wingback, slot back). The eligible receiver does not have to be on the line of scrimmage.

- D. When multiple eligible receivers are in a stacked formation behind each other (i.e. one end with one or more backs directly behind him), an equal number of linebackers/defensive backs may line up on the line of scrimmage, or anywhere inside the belt, but outside of the alley, as long as they are within one yard laterally of the stacked players.
 - a. A linebacker/defensive back may move through the inside of the defensive box to mirror an eligible receiver in motion. **Multiple defenders may not mirror the same receiver.**
 - b. Linebackers/defensive backs may only initiate contact with the receiver in which they are aligned with inside of the defensive belt.
 - c. Linebackers/defensive backs are not required to align themselves with eligible offensive receivers but if they are not aligned with an eligible receiver or if no eligible receiver is positioned opposite him on the

offensive side of the ball, the linebacker/defensive back must line up least six (6) yards beyond the line of scrimmage.

- d. Linebackers/defensive backs may not align themselves inside the belt with the quarterback or other offensive eligible receivers who are in set positions in the alley at the snap.
- e. Linebackers/defensive backs may align themselves on the goal line. Linebackers/defensive backs may take a position on the goal line and do not have to retreat/line up past the goal line.

C. Blitzing

1. The defense may only blitz one (1) player during a particular down.
2. The blitzing player must be one of the two linebackers, stationary in the defensive box and be the linebacker staggered closest to the LOS. However, the Blitzing player may move laterally within the alley, in the defensive box, prior to the snap as long as he is stationary when the ball is snapped.
3. A blitz must occur within the area between the center and two (2) offensive guards, called the "A-Gaps". This "gap" is set at the snap and does not move or shift. Any blitz that occurs outside of the offensive guards or the defensive end, shall be declared illegal, unless the linebacker is blocked to the outside of the A-Gaps.
4. If the quarterback/passer leaves the alley, all blitz restrictions are eliminated.
5. If a snap from center contacts the ground, all blitz and box restrictions are eliminated.
6. It is legal for a linebacker/defensive back to read or play run and rush up to the line of scrimmage. He must be stationary at the snap and there must be daylight between the d-linemen and the linebacker. If the play is a running play, or the player in possession of the ball leaves the alley, the linebacker/defensive back may continue his rush. However, if the play is a passing play, and the quarterback/passer remains in the alley, the defensive player may not penetrate the line of scrimmage.
 - Infraction: Blitzing infraction
 - Penalty: 5 yards from the previous spot and an automatic first down
7. It is illegal for more than one defensive player to blitz if the ball has not been

moved out of the alley unless the back leaves the offensive box, or the play dictates he can blitz.

- Infraction: Blitzing infraction

- Penalty: 5 yard penalty from the basic spot and an automatic first down.

8. Neither team may delay the officials from spotting the ball or the offense from snapping the ball.

- Infraction: Delay of Game

- Penalty: 5 yards, dead ball foul

9. If the Referee suspends play while a player in the game has repair done to his equipment, that player is required to leave the game for at least one (1) play. If the player does not leave the game the team is charged with a timeout.

10. If the Referee suspends play for an injured player on the field, that player is required to leave the game for at least one (1) play. If the player does not leave the game the team is charged with a timeout.

D. Crowd Noise, Music, or Public Address Interference

1. The Referee shall instruct the quarterback to play on regardless of crowd noise.

2. Arena music, lights and public address announcements must conclude once the center touches the ball.

3. If arena music, lights, or the public address system interfere with a team or prevents the offensive team from putting the ball in play, the Referee may stop the game and allow the team to re-huddle.

4. The home team shall receive one (1) warning for arena music, lights, or public address announcements. Thereafter the Referee shall penalize the home team.

- Infraction: Delay of Game

- Penalty: 5 yards

- Note: If arena music, lights or the public address system continue to interfere with the team or playing of the game, the Referee may also remove the sideline privileges of the home team coach.

E. Scrimmage Snap

1. A scrimmage snap is initiated by the Center, who takes a position over the football facing his opponent's goal line.
2. The Center shall put the ball in play by snapping it back between his legs in one continuous motion to another offensive player who is behind the line of scrimmage and in the backfield.

8.5 Scrimmage Play

A. Ready for Scrimmage Play

1. The Referee shall begin each scrimmage play by giving the "Ready for Play" signal.
2. This signals the offensive team has 25 seconds to put the ball in play by means of a scrimmage snap, scrimmage kick, or a free kick.
3. The ball must leave the Center's hands and he may not touch the ball again until it has been in possession of another player.
 - Infraction: Illegal Snap, dead ball foul
 - Penalty: 5 yards, previous spot

B. Illegal Movements

1. The center may not fake a snap or, having assumed his stance over the ball, bob his head, move his shoulders, flex his knees, or make any other movement simulating a snap in an effort to draw the defense across its line of scrimmage.
 - Infraction: Snap Infraction
 - Penalty: 5 yards, dead ball foul
2. Once the line of scrimmage is set, no player of the offense may be offside.
 - Infraction: Offside
 - Penalty: 5 yards, dead ball foul
3. Once the line of scrimmage is set, no player of the defense may be in the neutral zone at the snap.

- *Infraction: Offside*
 - *Penalty: 5 yards, live ball foul*
4. Once the line of scrimmage is set, no player of the defense may make contact with an offensive player prior to the snap or be unabated to the quarterback.
- *Infraction: Encroachment*
 - *Penalty: 5 yards, dead ball foul*
5. With the exception of the offensive player(s) in motion, all other offensive players shall remain motionless for a period of at least one second prior to the scrimmage snap.
- *Infraction: False Start, dead ball foul*
 - *Penalty: 5 yards, previous spot*
6. No offensive player on the line of scrimmage may make any motion which simulates the snap. This includes the quarterback bobbing his head, moving his shoulders, flexing his knees, making any quick movement, or any other movement or signal which is an attempt to simulate the start of the play prior to the snap.
- *Infraction: False Start*
 - *Penalty: 5 yards, dead ball foul*
6. A player in motion may not run forward to the line of scrimmage and stop abruptly in what is called "freeze motion." Freeze motion is an intentional/illegal act designed to pull a defensive player offside.
- *Infraction: False Start, dead ball foul*
 - *Penalty: 5 yards*
7. The entire offense must be set for at least one second before any player goes in motion.

