

# Varsity Girls Flag Football

## Field Dimensions

- Field length: 100 yards.
- The ball starts at the 20-yard line; the first down lines are the 40-yard line, opposite 40-yard line, 20-yard line and goal line.
- Field Width: 45-53.5 yards
- End zone length: 10 yards

## Restricted Area

- The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line.
  - a. The restraining line is a coned or lined mark on the field, at least 2 yards from the sideline.
  - b. Length: 60 yards minimum to 80 yards maximum + 2 end zones (10 yards each)
- The team box is the area immediately outside the restricted area between the 20-yard lines. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators, and members of the media.
- During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.
- The restricted area is designated to make the sidelines safer for everyone and to allow games officials ample room to work. If the restricted area is not delineated or not enforced by game administration, coaches, or game officials, individuals in the restricted area are at risk for injury during or after a play.
- Coaches are encouraged to instruct team personnel on the parameters and boundaries of the team box and to effectively communicate the requirements to always stay in the team box. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the restraining area when the ball is dead.
- Coaches may not enter the field to call plays.

# SECTION ONE - League Regulations

## Required Equipment

- Flags: Pop flag belts must be worn during all contests with two (2) pop-up flags. (You MUST bring your own belts)
  - Flag Dimensions: ALL flags must be at least 15.5 inches long and 1.5 inches wide.
  - Flags CANNOT match the color of the players' shorts and must be a single solid color (manufacture's trademark is allowed).
  - If the shorts have a stripe down the side, the flags CANNOT be the same color as the stripe or shorts.
  - Excess flag belt must be tucked into the shorts or secured to the flag belt with a manufactured belt loop or tape.
  - Flags must be placed one on each hip.
  - **Altered flags-** flags that once were legal but were structurally changed including, but not limited to cutting the flags, adding a substance to secure a flag, etc.
  - Any player with altered flags will be disqualified along with the head coach and a 15-yard penalty will be assessed.
  - **Illegal Flags:** flags that are rolled, or not altered but illegal-unsportsmanlike conduct, illegal player equipment, 10 yards
- Football size: TDY football (You MUST bring your own footballs)
- Shoes shall be made of canvas, leather, or synthetic material that covers the foot attached to a firm sole of leather, rubber, or composition material that may have cleats or be cleat less. Cleats are limited to studs or projections that do not exceed 1/2" in length.
- **Mouth guards are required must be worn at all the times.**
- **Hair longer than shoulder length must be secured and controlled so it does not interfere with the waist and flag belt. Hair control devices, accessories and other adornments in the hair that are securely fastened and appropriate for the activity are allowed.**

## Required Uniforms

- During scheduled football games, all team members are required to wear matching jerseys / similar color attire. The home team shall wear a dark jersey color that clearly contrasts to white. The visiting team shall wear jerseys that are: white, off-white, light-gray and/or silver.
  - The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.
  - Jerseys require a number on the back.

- Jerseys are allowed to have: a school's nickname, school logo, school name and/or player name within the body and/or on the shoulder.

### **Optional Player Equipment**

- **Gloves**-players may wear gloves that must consist of soft pliable, and nonabrasive material.
- **Helmets**- soft helmets are recommended for game play, and if worn, MUST be secured.
  - Full Shell helmets only.
  - Xenith Loop type models are not permitted.
- Players may wear a knit or stocking cap. The cap cannot have a bill.
- **Play Books.** Players may wear a soft, pliable wrist/forearm band that contains plays.

**Sunglasses**-Players may wear pliable and non-rigid sunglasses.

**Face Shield** -players may wear a face shield molded to the face with no protrusions to protect against a facial injury.

- **Braces/Casts – hard and unyielding items (guards, casts, braces, splints, etc.) must be padded with closed-cell, slow recovery foam padding no less than ½ “thick. Knee and ankle braces which are unaltered from the manufacture’s original design/production do not require any additional padding/covering.**
- **Exposed undergarments, if worn, are considered part of the official uniform. All exposed undergarments shall be a solid, single color: black, white, gray or school color.**

### **Illegal Uniforms/Equipment**

A player wearing illegal equipment shall not be permitted to play. Types of equipment or substances that shall always be declared illegal include the following:

- A. Headwear containing any hard, unyielding, stiff material including billed hats, or items containing exposed knots. EXCEPTION: Face shield.
- B. Jewelry
- C. Shoes with ceramic, screw in, detachable cleats, or any projecting metal. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat.

- D. Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner that produces a knot.
- E. Pants or shorts with any belt(s), belt loop(s), pocket(s), or exposed drawstring(s).
- F. Pants or shorts not contrasting in color of the flags.
- G. Leg or knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- H. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- I. Equipment that includes computers and any electronic or mechanical devices for communication.
- J. Exposed metal on clothes or person.
- K. Towels attached at the player's waist.
- L. Flags that can be detached from the flag belt.
- M. Hand warmers worn around waist

Penalty: Unsportsmanlike Conduct, Illegal Player Equipment, 10 yards and the player must be removed from the game for at least one play to correct before returning.

