

City Of Oviedo Adult Flag Football Rules and Guidelines

I. GUIDELINES AND PROCEDURES

A. Registration

1. Teams must register for each season within the time specified by the City of Oviedo's recreation department and must pay league and other specified fees, (i.e. certification fees including FFFL) in full at time of registration. Any team that participates in any Florida Flag Football League (FFFL) sanctioned league or tournament must present proof of certification or must pay the certification fee before participating in the tournament/league. Failure to obtain certification will prevent the team from participating in the league and result in forfeiture of the entry fee.

2. Each player must sign and complete the indemnification/waiver form to be filed with the Oviedo Recreation Department before participating. All players must be no less than 18 years of age to participate. All players must be designated as City-Resident or Non-City Resident. Proof of residency may be required.

3. To qualify for FFFL certification and to file for certification, the team manager must complete the proper certification form, which is available from the league director, or Florida Flag Football League. This completed form must be turned into the local league director.

B. Teams/Players

1. The team manager is the official team representative. The manager will appoint offensive and defensive captains prior to the game. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.

2. A team is responsible for the behavior of its fans. The team manager will constantly strive to keep the fans from being unruly, verbally and/or physically abusive towards other individuals/referees. A referee may charge a team with unsportsmanlike conduct penalty based on any undesirable behavior from a team's fans. A referee may eject any fan(s) from the facility. The fan(s) must leave the facility within two minutes or a forfeit will be charged against the fan(s) team.

3. The game should be played between 2 teams of 7 players each. 6 players are required to avoid a forfeit. The game shall be played under the supervision of 2 officials. 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.

4. Captains Choice– The second team on the score-sheet shall be the home team. The visiting team will call the coin toss. The winner of the coin toss will have the choice of starting on offense or defense first. Whichever team chooses to start on offense or defense, the other team chooses the direction

5. All Coaches and Players must stay between the 20 yard lines.

C. Roster

1. Roster information includes: each player's name, address, phone number, birth date, and signature.

2. Rosters are limited to a maximum of fifteen (15) players. Any player included in a team roster **must sign an individual waiver form before they step on the field of play.**

3. Rosters must be filed with the league director. A player is committed to a team when his signature appears on the roster. Teams with space available on their roster can **add players until the 8th scheduled week.** To be eligible for the post-season tournament players have to have played in three (3) regular season games. **THERE WILL BE NO EXCEPTIONS!**

4. Roster changes will not be accepted over the phone. Roster changes must be done personally at the field.

D. Fees

1. Established fees must be paid by the established deadline set by the Oviedo Recreation & Parks Department. **Under no circumstances will a team owing any fees (including forfeit fees) or registration paperwork (roster or FFFL) be allowed to play until all requirements are satisfied even if this results in a forfeited game.**

2. The Oviedo Recreation & Parks Department has a No Refund policy. Any exception to this policy, prior to the start of the season, will incur 25% administration fee deducted from the total league fee. Exceptions can only be approved by the Oviedo Recreation & Parks Department Director. Teams withdrawing from the league after the league schedule has been made and printed shall forfeit the entire league fee.

3. FORFEITURE FEE: ANY TEAM THAT FORFEITS A GAME AT ANY TIME DURING THE SEASON WILL HAVE TO PAY A \$25 FEE BEFORE THEY CAN PARTICIPATE IN THEIR NEXT SCHEDULED GAME.

a. Payment is accepted only at Riverside Park, no fees will be accepted at the field of play.

b. Any team that forfeits three times is out of the league. This fee will be charged every time a team forfeits their scheduled game.

5. If a team does not pay their forfeit fee they will be dropped from league play. Teams dropped from league play that have an outstanding forfeit fee will have to pay this fee before they can return to any Oviedo Flag Football League.

6. Teams unable to play a game for whatever reason must contact the Athletic Supervisor at least forty-eight (48) hours before scheduled game time to have the forfeit fee waived. **Please call the league administrator at 407-971-5569 or 407-971-5580.**

II. Game and Player Equipment

Before the game, officials will check all players for uniform or equipment violations. If violations are found, the player will be required to fix to conform to these regulations in order to be eligible to play. Failure to conform may result in ejection. Here is the following equipment:

1. Football – The official ball shall be pebble-grained leather or rubber covered and must be an officially licensed NFL or NCAA football produced by major football manufactures.

