

# **FORT CAMPBELL KENTUCKY FLAG FOOTBALL RULE BOOK**

*This Rulebook is for Fort Campbell MWR Intramural Sports use only. Modifications were made to the 2017 & 2018 NIRSA Flag & Touch Football Rules Book & Officials' Manual 18th Edition eBook (2017) by the DFMWR Sports, Fitness, and Aquatics Office.*

## **Sportsmanship**

The primary goal of the rules is to maximize the safety and enjoyment of the Soldier-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in behavior of players and bench personnel, in crowd control by game management and in the officials' proper enforcement of the rules governing related actions.

## **RULE 1 The Game, Field, Players, and Equipment**

### **Section 1. The Game**

**Art. 1.** Flag Football is played by two teams of nine players each. The objective is for each team to throw, catch, or run the ball into its own end zone and to prevent the other team from scoring.

**Art. 2.** The game should be played between (two) 2 teams of nine (9) players each. A maximum of 20 players on a team

**Art. 3.** The game shall be played under the supervision of three (3) to four (4) officials.

**Art. 4.** A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.

**Art. 5.** Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

### **Section 2. The Field—Dimension**

**Art. 1.** The field should be a minimum of 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.

**Art. 2.** A one (1) yard wide line should be marked at each end at the three and ten yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.

### **Section 3. Game and Player Equipment**

**Art. 1.** Football. The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. Men shall use the regular size while women shall use the intermediate, junior, or youth size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.

**Art. 2.** A uniform shall consist of the game shorts/pants and game jersey. Game shorts/pants are the bottom portion of the uniform and will be free of pockets (to include pockets with zippers). Game jerseys are the top part of the uniform.

**Art. 3.** Opposing team uniforms shall be of contrasting colors. The home team shall wear light game jerseys and the away team shall wear dark game jerseys and game shorts/pants. If customs jerseys are worn, they must be free from all shades of red and gold.

**Art. 4.** Flag belt. Each player must wear a one-piece belt at the waistline with two (2) flags attached, one flag on each side.

**Penalty:** *Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.*

**Art. 5.** Gloves. Players may wear gloves which must consist of a soft, pliable and nonabrasive material

**Art. 6.** Headwear. Players are not permitted to wear bandanas. Players may wear knit or fleece stocking caps, or elastic headbands. Hats/caps may not have a bill.

**Art. 7.** Shoes. Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats or removable cleats are permitted.

**Art. 8.** A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:

- a. Headgear containing any hard, unyielding, or stiff material, including billed hats.
- b. Jewelry
- c. Pads or braces worn above the waist.
- d. Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
- e. Shirts, Pinnies, or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
- f. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
- g. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
- h. Towels attached at the player's waist (center is only player allowed to have a towel, towel is consider part of the flag).

**Art. 9.** An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

## **Section 4. Periods, Time Factors, Substitutions**

**Art. 1.** Games will be start at 1800, 1900, and 2000. Game time is forfeit time (1805 is the forfeit time for the first game only).

**Art. 2.** Captains Choice and Pinnies. The first team on the scoresheet shall be the home team (red pennies) and the second team shall be the visitor's team (blue pennies). The visitor's team captain will have a choice of heads or tails during the coin flip. The team that wins the coin flip will have three (3) choices to choose from:

- a. Receive the ball
- b. Defer till the second half
- c. Defend

Whichever team chooses from the three (3) options, the other team chooses the direction.

**Art. 3.** Length of game. Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be five minutes. When overtime is used, there will be a three minute intermission.

**Art. 4.** Shortened Periods. Before the start of the game, playing time may be shortened by mutual agreement of the Referee and Sports Administrator. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the Referee and Sports Administrator.

**Art. 5.** Extended Periods. A half may be extended by an untimed down when, during the last timed down, one of the following occurred:

- a. If there was a foul by the defensive team, and the penalty is accepted.
- b. If there was a double foul.
- c. If there was an inadvertent whistle and the down is to be replayed.
- d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.