8. The motion player may not be beyond the neutral zone prior to the snap of the ball.

- *Infraction: False Start, dead ball foul*
- *Penalty: 5 yards*

8.6 Series of Downs

- A. The offensive team shall have a series of four (4) downs to gain ten (10) yards.
- B. A down shall be repeated following the application of a penalty, unless the penalty requires a loss of down or an automatic first down.
- C. If in a series of four (4) downs the offensive team has not gained the required ten (10) yards, the ball is awarded to the opponents at the point where the ball became dead.
- D. If the required ten (10) yards is gained, a new series of downs is awarded to the offensive team.
- E. A series of downs may be interrupted when the offensive team kicks the ball out of bounds or it crosses the offensive line scrimmage or when the ball is intercepted or recovered by the defense.
- F. A new series shall be awarded to the team in possession at the end of the down if a player of Team B first touches a scrimmage kick that has crossed the neutral zone (Exception: when the down is replayed).

Section 9: PASSING

9.1 Forward Pass

- A. Definition
 - 1. A legal forward pass is a pass thrown by an offensive player from a point in or behind the neutral zone towards the opponent's end line to any eligible receiver.
 - 2. A pass is illegal if it is thrown by a player whose entire body is beyond the neutral zone when he releases the ball.

- Infraction: Illegal forward pass
 - Penalty: 5 yards from the spot of the foul and loss of down
3. The offense may make only one forward pass during a scrimmage down.
 4. During a forward pass, the ball is in the possession of the offense until the pass is ruled complete, incomplete, or intercepted.

B. Eligibility of the Passer

1. The offensive player who throws a forward pass is called the passer. He is also an eligible receiver.
2. The passer does not need to be the first player to receive the ball (scrimmage snap) from the Center.

C. Eligibility of Receivers

1. Eligible offensive players, whether on the line of scrimmage or in the backfield, must wear an eligible receiver number.
2. Eligible receivers shall be numbered 1-49 or 80-99.
3. Ineligible receivers shall be numbered 50-79 and may only occupy the center and guard positions.
4. Numbers 90-99 shall serve as a "hybrid" numbering system where the eligibility of the player is determined based on his position on the field.
5. A player occupying the position of Center or Guard and is wearing a number 90-99 shall be declared ineligible, however, if a player wearing a number 90-99 is lined up at any other position, he is declared as eligible for that down. No reporting is required.
6. Any defensive player, whether or not the forward pass is legally thrown, is eligible.
7. In a scrimmage kick formation, a player with an ineligible number may become eligible if he lines up as an offensive end and reports to the Referee who shall announce over the public address system that the player is eligible for that down (this is the only situation in which a player wearing an ineligible number is permitted to line up in an eligible position).
8. If a forward pass is touched by or touches a defensive player, all players of both teams become eligible receivers.

9. No ineligible offensive player may be downfield more than three (3) yards (expanded neutral zone) on a pass play if the pass crosses the line of scrimmage.

- Infraction: Ineligible downfield
- Penalty: 5 yards from previous spot

D. Complete Forward Pass - A forward pass is considered complete under the following conditions;

1. When caught by an eligible receiver or by two or more such receivers simultaneously.
2. When caught by a defensive player or simultaneously by defensive players.
3. When caught simultaneously by players of both teams who maintain possession until the play is dead. The ball is awarded to the offense.
4. If an eligible receiver of either team catches a pass while off the ground and in bounds but is carried or pushed by the opponent in a manner which causes him to land out of bounds in possession of the ball, but prior to landing out of bounds contacts the wall with any part of his body.
5. If an eligible receiver of either team catches a pass near the sideline and touches the ground in bounds, the team of the player receiving the ball shall retain possession even if the receiver's next step takes him out of bounds over the wall.

E. Incomplete Forward Pass - A forward pass is declared incomplete and the ball will next be put in play at the point of last scrimmage snap, with downs continuing, under the following conditions;

1. When the ball strikes the ground or any overhead obstruction, flag, etc.
2. When the ball goes out of bounds, even if touched by a player in the field of play.
3. When the passer has commenced his forward passing motion with the ball moving forward and as a result of contact with an opponent, the ball leaves the passer's hand and strikes the ground.
4. When the ball contacts any wall prior to being caught by a player. No pass completion can occur on a ricochet off a wall.

F. Intentional Grounding - If the passer deliberately throws the ball out of bounds or to an area in which there is not an eligible receiver for the purpose of avoiding loss of yardage, his team shall be penalized.

G. Offensive Pass Interference

1. Pass interference restrictions start for the offense at the snap.
2. Offensive pass interference is contact by an offensive player that interferes with a defensive team player after the scrimmage snap.
3. Offensive team player contact with defensive team players within one (1) yard of the defensive line of scrimmage is not considered offensive pass interference.
4. Offensive pass interference cannot occur if the pass does not cross the line of scrimmage.
 - Infraction: Offensive Pass Interference
 - Penalty: 10 yards
5. Any offensive player may interfere with an opponent anywhere within bounds after the pass has been completed.
6. Prior to the pass being completed or declared incomplete, an offensive player may interfere with an opponent anywhere within bounds provided that the pass is thrown to a receiver behind the offensive line of scrimmage.
7. Members of the offensive team are not permitted to use the Umpire as a “pick” in an attempt to get open from their defender. A warning is given for the first team occurrence. Each subsequent violation will result in an offensive pass interference foul against the offending team. Note: If, in the judgment of the officials, the defense intentionally creates contact with the Umpire to draw a foul against the offense, the officials can issue an Unsportsmanlike Conduct penalty on the defensive player.

H. Defensive Pass Interference

1. Pass interference restrictions start for the defense when the ball is thrown, provided it is a legal forward pass.
2. Defensive pass interference is interference caused by or contact initiated by a defensive player on an eligible offensive player while a legal forward pass that

has crossed the line of scrimmage is in flight.

3. Such interference must be ruled as intent by a defensive player to impede an eligible offensive player or prevent an eligible offensive player from catching a catchable forward pass.
 - Infraction: Defensive Pass Interference
 - Penalty: Automatic first down and the ball is placed at the spot of the foul if the spot is less than 15 yards from the previous spot. If the spot is more than 15 yards from the previous spot, the distance penalty is 15 yards from the previous spot. When the ball is snapped on or inside the Team B 17 yard line and outside the team B two-yard line, and the spot of the foul is on or inside the two(2) yard line, the penalty from the previous spot shall place the ball at the two (2) yard line, first down.
 - No penalty enforced outside the two (2) yard line may place the ball inside the two yard line (Exception: 12.1.C.8.b)
 - If the previous spot was on or inside the two (2) yard line, first down half way between previous spot and the goal line
 - Intentional pass interference may be ruled by the game officials, and an additional 15 yards penalty may be assessed.
4. Defensive pass interference cannot occur if the pass does not cross the line of scrimmage.
5. A defensive player may make contact with an offensive team player with which he is aligned on in the first five (5) yards off the line of scrimmage, provided that defensive player is pressing the offensive receiver.
6. Prior to a pass being thrown beyond the defensive line of scrimmage, a defensive player occupying a position beyond the line may use his hands or arms to ward off an opponent who threatens his defensive position as a potential blocker.
7. When a pass crosses the defensive line of scrimmage, a defensive player may not interfere with an eligible offensive player, or that player's attempt to catch the ball.
8. A defensive player may not "chuck" an eligible receiver who is more than five (5) yards beyond the defensive line of scrimmage and is not a potential blocker. Also, a

defensive player may not initiate contact with a receiver in which they are not aligned inside of the belt (Ricochet Motion). This is regardless whether the passer is in the alley or not. Once an offensive receiver reaches the same yard line as the defensive player, he is no longer a threat to block the defensive player. The fact the ball is not thrown in that direction has no bearing on this violation. Note: If two receivers cross at the line of scrimmage in order to draw a ricochet foul on the defense, this will not be considered a foul. The offense is not permitted to use this motion to draw a foul on the defense.