### **Roster**

- Teams must have 7 players to start the game. If something happens during the course of the game and a player is unable to finish, the team can continue with 6 players.

## **SECTION TWO – Game Rules**

### **Contest Officials**

- 2 to 4 officials will be on each scheduled contest.
- A scorer / timekeeper will be on each field.
- The official designations for a 2-person crew: referee & side judge
- The official designations for a 3-person crew: referee, side judge, back judge
- The official designations for a 4-person crew: referee, 2 side judges & back judge
  - **Referee:** makes calls from behind the quarterback (QB), announces the throw clock, and keeps track of the downs. Will position themselves on the opposite side of the field as the Side Judge.
  - **Side Judge:** responsible for spotting the ball and ensuring the rusher is at least 7 yards beyond the line of scrimmage. Will position

themselves at that 7 yard rush mark on the opposite side of the field as the Referee.

- **Back Judge:** responsible for all action on the defensive side of the ball. Will be stationed behind the defense.
- 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 the officials assigned to the game.

### **Game Times**

- Game Length:
  - **Two (2) 20-minute halves with a running clock.**
  - The clock stops in the final 1 minute of each half. All clock stoppages are limited to out of bounds, change of possession, timeouts, dead balls or incomplete passes.
  - Halftime: Two (2) minutes.

### **Coin Toss**

- The officials will call the two captains to the middle of the field prior to the start of the game to conduct the coin toss. The team listed as the visiting team will get to make the call of either "heads" or "tails". The winner of the coin toss will get the option to decide: offense or defense to begin the game.
  - The loser of the coin toss will determines the direction of play.
  - In the 2nd half, both teams will go the opposite direction from where they were going in the 1st half. The team that began the game on offense in the 1st half will begin on defense in the 2nd half.
  - There is not an option defer to the second half.

### **Play Clock**

- The team on offense will have 25-seconds to snap the ball once it has been spotted and made ready for play. The referee will let the offense know when the play clock is at 10 and will count down from 5.
  - If the site does not supply a clock operator the referee will keep the game and play clock or defer to an official on the crew.
  - Failure of the offense to immediately (within 5 seconds) give the ball to the official after a play is dead will result in a delay of game penalty.

### **Team Configuration**

- Each team must have seven (7) players on offense and seven (7) players on defense.

- The offense must consist of one (1) quarterback and six (6) eligible receivers.
- **The offensive team must have a minimum of three (3) players on the line of scrimmage**
- The defense is allowed 7 players.
- Games must start with 7 players.
  - If a player is unable to finish a game already in progress, the team may finish with 6 players.

**Penalty: Illegal participation 5-yard penalty from line of scrimmage**

**Snap**

- The exchange of the snap must be from one offensive player to another offensive player.
  - The quarterback may not snap the ball to himself.
- **The ball must be snapped from the ground and between the center's legs.**
- A fumbled snap is considered a deadball and loss of down. The ball will be spotted where it hit the ground.
- The first player that touches the ball after the snap is the designated as the quarterback.

**Penalty: Illegal snap – 5-yard penalty, repeat the down.**

**Contact**

- **ALL players, on both offensive and defense, are charged with avoiding contact when possible. Rough play will not be tolerated. The officials will determine incidental contact that occurs during the normal execution of each play.**

**Passing, Catching, and Possession**

- It will be considered a legal forward pass when an offensive player, from behind the line of scrimmage, throws the ball forward. A team may only throw one forward pass per down.
- Unlimited backward passes and laterals are allowed.
- If players from opposing teams catch the football simultaneously, the ball will be declared a catch for the offense.
- A player must have one (1) foot down inbounds for it to be considered a catch / possession.
- **The quarterback has 7 seconds to pass/hand off/or get rid of the ball/run beyond the line of scrimmage. Once there is an exchange or pass, or the QB runs beyond the line of scrimmage the official stops the 7 second clock and the defense can rush/attack the play from anywhere.**
- **The quarterback can run at any time unless they are in the “No Run Zone”.**

- The quarterback cannot run/advance the ball beyond the line of scrimmage, when they are in the “No Run Zone”

**Penalty: illegal pass, catch, possession: 5-yard penalty from the line of scrimmage, loss of down.**

### **No Run Zone**

- **When the offense is 5- yards from a first down line or from the goal line, the offense is in the ‘NO RUN’ zone and MUST pass to advance the ball.**
  - The pass must be a legal forward pass toward the line of scrimmage.
  - Once the Offensive Team enters the ‘NO RUN’ zone, they remain ‘NO RUN’ status until make the first down/score a TD/turnover on downs - (‘NO RUN’ status remains in effect if the offensive team is penalized while in the ‘NO RUN’ zone)