2. Jerseys –

A. Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.

B. Each teams' players must wear like colored, different numbered jerseys.

C. The jersey cannot cover the flag belt or interfere with the flag pull attempt. **All jerseys must be tucked into shorts/pants. No exceptions.**

3. Pants / Shorts - Each player must wear pants or shorts with **ABSOLUTELY NO** belt(s), belt loop(s), exposed drawstrings, or pockets. The pants or shorts must be a different color than the flags.

4. Flag belt - Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.

5. Jewelry – **No** jewelry may be worn

6. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material

7. Headwear – Players may wear knit stocking caps, or elastic headbands. Hats may have a bill.

8. Shoes –

a. A player must wear either molded bottom cleats or soft bottom sneakers, tennis shoes, running shoes, soft-soled shoes and football shoes. **NO metal spiked shoes/cleats allowed!**

b. No player may compete shoeless except for that player who actually kicks or punts the ball in kickoff or punting plays.

9. Towels – A player may wear a hand towel tucked in the front part of the

waist/flagbelt area. In this situation, the towel becomes a flag. A ball carrier whose towel is pulled by a defender is “tackled” at that spot. The offense may have a full-size towel in the huddle between downs. During plays, the towel may remain on the field ONLY if kept well behind the quarterback.

III. RULES AND REGULATIONS

1. There is a five minute grace period for each game. After five minutes, **game time is forfeit time.**
2. Length of game - Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 5 minutes.
3. 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 either 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.
4. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the **first 18 minutes of each half** unless it is stopped by a timeout.
5. Play Clock- There will be 30 seconds between plays, beginning with the end of the previous play. This includes scoring plays. The ready-for-play whistle will be blown on all plays.
6. 2-Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half.
7. Stopped Clock - **During the final 2 minutes of each half** the clock will stop for a first down, penalty or injury, out of bounds play, change of possession, incomplete pass, and timeout. The clock will restart on the next center snap or in the case of the first down the ready-for-play whistle.
8. Inadvertent quick whistle: When the referee blows the whistle before a play actually ends, the team in possession of the ball at the time of the quick whistle has the option of either keeping the yardage gained up to the point of the quick whistle or of returning the ball to the previous spot and replaying the down.

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.

10. Overtime – A coin toss determines possession. The captain of the team in possession of the ball at the end of regulation calls the coin toss. The winner has a choice of offense or defense or to defend a goal. Offense puts ball in play from the defense 20 yard line and has four downs to score. Touchdowns, PAT, and safeties count as usual. Change of possession occurs when the offense scores a TD and tries a PAT or turns the ball over on downs or if it throws an interception. **The defense may not advance an interception; the ball is dead.** After the offense ends its possession then the team on defense gets possession and puts the ball in play from the same 20 yard line. ALL penalties are enforced as usual including loss of down and automatic first down penalties. Each team has only ONE timeout during the OT period. Unused time-outs from the second half or previous OT period may not be carried over. There is no time limit in the OT procedure: however, the offense has the usual 30 seconds from the ready-to-play whistle to put the ball in play in order to avoid a 5-yard delay of game penalty. If the score is tied after the first OT, the loser of the first OT coin toss gets the choice of offense or defense or to defend a goal. The OT procedure continues in like fashion through as many periods that are needed to break the tie. Must go for 2 after 2nd OT.

11. Time-Outs – **Each team is entitled to 2 charged timeouts per half.**

- A. Unused timeouts may not be carried over into the next half or any overtime period. There is an automatic 1-minute timeout at the 2-minute warning of either half.
- B. 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.
- 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 SITE supervisor 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.

12. Delays

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: Failure to snap or free kick within 25 seconds after the ball is ready for play.

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

13. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

IV. GAME BASICS

A. Scoring:

6 points – Touchdown

2 points – Safety

2 points – Extra Point (PAT) - a successful PAT from the 10 yard line

1 points – Extra Point (PAT) – a successful PAT from the 5 yard line

2 points – PAT attempt is intercepted and returned for a score by the defensive team.

* 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.

Extra Points- Two-point conversions will be attempted from the 10 yard line. One point conversions will be attempted from the 5 yard line.