8. A defensive player may not interfere with an eligible offensive player on a point after touchdown attempt.

- Infraction: Defensive Pass Interference
- Penalty: 15 yards. If point after touchdown attempt was good, it may be placed 'in the bank.' If the point after touchdown attempt was no good, the offense may only repeat the point after touchdown attempt following enforcement.

9. When a pass has been intercepted by the defense, any defensive player may block an opponent anywhere within bounds provided that contact is made legally above the waist of the opponent and from the front or side.

10. Pass interference is not called if:

- a. During the pass, offensive and defensive players make contact in a simultaneous attempt to catch or bat the ball.
- b. During the pass, the ball has previously been touched by an eligible player.
- c. The pass is uncatchable.
- d. The pass does not cross the line of scrimmage.
- e. A defensive player "face guards" without making interference or contact.

- I. Illegal Touching – It is illegal for an ineligible offensive player to deliberately touch or catch a legal forward pass until it has first been touched an opponent.

- Infraction: Illegal touching or catching a forward pass
- Penalty: 5 yards from previous spot, loss of down

- J. Interception in the Goal Area

1. An intercepted ball, which is downed in the defensive team's end zone, is a touchback.
2. An intercepted ball that is fumbled in the defensive end zone may be legally recovered by the offense for a touchdown.
3. Any personal fouls by the offensive team in the field of play or in the defensive end zone that occur after the defense intercepts a pass in its own end zone, where the ball is ruled dead, are administered from the defensive team's 5 yard line.
 - Infraction: Personal Foul
 - Penalty: 15 yards from the 5 yard line
4. Momentum Rule – If a pass is intercepted by a defensive player between the goal line and the five (5) yard line, and the player's momentum carries him into his own end zone and the ball becomes dead, the ball is put in play at the point of the interception. It is not ruled a safety.

9.2 Laterals or Backward Pass

- A. A lateral or backward pass is a ball thrown, batted, or fumbled by a player parallel to or in the direction of his goal line.
- B. The initial direction is the factor that determines whether it is a forward or backward pass, regardless of the direction in which it goes afterwards.
- C. A lateral or backward pass striking the ground is not dead and may be recovered and advanced by either team.
- D. When a lateral or backward pass goes out of bounds in the field of play, the ball shall be put in play by scrimmage snap at the outer hash mark perpendicular from the point where the ball went out of bounds.

9.3 Handoff

- A. A handoff occurs when the ball is handed by one offensive team player to another behind the offensive line of scrimmage.
- B. There is no restriction on the number of handoffs that can be made on any one scrimmage play.

C. The player receiving a handoff must be an eligible offensive back.

- Live ball Infraction: Illegal Procedure

Penalty: 5 yards from the previous spot.

Section 10: SCRIMMAGE KICKS

10.1 Scrimmage Kick

- A. A scrimmage kick is a kick by the offense during one of its scrimmage downs.
- B. A team may only line up in a scrimmage kick formation on Fourth (4th) down, on any down in the final thirty (30) seconds of the Second (2nd) quarter, provided it is an obvious kicking situation, or on any down in the final thirty (30) seconds of the Fourth (4th) quarter when Team A is trailing by three (3) points or less. A scrimmage kick formation cannot be used by the offense to gain an advantage over the defense and can only be used in obvious kicking situations.
- C. A scrimmage kick can be used for a field goal attempt, point after touchdown attempt, or as a means to place an opponent at a disadvantage in field position. Also, a team may fake a scrimmage kick from a scrimmage kick formation. A team may not fake a scrimmage kick from a drop kick formation.
- D. Offensive Scrimmage Kick Formation
1. An offensive scrimmage kick formation consists of five (5) linemen, a personal protector, a kicker, and a holder.
 2. The offensive linemen are limited to splits of no greater than twenty four (24) inches.
 3. The personal protector may line up anywhere inside the tackles or within one (1) yard of the outside shoulder of either tackle.
 4. The kicker/holder must be in a standard/natural kicking formation and the kicker, as designated by the Head Coach, must be in the game.
 5. If a kicker intends to attempt a drop kick, no holder is required. The holder will then be considered a second personal protector with the same alignment rules listed above, but must line up on the opposite side of the offensive formation to the other personal protector.

6. No offensive player may be in motion prior to or at the snap.
 7. The kicker/holder may use a spotting aid (piece of tape) to mark where the holder should place the ball and where the kicker marches off his steps from.
 8. No kicking pad or tee is permissible.
- E. A player who kicks a scrimmage kick or a player who holds for a scrimmage kick cannot be contacted until the player is no longer considered a kicker or holder and the player is able to defend himself. A defensive player blocked into the kicker or holder will not be penalized unless, in the opinion of the Referee, there was no effort to avoid the contact. The restriction on contacting the kicker or holder is removed if the scrimmage kick is blocked, partially blocked, or touched, unless in the judgment of the officials, such contact could have been avoided by the defensive player.

F. Defensive Scrimmage Kick Formation

1. A defensive scrimmage kick formation consists of four (4) linemen and four (4) linebackers/defensive backs. There is no belt or box during a scrimmage kick.
2. The defensive linemen must be in a three (3) or four (4) point stance.
3. The defensive ends must line up head to head with the players on the end of the kicking team formation.
4. The two (2) interior defensive linemen must line up head to head with the two (2) offensive guards. No defensive player may line up directly over the Center. Defensive linemen may stunt or twist in an effort to block the kick attempt.
5. All defensive linemen must have their shoulders parallel to the line of scrimmage.
 - *Infraction: Illegal Defensive Formation*
 - *Penalty: Live ball foul, 5 yards automatic first down*
6. Defensive players may not contact the Center until the center has a chance to defend himself.
 - *Infraction: Personal Foul*
 - *Penalty: 15 yards and an automatic first down*

7. The remaining four (4) defenders may line up anywhere as long as they remain behind the defensive line of scrimmage during a kick attempt. There must be daylight at the snap between the 4 down linemen and the four defensive players not in a three or four point stance. They may leap or otherwise attempt to block a scrimmage kick while behind the defensive line of scrimmage, but at no time may they use a teammate or opponent to enhance their vertical height. They may return or block for a return on an unsuccessful field goal attempt.
8. During a scrimmage kick formation, only the four (4) down linemen may rush the kicker.
9. Defensive linemen are permitted to stunt or twist on kicking formations only. Defensive linemen may rush any gap or outside the end.
10. If any defensive player, other than the four (4) down linemen, rushes the kicker/holder, it is a live ball foul and the kicking team shall have the choice of accepting the result of the down or enforcing the penalty as described below. If the scrimmage kick is faked or the snap is fumbled or muffed, the remaining four (4) defenders are allowed to rush the kicker/holder.