**Art. 6.** Continuous Clock. The Clock will start when the ball is snapped by the offensive team. It will run continuously for the first 19 minutes unless it is stopped for:

A. Team time-out (clock resumes on snap of next play)

B. Referee's time-out (clock resumes on official's ready to play whistle)

**Art. 7.** 1–Minute Warning - Approximately one (1) minute before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. Referee will announce to the captains the remaining time and status of the clock after every play during the final one (1) minute.

**Art. 8.** Stopped Clock - During the final one minute of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:

- a. Incomplete Pass
- b. Out-of-Bounds
- c. Score (touchdown or safety)
- d. Team time-out
- e. Fair Catch
- f. Penalty and administration
- g. Referee's Time-out - starts at his/her discretion
- h. Touchback
- i. Change of Possession
- j. Team attempting to conserve time illegally

**Art. 9.** Timing Errors. The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.

**Art. 10.** Tie Game. In case of a game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.

- a. A coin will be flipped or odd/even choice by the visiting team captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period will alternate who is on offense, the direction will not change.
- b. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
- c. Unless moved by penalty, each team will start 1st and goal from the 20 yard line. The object will be to score a touchdown. An overtime period consists of one (1) series of downs. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their

chance. They must convert to win or another period starts. Each team is entitled to one (1) time-out per overtime period.

- d. Penalties. The offense should be awarded a new series of four (4) downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.

**Art. 11. Time-Outs.** Each team is entitled to two (2) charged timeouts per half.

*Note: Timeouts do not carry over.*

- a. The Referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.
- b. The Referee shall declare an official's time-out when a team is illegally conserving time and administer a 5-yard penalty.
- c. The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
- d. Coach-Referee Conference. When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the Sport Administrator and team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended. At the end of the half the team has until the first snap of the second half to protest.
- e. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

**Art. 12. Substitutions.** No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

**Art. 13. Illegal Participation.**

- a. To have ten (10) or more players at the snap.
- b. To use a player, replace player, or substitute in a substitution or pretended substitution to deceive opponents at or immediately.
- c. For a disqualified player to reenter the game.
- d. When a player, replaced player, or substitute enters during a down.

- e. Quarterback throws a legal forward pass to a receiver, the receiver steps on the sideline or out-of-bounds, return inbounds and catches the pass.

***Penalty: Illegal Participation, 10-yards from previous spot.***

## **Section 5. Delays**

**Art. 1.** Delay of Game. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:

- a. Failure to snap or free kick within 25 seconds after the ball is ready for play.
- b. Putting the ball in play before it is declared ready for play.
- c. Deliberately advancing the ball after it has been declared dead.

**Art. 2.** Unfair Tactics. The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

Penalty: Delay of Game, 5-yards from previous spot.

## **Section 6. Series of Downs, Number of Down, & the Team Possession after Penalty**

**Art. 1.** Each team receives four (4) downs to pass the zone-line-to-gain or end zone.

**Art. 2.** The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

**Art. 3.** A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, free kick, protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball.

**Art. 4.** If offsetting fouls occur during a down, that down shall be repeated.

*Exception: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declines all penalties for its opponent's fouls, other than unsportsmanlike.*

## **RULE 2 Kicking the Ball and Fair Catch**

### **Section 1. Protected Scrimmage Kick**

**Art. 1.** Prior to the start of each half, the receiving team will have 1<sup>st</sup> down on the 14 yard line with the line of gain the 20 yard line.

**Art. 2.** Prior to making the ball ready for play on fourth down, the Referee must ask the offense if he/she wants a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other officials.

**Art. 3.** The offense must have all field players (8) except the punter on the line of scrimmage. The defense must have at least five (5) players within one (1) yard of their scrimmage line. All players on the line of scrimmages must remain motionless until the kick is made. A line player may not raise his/her arms to distract the kicker or block the kick.