Pass Interference- If pass interference occurs in the end zone during at PAT attempt, the succeeding spot will be the 1 yard line if attempting for one point or the 6 yard line if attempting for two points.

B. Mercy Rule:

1. When a team is leading by 33 or more points going into the second half then the game will be called due to mercy rule.

2. When a team leads by 17 or more points at or anytime after the two-minute warning of the second half, the game ends immediately and that team automatically wins.

C. Offense:

1. Each team receives four (4) downs to pass the line-to-gain or the end-zone. Zone-line-to-gains are every 20 yards.

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.
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.
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.

D. Kick-offs:

1. Coin toss precedes the game. The winner of the toss has choice to defend a goal or to receive. The receiving team will begin the game with the ball on their own 20 yard line.
2. Teams will switch directions to begin the 2nd half.

E. Punts:

Prior to making the ball ready for play on fourth down, the Referee must ask the offense if they elect to punt. The Referee must communicate this decision to the defensive captain and the other officials. The offense cannot change their mind once a punt is declared.

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

- a. The receiving team must have three (3) players on the defensive line until the kick is made.
- b. Punt returner may advance the ball when it is caught on a fly, on a bounce, roll, or fielded in the end zone.

Fair Catch

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

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.
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.
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.

V. SNAPPING, HANDLING, PASSING, RECEIVING, RUNNING THE BALL

Prior to the Snap Defense

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: Live Ball Foul, Encroachment, 5 yards from the previous spot.

Prior to the Snap Offense

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.

Position and Action during the Snap

1. 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, play continues.

2. 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, play continues.

Passing and Receiving & Running with the ball

1. There is no **diving** while running with the ball. A receiver may dive to catch a ball.
2. A runner may pass the ball backward at anytime except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged/tagged.
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.
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.
5. All players are eligible to receive a pass.
6. **Illegal Participation:** An offensive player who voluntarily or accidentally steps out-of-bounds may not touch or catch a pass or participate at all in the play.

Penalty: Illegal Participation; play continues; 10 yards LOS; next down.

NOTE: *A player who is forced out-of-bounds may return in-bounds to touch or catch a pass.*

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 (intentional grounding).
8. The line of scrimmage remains throughout the play. Unlimited amount of forward passes are allowed behind the line of scrimmage.
9. **Ground Catch:** A player who kneels (one or both knees), sits or is laying down on the field may legally catch a ball as long as no body part is out-of-bounds. The ball would be dead at the spot of the catch
10. If a player attempts a catch or interception while in the air, the player must contact the ground inbounds with one foot 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 foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch 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.

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

12. Pass Interference - Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference.

Penalty: Offensive Pass Interference, 10 yards from previous spot, loss of down

Penalty: Defensive Pass Interference, 15 yards or spot if less, automatic first down

13. **Roughing the Passer:** A defender may not rough the passer, defined as when a defender makes any contact with the passer before, during, or after the actual pass attempt.

Penalty: With or without contact of ball - 5 yards; automatic first down.
Avoidable, intentional, flagrant - 15 yards; automatic first down.

Flags

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. 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), 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.

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.

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 or charging, 10 yards from spot

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.

Penalty: Flag guarding, 10 yards from the spot of the penalty, Loss of down.

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

Penalty: Pass interference, POI, automatic first down.

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: Flag Guarding, 10 yards from the spot of the penalty, LOD.

Blocking

1. **Screen Blocking:** Screen blocking is permitted. The “block” must be STATIONARY and must be SET at least two running strides (4yards) from an opponent. The “blocker” may not extend or stick-out a knee, hip, shoulder, leg or foot when “blocking”. The “blocker” may not lean into or initiate contact with a defender. The arms must be kept straight down along the “blockers” body and the “blocker’s” feet may only be in contact with the ground when “blocking”.

A. An offensive player may not run a pattern in front of or interfere in any way with the rusher (s) path to the ball.

B. Moving screens and any other types of blocking are not permitted.

C. For all short rush situations the center and any offensive player lined up within 2 yards of center may not move in any direction behind the LOS that impedes, interferes with or cuts off the rusher’s direct line to the ball carrier.

Penalty for all above: play continues; 10 yards from spot of infraction; next down.