- Infraction: Illegal Scrimmage Kick Rush

10 Penalty: Live ball foul, 5 yards from the previous spot and an automatic first down.

11. Defensive linemen may drop into pass coverage on a scrimmage kick after the snap of the ball. There is no longer a requirement for the defensive linemen to take a step into the neutral zone prior to dropping.

F. When attempting a scrimmage kick, if the ball is spotted inside the offensive team's four (4) yard line, the kicking team may request to have the ball moved to the four (4) yard line. In addition, the kicking team may request the ball to be spotted on any hash mark. If the ball is moved to the four (4) yard line for a scrimmage kick, the kicking team may not execute a planned fake on a scrimmage kick. Penalties on Team B will be enforced from the original spot of the ball.

- Infraction: Illegal Procedure

- Penalty: 5 yards, live ball foul, Team B may accept a replay of the down from the previous spot with a 5 yard penalty "in the bank" or decline the penalty and accept the result of the play.

- NOTE: If there is a broken play as a result of a bad snap, muff or bad placement, the kicking team may attempt to reach the line to gain line, and the play shall stand as run.

G. Scrimmage Kicking Team Restrictions

1. Pass eligibility of players in a kicking formation are determined by their position and number.
2. Each player on the end of the line and any player in the backfield is an eligible pass receiver provided they are wearing an eligible receiver number.
3. Any player wearing an ineligible number and positioned at the end of the line may also become eligible by reporting to the referee prior to play.
4. The Referee shall announce such eligibility over the public address system.
5. A player lined up in the backfield may not be made eligible by virtue of reporting to the Referee.
6. A Team A player wearing an eligible number may enter the game at an ineligible position on a scrimmage kick formation, however, he remains ineligible regardless of number (Example: long snapper).

10.2 Blocked Scrimmage Kick

- A. A blocked kick occurs when a kick from scrimmage is contacted by a member of the kicking or receiving team in such a way that prevents the ball from crossing the defensive line of scrimmage. If the kick is blocked without going out of bounds, and does not cross the defensive line of scrimmage, it may be recovered and advanced by a player of either team. If a kicking team player recovers and advances the ball, it is considered as any other play from scrimmage.
- B. Touching of a scrimmage kick by Team B in an attempt to block the kick in the expanded neutral zone is ignored.
- C. If a kick is blocked in the field of play or in the kicking team's end zone and the ball goes out of bounds in the end zone a safety is scored.

10.3 Scrimmage Kick Out of Bounds

- A. If a scrimmage kick goes out of bounds through the receiving team's end zone it is a touchback, and it belongs to the receiving team at the five (5) yard line.

- B. When a failed field goal attempt becomes dead in the end zone, it is a touchback and the ball belongs to the receiving team and is placed on the receiving team's five (5) yard line.
- C. If a scrimmage kick goes out of bounds through the sideline between the 20 and the goal line, without touching the ground or a member of the receiving team, the ball belongs to the receiving team at the twenty (25) yard line.
- D. If a scrimmage kick goes out of bounds before reaching the receiving team's twenty (20) yard line, the ball belongs to the receiving team at the spot it went out of bounds.
- E. If a scrimmage kick goes out of bounds, through the sideline, after touching the ground or a member of either team and before possession is gained, it belongs to the receiving team at the spot the ball went out of bounds.
- F. If a scrimmage kick hits the ceiling, or any object suspended from the ceiling of the facility, the ball is immediately dead and it belongs to the receiving team at their twenty (25) yard line, or the receiving team may choose to have a re-kick. Exceptions will be made for an obstruction suspended ten (10) or more feet from the general ceiling level inside of the fifteen (15) yard line. If a field goal or conversion attempt hits the obstruction, the attempt may be judged to be good if the Officials conclude that the attempt would have been successful in the absence of the obstruction. If the attempt is judged to be no good then the ball is spotted at the five (5) yard line. This exception is only applicable if the League Office and both teams mutually agree prior to the game and the League Office confirms the agreement with the Referee.

10.4 Punting

No punting is allowed.

- Infraction: Illegal Kicking
- Penalty: 10 yards from the basic spot and loss of down.

10.5 Kicking Play Restrictions

A. Reception of Kicks

A member of the receiving team must be given an unimpeded opportunity to catch a scrimmage kick. No fair catches are allowed on scrimmage kicks. If a receiving team player signals for a fair catch the ball becomes dead immediately when any player gains possession of the kicked ball.

- Infraction: Kick Catch Interference for impeding a receiver's opportunity to catch a scrimmage kick Penalty: 10 yards
 - Infraction: Illegal Signal for Fair Catch
 - Penalty: 5 yards from the spot of the catch
2. If the kicked ball is not touched and there is no effort by either team to recover the ball, the covering official may declare the ball dead and award possession to the receiving team at the spot of the dead ball.
 3. If a player of the kicking team is the first to touch the ball, it is "illegal touching", and the ball shall be awarded to the receiving team at the point of the illegal touching, or the receiving team may take the result of the play.

B. Scrimmage Place Kick or Drop Kicked Ball Striking Uprights

1. If the kicked ball strikes the upright in flight and caroms between the two (2) uprights and over the cross bar, it is a successful kick for points.
2. If the kicked ball strikes the upright in flight and returns to the field of play, the ball is dead and it is awarded to the receiving team at its five (5) yard line.
3. If a kicked ball strikes a player or Official, provided it did not hit the ground, it is in play. If the kicked ball proceeds through the uprights and over the crossbar, it is a successful kick for points.