**Penalty:** *Illegal Procedure, 5-yards from the previous spot.*

**Art. 4.** The kicker may take the snap directly from under the center. After receiving the snap, the kicker must back up five (5) yards and kick the ball immediately and in a continuous motion.

**Art. 5.** Any kick caught by the kicking team behind the line of scrimmage cannot be advanced.

**Art. 6.** It is illegal at any time for the receiving team block the kicking team. The receiving team can stand in front of the kicking team or form a wedge without blocking.

**Penalty:** *Illegal Blocking, 10-yard from the spot of the foul.*

**Art. 7.** The ball shall be dead and place at the spot of the second bounce after making contact with the ground.

### **Section 2. Fair Catch**

**Art. 1.** Any receiver may signal for a fair catch while any kick is in flight and is beyond the kicker's free kick line.

**Art. 2.** If any receiver gives a valid signal for a fair catch and catches the kick beyond the kicker's line and between the goal lines, it is a fair catch and the ball becomes dead.

**Art. 3.** After a valid fair catch signal by any member of the receiving team, no receiver may advance the ball. When receiving a protected kick the receiver may call for a fair catch. The player must signal intention by extending one arm above his/her head and waving laterally from side to side more than once.

**Art. 4.** An invalid fair catch signal is any signal by a receiver before the kick is caught or recovered that does not meet the requirements of a valid signal or after the kick has touched a receiver or the ground.



## **RULE 3 Snapping, Handling, Passing, Receiving, Running the Ball**

### **Section 1. Prior to the Snap**

**Art. 1.** Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his/her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.

**Penalty:** *Dead Ball Foul, Encroachment, 5-yards from the previous spot.*

**Art. 2.** The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

### **Section 2. Position and Action during the Snap**

**Art. 1.** The offensive team must have at least five (5) players on their scrimmage line at the snap.

**Penalty:** *Illegal Procedure, 5-yards from previous spot*

**Art. 2.** All offensive players must be within 20 yards of the ball.

**Penalty:** *Illegal Procedure, 5-yards from previous spot*

**Art. 3.** One offensive player may be in motion, but not in motion toward the opponent's goal line.

**Penalty:** *Illegal Motion, 5-yards from previous spot*

**Art. 4.** The player who receives the snap may take a direct snap from the center.

**Art. 5.** In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, and arms for at least one full second before the snap.

**Penalty:** *Illegal Motion, 5-yards from previous spot*

### **Section 3. Passing and Receiving**

**Art. 1.** There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may dive for to try to remove a flag.

**Art. 2.** A runner may pass the ball backward except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged/tagged.

**Art. 3.** A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession unless lost on downs.

**Art. 4.** A backward pass or fumble that goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind a goal line, it is a touchback or safety.

**Art. 5.** If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble.

**Art. 6.** All players are eligible to catch a pass.

**Art. 7.** A forward pass is illegal:

- a. If the passer's foot is beyond the line of scrimmage.
- b. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
- c. If there is more than one forward pass per down.

**Art. 8.** The line of scrimmage remains throughout the play. A team may advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt.

**Art. 9.** If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of-bounds.

- a. If one (1) foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
- b. A loss of ball simultaneously with returning to the ground is not a catch or interception.

**Art. 10.** A player may, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided he/she has not touched the ground yet.

#### **Section 4. Pass Interference**

**Art. 1.** Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when two (2) or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the line of scrimmage.

- a. Offensive Pass Interference - after the ball is snapped, and until any player has touched it, there shall be no offensive pass interference beyond the line of scrimmage.

***Penalty: Offensive Pass Interference, 10-yards from previous spot or result of the play***

- b. Defensive Pass Interference - after the pass is thrown, and until any player has touched it, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.