VI. CONDUCT OF PLAYERS AND OTHERS

Unsportsmanlike Conduct

1. An Unsportsmanlike conduct penalty will result in a 15 yard penalty. A second Unsportsmanlike conduct penalty on the same player will result in a 15 yard penalty and that player will be ejected from the game.
2. Unsportsmanlike Conduct consists of the following:
 - A. Foul Language of any kind. This includes spectators. Any profanity directed at a player, spectator, official, or member of the stall, will at a minimum, result in ejection from the rest of the game with **NO** exceptions.
 - B. Unnecessary Roughness of any kind.
 - C. Abusive conduct toward other players, coaches, officials, or staff.

Ejections

- A. Either the referee OR FIELD DIRECTOR may eject a player from the field for using indecent language, unsportsmanlike conduct or any serious violation of the rules. In case of ejection, the umpire shall notify the manager or coach that **the ejected player must leave the field within two (2) minutes and the facility within five (5) minutes or the game will be forfeited!** The referee will, before leaving the facility, submit to the league coordinator in writing the bases surrounding the ejection. This will be accomplished by filling out an Ejection Card and turning it in to the Facility office. **Complaints/protests about a decision made during the games shall be made only by the manager.** It is the manager's responsibility to contact the league coordinator after a player is ejected to find out what penalties, if any, have been levied against the player.
- B. The City follows a strict ejection policy regarding ejections for both **Players & Managers:**
 - A. **Tier 1: Ejection from current game and three (3) months probation.**
 - a. Please note that a warning will be given prior to any ejection due to the following reasons:
 - i. Any player or spectator guilty of using profane language or other unsportsmanlike conduct.
 - ii. Failure of Manager, Coach, or Team Official to maintain team control and team responsibilities.
 - B. **Tier 2: Ejection from current game, one (1) week suspension and six (6) months probation from the specific facility in which the ejection occurred.**
 - a. Verbally threaten a player, an official, City staff member, or spectator.

- b. Any sport-specific ejection (i.e. a basketball player receiving two technical fouls, a softball player being tossed by the umpire, etc.).
- c. Deliberately throwing equipment, or materials, or other unsportsmanlike conduct.

Please note that a Tier 2 ejection will be served facility-wide during the specified period (i.e. a player ejected from an adult basketball league, will be banned from the City facility, including coaching youth leagues, or attending youth practices).

C. Tier 3: Ejection from current game, the remainder of the season, and one (1) year probation from all City facilities.

- a. Any player receiving a Tier 1 ejection during any probationary period.
- b. Serious acts such as inciting a riot, disrupting the progress of any game, etc.
- c. Act of fraud (i.e. playing a player under an assumed name).
- d. Threaten a player, an official, City staff member, or spectator by using physical harm.

Please note that a Tier 3 ejection will be served City-wide during the specified period (i.e. a player ejected from an adult basketball league, will be banned from all City facilities, including coaching youth leagues, or attending youth practices).

D. Tier 4: Ejection from current game, one (1) year suspension, and two (2) years probation from all City facilities.

- a. Any player receiving a Tier 2 ejection during any probationary period.
- b. Deliberate act that causes bodily harm to another player or property.

Please note that a Tier 4 ejection will be served City-wide during the specified period (i.e. a player ejected from an adult basketball league, will be banned from all City facilities, including coaching youth leagues, or attending youth practices).

E. Tier 5: Ejection from current game and life from all City facilities.

- a. Physically attacking an official, City staff member, or spectator.
- b. Any player receiving a Tier 3 ejection during any probationary period.

Please note that a Tier 5 ejection will be served City-wide during the specified period (i.e. a player ejected from an adult basketball league, will be banned from all City facilities, including coaching youth leagues, or attending youth practices).

****NOTE****

- These are minimum penalties and, if deemed necessary by the athletics committee, a greater penalty may be imposed.
- Players are automatically suspended from the date of ejection.
- If a player wishes to protest a ruling, they may do so, but notice of intent to protest must be made to a City official at the time the incident occurs. A protest fee of \$25 must be paid at the time a protest has been declared. The individual will then be handed a protest form, which must be turned in within 24 hours after the incident occurs.
- The Director has the right to review each guideline and protest.
- All hearings will go be held in front of an athletic committee to determine the outcome.
- The fee will be returned if the protest is upheld.
- All player ejection guidelines are subject to change, and all participants will be given written notice of such changes.