10.6 Blocking On Kicks

- A. Once a kick is made, a player of the receiving team may block any player on the kicking team provided contact is above the waist and from the front or side.
- B. Once a snap has been made on a scrimmage kick play, a player on the kicking team may block any player on the receiving team up to one (1) yard in advance of the defensive line of scrimmage. After the ball has been kicked, kicking team players may use their hands and arms to ward off blockers of the receiving team.
 - Infractions for A and B: Illegal Block
 1. Penalty: 10 yards at succeeding spot, or option provided

Section 11: FOULS AND PENALTIES

11.1 Illegal Acts

A. Holding

1. Holding is defined as using the hands and/or arms to grasp, encircle, or hinder an opponent, other than the ball carrier.
2. Holding hands or interlocking arms during a play is prohibited. (Exception: There are no limitations on using wedge formations on free kick returns. Holding hands or interlocking arms by teammates during a play is allowed but is illegal once one of the players is engaged with an opposing team player.)
 - Infraction: Holding
 - Penalty: 10 yards

B. Clipping

1. Clipping is blocking an opponent, except the ball carrier, from the rear in such a manner that the blocker contacts across the back of the opponent's legs.
2. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:
 - a. The block occurs in the area between the offensive guards, within two (2) yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area
 - b. The initial contact is made on the side of the opponent
 - c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.
 - Infraction: Clipping
 - Penalty: 10 yards

C. Block in the Back

1. A block in the back is blocking an opponent, except the ball carrier, from the rear in such a manner that the player contacts the opponent's back, above the waist.
2. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:
 - a. The block occurs in the area between the offensive guards, within two (2) yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area
 - b. The initial contact is made on the side of the opponent
 - c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.
 - Infraction: Block in the Back
 - Penalty: 10 yards

D. Crack Back Blocking

1. No offensive player in motion or moving laterally may block a defensive lineman.
2. An offensive player in motion may block a linebacker or defensive back downfield.
 - Infraction: Illegal Block
 - Penalty: 10 yards

E. Chop Blocking

1. A chop block is an illegal act that occurs when two (2) or more players of the same team are engaged with an opposing team's player, one of whom is blocking at or below the knees.
2. Chop blocking is prohibited in all situations.

- Infraction: Illegal Block
- Penalty: 10 yards

F. Cut Blocking

1. Cut Blocking is contacting an opponent at or below the waist.
2. The running back may not cut block a defensive player if they are already engaged with another offensive player (Chop Block).
3. Offensive Linemen and running backs may never cut block a defensive player down field, all cuts must occur behind or within one yard of the offensive line of scrimmage and within the alley. **Exception: Offensive lineman may execute a cut block on their opposing defensive lineman immediately following the snap provided the cut occurs within two (2) yards of the outside of the alley. This is the only situation in which a cut block that occurs outside the alley is deemed legal.**
4. An offensive lineman may only cut block the defensive lineman lined up directly across from him, they may not cut block the blitzing linebacker.
5. No cut blocking is allowed once the ball leaves the alley.
 - Infraction: Illegal Block
 - Penalty: 10 yards

G. Horse Collar Tackle

1. All players are prohibited from grabbing the inside back collar of the shoulder pads/jersey or the inside collar of the side of the shoulder pads/jersey, and immediately pulling the ball carrier down in any direction.
2. This does not apply to a ball carrier, including a potential passer who is inside the alley on the offensive side of the ball.
 - Infraction: Horse Collar Tackle
 - Penalty: 10 yards and an automatic first down.

H. Contacting the Kicker

1. It is illegal to contact the kicker when he is in the act of kicking from scrimmage, except:
 - a. If prior to kicking the ball, the kicker has recovered a loose ball on the ground or made a motion to pass or run with the ball. The kicker is not entitled to protection in these instances.
 - b. A Team B player who blocks or touches the ball may not be penalized for contacting the kicker.
 - c. A Team B player may not be penalized when a blocker of the kicking team causes the Team B player to contact the kicker. If, in the Referee's opinion, a Team B player attempting to block the kick makes slight and incidental contact which does not affect the kicker or the play, and the kicker is only dislodged, it is penalized as running into the kicker.
 - Infraction: Personal Foul, Roughing the Kicker or Holder
 - Penalty: 15 yards and automatic first down.
 - Infraction: Running into the kicker
 - Penalty: 5 yards
2. A player is a kicker when the player's kicking foot leaves the ground in an attempt to make a legal kick and terminates when he completes the kick and has a reasonable time to regain his balance.

I. **Illegal Pyramid** - It is illegal for a player to use the body of another player in any manner to elevate himself in an attempt to block a scrimmage kick.

- Infraction: Illegal Pyramid
- Penalty: 10 yards

J. **Tripping** - A player may not use his leg below the knee to hinder the progress of any opponent, except the ball carrier.

- Infraction: Tripping
- Penalty: 10 yards

K. **Aiding the Runner** - It is illegal an offensive player to assist in the forward progress of the ball carrier by providing either a pulling or driving force.

- Infraction: Aiding the Runner
- Penalty: 10 yards

L. Personal Fouls or Unnecessary Roughness

1. A player shall be penalized for any personal foul or act of unnecessary roughness against an opponent except if that contact, in the opinion of the Officials, is caused by the movement of the opponent.
2. Personal fouls/acts of unnecessary roughness are live ball fouls and include, but are not limited to:
 - a. Piling on by a player who falls or jumps on the ball carrier after the play has terminated.
 - b. Contacting an opponent out of bounds in any manner.
 - c. Contacting the passer unnecessarily.
 - d. Contacting the kicker, holder, or snapper, before one (1) second after he has snapped the ball, during a scrimmage kick.
 - e. Grasping, twisting, turning, or pulling an opponent's face mask or helmet opening.
 - f. Using the helmet to butt, ram, or spear an opponent. This includes, but is not limited to, action on a passer, a receiver in the act of catching a pass, a ball carrier already down on the playing surface not attempting to advance.
 - g. Contacting the quarterback or defenseless opponent above the shoulders.
 - h. Intentional helmet to helmet contact (launching, lunging, spearing, etc.).
 - i. Any other act of roughness or unfair play provided it is not excessive to warrant disqualification.
 - j. Any player who removes his helmet and uses it or uses any other object as a weapon will be penalized for unnecessary roughness and ejected from the game. Additionally, the player shall be suspended by the

League for the remainder of the season.

- Infraction: Personal Foul or Unnecessary Roughness
- Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the defense. If the infraction is flagrant in the judgment of the official, the player shall be ejected from the contest.

M. Coaches on the Field

1. During a timeout, one (1) coach is allowed on the field in the huddle. If a team comes to the sideline in front of the team box, there is no limit to the number of coaches who may confer with the team.
2. During live play, one (1) coach from each team is allowed on the field. He must be at least fifteen (15) yards behind the offensive team's line of scrimmage and be within an arm's length of the wall at the snap and throughout the entire down. If the play comes back towards him (i.e. interception or fumble recovery) the coach must attempt to get out of the way of play rather than step into the field of play. Between plays, the coach may come out to the numbers to converse with his team, but never beyond the numbers.
3. Special team coaches are allowed on the field for scrimmage kicks. During the down the coach must be against the side wall.
4. No coaches are allowed on the field during free kicks.
5. A coach who comes inside the numbers may require a warning if it is inadvertent, but under no circumstance may a coach cross the numbers to consult with players or protest an official's call.
6. Coaches shall remain on their own team's sideline if the team benches are on opposite sides.
7. If both team benches are on the same sideline, the home team shall determine the side of the field the home team coach shall use.
8. If coaches address officials in a professional manner, officials may respond to questions and offer explanations.
9. Any yardage penalty on a coach for a violation of the sideline privilege or unsportsmanlike conduct forfeits that privilege for his team (both offense and defense) for the remainder of the game.