***Penalty:** Defensive Pass Interference, 10-yards from previous spot or result of the play*

## **Section 5. Roughing the Passer**

**Art. 1.** Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion.

***Penalty:** Roughing the Passer, 10-yards, automatic first down*

## **Section 6. Running and Flag Belt Removal**

**Art. 1.** Flag Belt Removal. When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.

- a. Players must have possession of the ball before they can legally be deflagged.
- b. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
- c. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
- d. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
- e. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
- f. A player may leave his/her feet when trying to remove the flag.

**Art. 2.** Contact. In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

***Penalty:** Defensive holding, 10-yards from spot*

**Art. 3.** Flag Guarding. A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.

***Penalty:** Flag guarding, 10-yards from the spot of the penalty.*

**Art. 4.** Face Guarding. A defensive player may not use their arms and hands to intentionally obstruct the receiver's view of the ball.

**Penalty:** *Face guarding, 10-yards from the previous spot or result of the play.*

**Art. 5.** Stiff Arm. A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a "stiff arm" to flag guard.

**Penalty:** *Stiff Arm, 10-yards from the spot of the penalty*

**Art. 6.** Helping the runner. A player shall not grasp, pull, push or aid any teammate runner.

**Penalty:** *Helping the Runner, 5-yards from spot of the penalty.*

## **Section 7. Blocking**

**Art. 1.** Offense Blocking. The offensive blocking shall take place with hand contact only. The blocker shall have his/her hands and arms fully extended or elbows at a 90 degree angle. Any use of the arms, elbows, legs, or body to initiate contact during an offensive block is illegal.

**Penalty:** *Personal Foul, 10-yards from the spot of the penalty*

**Art. 2.** Interlock Blocking. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

**Art. 3.** Defensive Rush and Use of Hands. Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.

**Penalty:** *Personal Foul, 10-yards from previous spot*

## **RULE 4 Scoring Plays and Touchbacks**

### **Section 1. Mercy Rule**

**Art. 1.** If a team is 36 or more points ahead with eight minutes to go in the second half, the game shall be officially called.

**Art. 2.** If a team scores during the last eight minutes of the second half and that score creates a point differential of 36 or more the game shall end at that point.

**Art. 3.** If a team is 24 or more points ahead with four minutes to go in the second half, the game shall be officially called.

**Art. 4.** If a team scores during the last four minutes of the second half and that score creates a point differential of 24 or more the game shall end at that point.

**Art. 5.** If a team is ahead by 18 or more points, the clock will not stop within 1 minute of the second half.

**Art. 6.** The team can still play until five (5) minutes of the official start of the next game if they choose to. (Service to participate)

## **Section 2. Touchdown**

**Art. 1.** All touchdowns are six (6) points.

**Art. 2.** A touchdown shall be scored when a legal forward pass is completed, backward pass is caught behind the opponent's goal line, or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line.

## **Section 3. Extra Point Try = 1, 2, or 3 Points**

**Art. 1.** An opportunity to score one point from the 3-yard line or two points from the 10 yard line, or three points from the 20 yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.

**Art. 2.** The Referee must speak to the field captain, asking him/her whether the try shall be from the 3, 10, or 20-yard line. Once the scoring team makes the choice, he/she may change the decision only by taking a charged team time out.

**Art. 3.** If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

## **Section 4. Safety = 2 points**

**Art. 1.** It is a safety when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession.

### ***Exception: Momentum Rule***

**Art. 2.** A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.

**Art. 3.** When a safety is scored, the defending team now becomes the kickoff receiving team. The kicking team have the choice of kicking from the kicking tee or conduct a drop punt from the 20 yard line.

## **RULE 5 Conduct of Players and Others**

### **Section 1. Unsportsmanlike Conduct**

**Art. 1.** No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:

- a. Any acts of unfair play.

- b. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.
- c. Intentionally kicking at any opposing player.
- d. Intentionally swinging an arm, hand or fist at any opposing player.