Protests

A protest may only be filed to question a rule interpretation. A judgment call may never be protested. A written protest must be filed in the Riverside Park Office within 24 hours after the game which is being protested. Notice of intent to protest must be made to the referee at the time the play occurs in order that the opposing manager may concede the point of protest if he wishes. The referee is instructed to change the decision if the opposing manager concedes the point and not permit the protest. If the protest is made, the referee shall notify both managers an official scorer that the game is being played under protest and the official scorer will make a notation in the scoreboard to that affect. The official scorer will also mark where in the game it was protested so it can be resumed from that point if the protest is declared valid. **A protest fee of \$25.00 must be paid at the time the written protest is turned into Riverside Park.** The fee will be returned if the protest is upheld and the game will start over from the play in question. If the protest is not upheld, the fee will be kept by the Oviedo Recreation & Parks Department

VII. RULES SUMMARY

Previous Spot: The spot where the ball was last snapped; line of scrimmage spot where the ball was last kicked-off.

Succeeding Spot: The spot where the ball is next snapped or kicked-off.

Tipped Ball: A receiver is down (tackled) when, upon catching the ball, his flagbelt is detached. A defender may pull the flag of an offensive receiver once initial contact with the ball occurs. A receiver who first tips the ball before maintaining possession is down where the flag pull occurred.

Spot of Foul: Whenever the ball is live, all fouls are enforced from the basic spot. Fouls committed by the offense behind the basic spot are enforced from the spot of the foul.

Basic Spot:

- **Loose Ball Play:** The basic spot on a loose ball play is the previous spot. A loose ball play includes all action from the time of the snap until a legally thrown ball is caught, intercepted or incomplete.
- The basic spot on a running play is the end of the run. A running play includes any run or scramble behind the LOS in which the ball carrier does not throw a pass or pitch; or beyond when beyond the LOS, any run and / or action during any part of a run after a catch of a pass, kick or punt.

Kick-Offs and Punts: Any action before the catch is part of a loose ball play. Any action after the catch is part of a running play.

CHARGING, Defense
Play continues
10 yards, same down
CHARGING, Offense
Play continues
10 yards, loss of down
DELAY OF GAME
5 yards, Replay Down
DIVING
Play continues
10 yards, loss of down
DUCKING HEAD INTO DEFENDER
Play continues
10 yards loss of down
ENCROACHMENT
Defense
5 yards (play is Live)
EXTENDING BALL FROM BODY
Play continues
10 yards, loss of down
FLAG GUARDING
Play continues
10 yards, loss of down
GROSS UNSPORTSMANLIKE FOUL
½ distance to goal succeeding spot
Auto ejection of individual
HOLDING, Defense (on ball carrier)
Play continues
10 yards, same down
ILLEGAL CONTACT, Defense (w/o ball) Play continues
5 yards, LOS, automatic 1st
ILLEGAL MOTION
Play continues
5 yards
ILLEGAL PASS
Play continues
5 yards POI, loss of down
ILLEGAL PROCEDURE
Play continues
5 yards
ILLEGAL SCREEN
Play continues

10 yards, loss of down
OFFSIDES
Offense on kick-off or snap
5 yards (play is dead)
PASS INTERFERENCE, Defense
Play continues
Auto 1st , 15 yards or POI if less
PASS INTERFERENCE, Defense in end zone during PAT
1 Point Attempt– Ball spotted on 1 yard line, new attempt
2 Point Attempt– Ball spotted on 6 yard line, new attempt
PASS INTERFERENCE, Offense
10 yards, LOS, loss of down
ROUGHING THE PASSER
With or without touching ball
5 yards succeeding spot, automatic 1st
Flagrant
15 yards succeeding spot, automatic first
STRIPPING
10 yards from spot of foul
TACKLING
Play continues
½ distance to goal/auto 1st
TD given at referee option
UNSPORTSMANLIKE FOUL
15 yards
Flagrant
15 yards succeeding spot
UNNECESSARY ROUGHNESS
Play continues
15 yards
Flagrant
Play Continues, 15 yards automatic 1st
NOTE: Referees have option to assess any penalty yardage, toward automatic 1st or TD or forfeit, to eject individual for any unnecessary roughness or unsportsmanlike foul or tackling.