10. A warning must be given to the head coach of a team for a sideline violation of an assistant coach on the field. Unless, in the judgment of the officials, the assistant coach's actions were egregious enough to warrant a personal foul and the forfeiture of sideline privileges. Any subsequent violation will result in the forfeiture of sideline privileges for the remainder of the game for both offense and defense.
11. When sideline privileges are forfeited, the coach may not stand on the walls to coach. Non-compliance with this will result in a unsportsmanlike conduct penalty on the coach.
 - Infraction: Sideline warning for first two violations. Sideline violation for successive violation
 - Penalty: 5 yards
12. If a coach, or bench player/personnel interferes or causes interference with the game, the ball, or a player as a result of being on the field, he shall be penalized for interference. The game officials may determine the penalty, which shall be at a minimum five (5) yards, or placement of the ball or forward progress where in the judgment of the official, the player would have advanced, or the officials may award a score, if appropriate.

N. Fan Interference

1. Fan interference occurs when a fan enters the field of play, catches, tips, or bats a ball in the field of play, throws an object onto the field of play, hinders a player by touching him, or touches the ball while inside the outside plane of the wall. Fan interference immediately ends the down and the play shall be blown dead.
2. Fan Interference shall be handled as follows:
 - a. If the interference occurs against the home team, no violation occurs and the ball is dead and there is no replay
 - b. If the interference occurs against the visiting team, it is a ten (10) yard penalty and an automatic first down. If the interference occurs against the visiting team in the end zone, the ball will be spotted at the one (1) yard-line and an automatic first down awarded.
 - c. If the interference occurs during a loose ball following a fumble, muff,

or kicked ball, prior to a team gaining possession, the down shall be replayed.

- d. If the fan interference occurs while the ball is in a player's possession, the ball becomes dead at the spot when the official blows the whistle for interference. If the home team was in possession, the ball shall next be put in play by the home team at the spot the ball was whistled dead. If the visiting team was in possession, the ball shall next be put in play following the administration of a ten (10) yard penalty from the spot the ball was whistled dead, and the team will be awarded an automatic first down.
- e. Fan interference on all free kicks will result in a re-kick with no penalty. If time expires in either the 2nd or 4th period, the period will be extended for one untimed down.

11.2 Unsportsmanlike Fouls

A. Unsportsmanlike fouls are enforced as dead ball fouls.

B. General Application

- 1. The penalty for an unsportsmanlike foul is always applied at the spot where the ball would next be put in play. If there is an unsportsmanlike foul called against each team, the fouls will offset and there will be no yardage enforcement. A player charged with an unsportsmanlike foul, must sit out for the next 10 minutes of the game.
- 2. If the foul occurs during a scoring play, the score counts and the penalty is applied at the spot where the ball would next be put in play. The offended team can choose the following spots:
 - a. After a touchdown, it may be enforced on the point after touchdown or placed "in the bank" upon choice of the offended team.
 - b. After a successful point after touchdown, the penalty is automatically placed "In the bank".
 - c. All kickoffs shall be from the goal line, and any penalty which would move the kickoff to another yard line shall be enforced on the first scrimmage play after the kickoff.

C. Unsportsmanlike Conduct - Contact fouls

- 1. A player shall be penalized and disqualified from any further game

participation for any unsportsmanlike contact foul against an opponent.

2. Such fouls, whether during a live ball or during a dead ball, are enforced as deadball fouls.
3. These include, but are not limited to:
 - a. Striking or swinging at an opponent with a fist, hand, knee, or elbow in any manner whether or not physical contact is made.
 - b. Kicking or kicking at an opponent whether or not physical contact is made.

Any act or action resulting in contact which the Referee considers to warrant disqualification.

D. Unsportsmanlike Conduct – Non-Contact Fouls

1. Any player or coach may be penalized for any act that, in the opinion of the Officials, is unsportsmanlike conduct.
2. This includes, but is not limited to:
 - a. Verbal abuse or objectionable gestures directed at opponents, Officials, or spectators.
 - b. Removing the helmet on the field play other than during a timeout, between quarters, while an injured player is being attended to, or to make repairs to the helmet which occurred during play.
 - c. Throwing the ball at an opponent, Official, or an occupant in the opponent's bench area
 - d. Interfering with the placement of the Official's flag marking the spot of a foul.
 - e. Continued Unsportsmanlike Conduct after a penalty has been applied.
 - f. Any ball that is thrown in a forceful manner, as determined by the Officials, into the stands will result in an Unsportsmanlike penalty against the team whose player threw the ball. Any player on the visiting team giving a ball away to a fan after a play will also result in an unsportsmanlike penalty.
 - Infraction: Unsportsmanlike Foul

- Penalty: 15 yards and an automatic first down. A penalty for taunting will not take away a score.
3. A second Unsportsmanlike foul for a player or coach will result in a disqualification.
 4. If, in the judgment of the officials, the defense intentionally creates contact with the Umpire to draw a foul against the offense (pick play), the officials can issue an Unsportsmanlike Conduct penalty on the defensive player.

E. Disqualifications

1. Any player or coach may be disqualified for any flagrant Unsportsmanlike Conduct penalty.
2. A player or coach shall be disqualified for a second foul in the same game for Unsportsmanlike Conduct.
3. Any player who is ejected during the season for fighting will be, at a minimum, suspended without pay from the next scheduled team's game. Additional fines and or suspensions can and will be distributed if deemed necessary by the League Office. If a player is ejected for fighting in any other game during the remainder of the season he will be fined and suspended as determined by the League Office.
4. Any player who leaves his team box during a fight on the field will be ejected for the remainder of the game and suspended for a minimum of one (1) game. Teams are allowed to designate one (1) coach as a "peacekeeper" whom is allowed to enter the field in the event of an altercation to help restore order. In the event this coach intensifies the altercation he will be ejected and suspended a minimum of one (1) game. Any additional coaches entering the field will be ejected from the game and suspended a minimum of one (1) game.
5. The definition of fighting is the swinging of arms or legs at an opponent regardless if contact is made, in a violent manner unrelated to football activity.
 - Infraction: Excessive Misconduct or Unsportsmanlike Infraction
 - Penalty: 15 yards and an automatic first down if committed by the defense, plus disqualification.
6. Any player or coach, who leaves the field, into the spectator area or engages a spectator in an aggressive or physical manner while on the field, will be ejected for the remainder of the game, and subject to suspensions and or fines as

determined by the League Office.