**Art. 2. Dead Ball Player Fouls**

- a. Intentionally kicking the ball.
- b. Spike the ball into the ground.
- c. Throw the ball high into the air.

**Art. 3. Prohibited Acts.** There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:

- a. Attempting to influence a decision by an official.
- b. Disrespectfully addressing an official.
- c. Indicating objections to an official's decision.
- d. Holding an unauthorized conference, or being on the field illegally.
- e. Using profanity, insulting or vulgar language or gestures.
- f. Intentionally contacting a game official physically during the game by persons subject to the rules.

**Section 2. Personal Fouls**

**Art. 1.** No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:

- a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- b. Trip an opponent.
- c. Contact an opponent who is on the ground.
- d. Throw the runner to the ground.
- e. Hurdle any other player.
- f. Contact an opponent either before or after the ball is declared dead.
- g. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
- h. Deliberately drive or run into a defensive player.

- i. Clip an opponent.
- j. Tackling the runner.

### **Section 3. Disqualified Player**

**Art. 1.** A disqualified player is one who is barred from further participation in a game after receiving two (2) personal fouls or two (2) unsportsmanlike fouls.

**Art. 2.** A team member who leaves the sideline area during a fight shall be disqualified and ejected.

**Art. 3.** Officials shall notify the coach and then the player of any disqualification.

**Art. 4.** When the coach is notified by an official that a player is disqualified, that player becomes sideline personnel, except when the disqualified individual is ejected.

**Art. 5.** A disqualified player shall be replaced within a 20-second time limit. A whistle shall be sounded both 15 seconds before the expiration of this time limit and at the end of the time limit, with the latter whistle indicating that play shall resume immediately.

### **Section 4 Ejection**

**Art. 1.** Ejection is the act of immediate dismissal of an individual from participation in a game because of a specific infraction of the rules.

- a. In addition to being disqualified, an individual who is ejected shall leave the playing field and facility as well.

**Art. 2.** The following shall result in automatic ejection:

- a. Incurring the maximum number or combination of technical fouls (2);
- b. Participating in a fight;
- c. Leaving the bench area during a fight situation as bench personnel but not participating in the fight; or
- d. Participating after having been disqualified for a reason other than ejection.

**Art. 3.** All ejected personnel will serve a minimum one (1) game suspension.

## **RULE 6 Definitions of Playing Terms**

### **Section 1. Definitions**

**Art. 1.** Catch. A catch is an act of establishing player possession of a live ball in flight.

**Art. 2.** Clipping. Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back.

**Art. 3. Encroachment.** Encroachment is a term to indicate a defensive player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone.

**Art. 4. Fair Catch.** A signal made by receiving person of a punt in which the receiver cannot run after catching the ball and the ball is immediately down when caught.

**Art. 5. Foul.** A foul is a rule infraction for which a penalty is assessed.

**Art. 6. Fumble.** A fumble is a loss of player possession other than by handing passing or kicking the ball.

**Art. 7. Goal Line.** Each goal line is a vertical plane separating the end zone from the field of play. The plane of goal extends beyond the sideline.

**Art. 8. Hurdling.** Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

**Art. 9. Interception.** A catch of an opponent's pass or fumble in flight is an interception.

**Art. 10. Live Ball.** A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

**Art. 11. Neutral Zone.** The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the spot cone markers and extends to each sideline. It is established when the ball is ready for play.

**Art. 12. Pass (Forward and Backward) -** A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

**Art. 13. Penalty.** A penalty is a loss imposed by rule upon a team that has committed a foul.

**Art. 14. Protective Scrimmage Kick.** A punt in which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked.

**Art. 15. Punting.** A punt is kicking the ball by a player who drops it and kicks it before it hits the ground.

**Art. 16. Screen Blocking.** Screen Blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blocker's body.



**Art. 17.** Tagging. Tagging is placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If a player trips the runner in his/her attempt to make a diving tag, it is a penalty.

**Art. 18.** Tripping. Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.