7. Any player or coach disqualified from the game must leave the visual confines of the arena and may not return. Failure to do so will result in disciplinary action at the discretion of the League Office, including but not limited to, fines, suspensions, and forfeit of the game for the offending team.

Section 12: APPLICATION OF PENALTIES

In general: Penalty enforcement procedures are based on NCAA rules. Any penalty or game situation that is not covered in this Rulebook will be handled in accordance with NCAA rules. The Referee has the authority to rule on any situation not specifically defined in the IFL Rulebook. This is referred to as a “command decision” and this will be based on what he believes is in the best interest of the IFL. This may necessitate the Referee to conference with his crew.

12.1 Definition

- A. Loss of Down - In any penalty “loss of a down” means that the down upon which the foul occurred is not repeated.
- B. Spots - The enforcement spots are: the previous spot, the spot of the foul, the succeeding spot, and the spot where the run or scrimmage kick ends.
- C. Enforcement Spots
 1. Dead ball: The enforcement spot for a foul committed when the ball is dead is the succeeding spot
 2. Snap: The enforcement spot for fouls occurring simultaneously with a snap is the previous spot
 3. Free kick: The enforcement spot for fouls occurring simultaneously with the free kick or penalties carried over from a touchdown or point after attempt, is the spot where the ball will next be put in play following the kickoff (Exception 6.3.A). When double live ball fouls occur during a free kick down such that the penalties offset, the fouls off-set by rule and there is no re-kick.
 4. Running plays: The basic enforcement spots for fouls that occur during a running play in the field of play or end zone are as follows:
 - a. When the run ends beyond the neutral zone the basic enforcement spot is the end of the related run (Exceptions: Offensive team

facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.)

- b. When the run ends behind the neutral zone before a change of team possession, the basic enforcement spot is the previous spot (Exceptions: Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.)
- c. When there is no neutral zone, the basic enforcement spot is the end of the related run.

5. **Pass plays:** The basic enforcement spot for fouls during a legal forward pass play is the previous spot. Exceptions:

- a. Roughing the passer enforcement on plays that result in a completed forward pass will be enforced from the previous spot or the end of the last run when that run ends beyond the neutral zone and there is no change of team possession during the down.
- b. Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.

6. **Scrimmage kick plays:** The basic enforcement spot for fouls that occur during a legal scrimmage kick play before possession is gained or regained or the ball is declared dead by rule is the previous spot.

7. **Post scrimmage kick enforcement:** The enforcement spot is the spot where the kick ends when Team B fouls occur during a scrimmage kick play in which the ball crosses the neutral zone; Three or more yards beyond the neutral zone;

- a. Before the end of the kick
- b. When Team A does not have possession of the ball when the down ends.
- c. Team B fouls, behind the post scrimmage kick spot, are spot fouls.
- d. Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous

- e. spot. Safety if the foul occurs behind the offensive team's goal line.

8. Behind the goal line

- a. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession (not on a try) in the field of play when the run ends behind the goal line.
- b. The basic enforcement spot is the five (5) yard line for fouls that occur after a change of team possession (not on a try) in the end zone and the ball remains in the end zone where it is declared dead.
- c. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession in the end zone (not on a try) when the run ends behind the goal line and any subsequent loose ball is recovered in the field of play.

9. Fouls during or after a touchdown, field goal or try

Dead ball or unsportsmanlike fouls on a successful touchdown or after the touchdown and before the ball is ready for play on the try may either be enforced on the succeeding spot of the try or put "in the bank".

- a. Defensive live ball fouls on an unsuccessful try when there is no change of possession are penalized half the distance to the goal line and the down is repeated, or if the try is successful, the penalty is declined by rule and the score is good or may be accepted by cancelling the score on a one (1) point try and enforcing the penalty half the distance to the goal for a replay of the try.
- b. Live ball fouls on scoring plays (touchdowns and field goals) will be penalized by rule. To accept a score, the penalty must be declined. A successful field goal may be cancelled and the penalty enforced by rule.
- c. Live ball personal fouls by the defense on scoring plays shall be enforced and the scoring team may choose to enforce on the PAT or place the foul "in the bank". If the penalty occurs in overtime, it may be enforced at the succeeding spot.
- d. Dead ball fouls by either team after a try are automatically put "in

the bank”.

- e. Fouls after Team B possession on a try: penalties against either team are declined by rule (Exception: Penalties for unsportsmanlike contact and dead ball personal fouls are placed “in the bank”. A score by the team committing a foul during the down is cancelled. If both teams foul during the down and Team B had not fouled before the change of possession, the fouls offset, the down is not replayed and the try down is over. If fouls that would normally offset and result in repeating the down occur, the penalties offset, any score is cancelled and the try down is not repeated;

10. Half the Distance Enforcement Procedures - No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team’s goal line. (Exception: 10.1.H.6)

12.2 Penalty Enforcement Fundamentals

- A. Any penalty may be declined, but a disqualified player must be removed.
- B. Fouls for illegal blitz, twist, or stunt will carry a five (5) yard penalty and an automatic first down for the offense from the basic spot or acceptance of the result of the play. This enforcement does not pertain to defensive alignment fouls which, if accepted, are penalized five (5) yards from the previous spot (since they occur simultaneously with the snap).
- C. When a foul is committed, the penalty shall be completed before the ball is declared ready for play for the next down.
- D. A foul that occurs simultaneously with the snap or free kick is considered as having occurred during that down. (Offside by either team is a live ball foul.)
- E. When two (2) or more live ball fouls are committed by the same team, they are called multiple fouls, and the referee shall explain the alternative penalties to the field captain of the offended team, who may then elect to accept only one of the penalties.
- E. If live ball fouls are committed by both teams, they are called double fouls and each such foul is an offsetting foul. The penalties cancel each other and the down is replayed. (Exception: When there is a change of possession during the down or at the end of the down by rule, the team last gaining possession may decline

offsetting fouls and thereby retain possession after completion of the penalty for its infraction if it had not fouled before its last gaining possession.

- F. When Team B's foul calls for post scrimmage kick enforcement, Team B may decline offsetting fouls and accept post scrimmage kick enforcement.
- G. Any dead ball fouls, or live ball fouls which are administered as dead-ball fouls, will offset.
- H. When a live ball foul is committed by one team and one or more dead ball fouls are committed by either team, both the live ball and dead ball fouls are enforced, in the order of their occurrence, provided that the live ball foul is enforced first.
- I. If either half ends with a penalty that can be placed "in the bank", the offended team may;
 - a. Accept the penalty and enforce it on the try.
 - b. Place the penalty "in the bank", thereby extending the half with an untimed free kick or kicks, followed by a scrimmage down as necessary to enforce fouls that are by definition "in the bank".
 - c. Elect to have the foul banked and carried over to the second half or overtime.
 - d. Decline the penalty.
- J. When penalties are to be enforced for fouls that occur during or after free kick downs when there is a penalty "in the bank", all banked fouls shall be completed last and may not offset non-banked fouls. (Note: banked and non-banked fouls may offset in distant, but, because the indoor field is smaller, it's important to march off the distance in the order of occurrence, as most likely one or more of the enforcements will be a half the distance penalty.

12.3 The Three-and-One Principle

- A. The Three-and-One Principle of penalty enforcement applies when the penalty statement for a foul does not specify the enforcement spot.
- B. The Three-and-One Principle is as follows:
 - 1. When the team in possession commits a foul behind the basic spot, the

penalty is enforced at the spot of the foul.

2. When the team in possession commits a foul beyond the basic spot, the penalty is enforced at the basic spot.
3. When the team not in possession commits a foul either behind or beyond the basic spot, the penalty is enforced at the basic spot.

Section 13: SUMMARY OF PENALTIES

13.1 Automatic First Down Penalties

- A. Defensive pass interference or illegal contact with eligible receiver
- B. Unsportsmanlike foul penalties
- C. Defensive Personal fouls
- D. Illegal scrimmage kick rush.
- E. Illegal batting
- F. Fan Interference (against the home team only)
- G. Illegal blitz, twist or stunt
- H. Horse Collar tackle
- I. Illegal defense

13.2 Loss of Down Penalties

- A. Illegal forward pass or handing
- B. Intentionally grounding
- C. Illegal kicking, touching or batting

13.3 Five Yard Penalties

- A. Delay of Game
- B. Illegal Substitution
- C. Illegal motion
- D. Offensive motion man in the box at the snap
- E. Defensive man in box at the snap
- F. Blitzing/twisting/stunting infraction
- G. Illegal offense/defense
- H. Illegal planned fake scrimmage kick when ball moved to Team A's 4
- I. Illegal defensive contact with an eligible receiver
- J. Illegal formation
- K. Illegal numbering
- L. Illegal procedure
- M. False start
- N. Snap infraction
- O. Offside
- P. Encroachment
- Q. Coach or bench interference/field violation (warning first)
- R. Illegal forward pass/handing
- S. Illegal scrimmage kick rush
- T. Ineligible receiver downfield
- U. Illegal touching by an ineligible receiver

V. Running into kicker/holder

13.4 Ten Yard Penalties

- A. Holding
- B. Tripping
- C. Aiding the runner
- D. Block in the Back
- E. Fan interference
- F. Illegal Participation
- G. Illegal block (below waist, chop, cut, crack)
- H. Clipping
- I. Kick Catch Interference
- J. Offensive pass interference
- K. Illegal kicking or Illegal batting
- L. Illegal Pyramid
- M. Horse collar tackle

13.5 Fifteen Yard Penalties

A. Personal fouls

1. Piling on
2. Contacting an opponent out of bounds
3. Roughing the passer
4. Roughing the kicker, holder, or snapper
5. Face Mask (grab and twist) (Note: 5 yard Minor Face Mask Penalties have been eliminated)

6. Initiating unnecessary contact against a player in a defenseless posture

a. Players in a defenseless posture are:

- i. A player in the act of or just after throwing a pass.
- ii. A receiver attempting to catch a pass, or who has completed the catch and has not had time to protect himself or has not clearly become a runner. If the receiver/runner is capable of avoiding or warding off the impending contact of an opponent, he is no longer a defenseless player.
- iii. A runner already in the grasp of a tackler and whose forward progress has been stopped.
- iv. A kick returner attempting to field a kick in the air.
- v. A player on the ground.
- vi. A player who receives a "blindside" block when the blocker is moving toward or parallel to his own end line and approaches the opponent from behind or from the side.

b. Prohibited contact against a player who is in a defenseless posture is;

- i. Forcibly hitting the defenseless player's head or neck area with the helmet, facemask, forearm, or shoulder, regardless of whether the defensive player also uses his arms to tackle the defenseless player by encircling or grasping him.

Lowering the head and making forcible contact with the top/crown or forehead/hairline parts of the helmet against any part of the defenseless player's body. Note: these provisions do not prohibit incidental contact by the mask or helmet in the course of a conventional tackle on an opponent.

- ii. Illegally launching into a defenseless opponent. It is an illegal launch if a player leaves both his feet prior to contact to spring forward and upward into his opponent and uses any part of his helmet to initiate forcible contact

against any part of an opponent's body. This does not apply to contact against a runner, unless the runner is considered to be a defenseless player.

- B. Unnecessary roughness or fighting
- C. Unsportsmanlike conduct, including contact with an official
- D. Defensive pass interference, if the spot of the foul is greater than fifteen (15) yards from the previous spot.
- E. Intentional pass interference, in addition to any other distance penalty assessed against the defense.

F. Ball Infraction

1. Illegally tossing, handing, or giving away a ball to the crowd or not surrendering the ball.
2. Illegally tossing, handing or giving away a ball is enforced on the visiting team only with the exception if the ball is thrown into the stands with force (both home and visiting teams).

13.6 Disqualification

- A. Fighting
- B. Two unsportsmanlike fouls
- C. Contact with an official
- D. Flagrant live ball fouls
- E. Player or coach entering spectator area in aggressive/angry manner

13.7 Special Enforcements

A. Fouls on Free Kick Downs

1. For kicking team offside fouls, the receiving team has the option to; decline the penalty and take it where it lies, re-kick the ball with the

penalty “in the bank”, or take the result of the play and have the 5-yards enforced from the succeeding spot.

2. If the kickoff team recovers the ball on an onside kick but is flagged for being offside, the penalty is accepted and the ball is put in play by the receiving team at the spot of the recovery. There is no re-kick.

B. Defensive Pass Interference

1. The ball is placed at the spot of the foul and automatic first down if the spot of the foul is less than fifteen (15) yards from the previous spot.
2. If the interference occurs in the end zone, the ball will be placed at the two (2) yard line.

C. Coach or bench interference - at least five (5) yards, up to awarding a score (loss of privilege to be on the field)

D. Fan interference

1. Home team may receive no benefit and receives no replay
2. Visiting team receives ten (10) yards and an automatic first (1st) down.

E. Penalties occurring after a change of possession in overtime

1. By Team B: No score by B can occur.

By Team A: Penalties automatically declined and Team B awarded its possession, on twenty (20) yard line

By both teams: Penalties automatically declined and the down is not replayed

Exception: Dead ball fouls/live ball fouls enforced as dead ball fouls, enforced at succeeding spot.

Banked penalties - Any penalty which cannot be enforced on a free kick, but that will be administered prior to the first scrimmage down following a free kick.