### **Scoring**

- **Touchdowns**-Possession of a live ball in the opponent's end zone is always a touchdown.
  - When a runner advances from the field of play so that the ball penetrates the vertical plan of the opponent's goal line, it is a touchdown.
  - Six (6) points for a touchdown
- Extra Points Attempts
  - One (1) point for an extra point from 5-yard line- **Pass only**
  - Two (2) points for an extra point from 8-yard line- **Pass or run**
  - **Coach must declare within 25 seconds which attempt will be used following a touchdown score. The default will be a one (1) point extra point attempt if not declared.**

### **Screening**

- A screen can take place anywhere on the field as long as the player has established themselves before the screen occurs.
- A screen is legal action by a player who, while touching the playing field, without causing contact, delays or prevents an opponent from reaching a desired position
- **When screening hands and arms must be within the framework of the player's body, at your sides, behind your back, or across the chest. The feet must be within the framework of the body and cannot extend outside of the shoulder width.**
- **To establish a legal screening position**
  - The screener may face any direction
  - The time and distance are relevant
  - The screener shall be stationary, except when both the screener and opponent are moving in the same path in the same direction.

- The screener shall stay within the screener's vertical plane with a stance approximately shoulder width apart.
  - **A player may not use the arms, hands, hips or shoulders to force through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position on an opponent.**

**Penalty: illegal block, moving pick, trip or illegal screen 10-yard penalty from the spot of the foul. The down counts and the result of the penalty will determine the down and distance.**

### **Stripping the Ball**

- Once a player has possession of the ball, an opposing player **CANNOT** knock the ball out of the controlling player's hand. A player running with the ball cannot be stripped of the ball.
  - **Exception:** A defensive player is allowed to break up an intended pass to an offensive player. If the defensive player simultaneously breaks up the pass as the receiver is catching the ball, this is legal and allowed.

**Penalty stripping the ball: 15-yard penalty from the spot of the foul and automatic first down.**

### **Batting and Kicking**

- Players shall not bat a loose ball other than a pass or fumble in flight.
- A ball in player possession shall not be batted forward by a player of the team in possession

**Penalty:** Illegal Batting, 10 yards from the line of scrimmage.

### **Flag Removal**

- **When the flag is removed and clearly taken from the runner in possession of the ball, the ball is declared dead, and the down shall end.**
- **If a player is advancing the ball: if a flag belt inadvertently falls to the ground, a 1 hand tag between the shoulders and knees constitutes capture. A player may leave their feet to remove the flag.**
- **If a flag belt falls off post-snap and pre-catch, the ball is dead at the spot of reception**

### **Rushing the passer:**

- **Teams can rush on any play from a 7-yard depth. The Side Judge will mark the 7-yard rush line on the boundary.**
- **The defense does not have to declare its intent to rush.**
- **Multiple defenders can rush.**
- **IT MUST BE AN IMMEDIATE RUSH!**



- If a rusher leaves the 7-yard rush line before the snap, they may NOT reset and rush legally

**Penalty: An illegal rush will result in a 5-yard penalty from the line of scrimmage. The offense will get the choice to replay the down or take the result of the play.**

### Timeouts

- Each Team is allowed two (2) 1-minute timeouts per half.
- Timeouts do not rollover from half to half or from regulation time to overtime.

### Overtime

- Overtime will occur if time expires and the score is tied. The officials will conduct a coin toss prior to the start of the overtime period. The team listed as the visiting team will call the toss.
- Coin Toss: The winner of the toss will have the following options, and the loser will get the choice of the remaining option:
  - Offense or Defense first
  - Which end zone the OT will be played

- **Overtime Rules**

- **Both teams will get an overtime attempt of a single extra point attempt. The first team that scores in overtime and the other does not will win or the team that scores more points off the overtime attempt will win.**
- Both teams will get an overtime attempt. The first team that scores in overtime and the other does not will win or the first team that scores more points off the overtime attempt will win.
- Both teams are required to go for one (1) or two (2) points for their overtime attempt.
- Extra Points Attempts in overtime:
  - One (1) point for an extra point from 5-yard line- Pass only
  - **Two (2) points for an extra point from 8-yard line- Pass or run**
- **An interception ends the down for the offense, and the defense cannot return the interception for points.**
- **The order of offense and defense will flip with every OT period played when the score remains tied.**
- An interception ends the series of downs for the offense, and the defense cannot return the interception for points.
- The order of offense and defense will flip with every OT period played.

- Each team will be awarded 1 timeout per overtime period, regardless of how many overtimes are played. The timeouts do not accumulate.

### **Safeties**

- Safeties are worth two points and awarded when:
  - An offensive player's flag is pulled in their own end zone.
  - A defensive player's flag is pulled in their own end zone, after establishing possession across their own goal line in the field of play.
  - An offensive player fumbles in their own end zone.
  - A defensive player fumbles in their own endzone, after establishing possession across their own goal line in the field of play.
  - A player snaps the ball out of their end zone.
  - An offensive player is called for intentional grounding while in the endzone.

### **Mercy Rule**

- The game will be declared complete at the point when a team is winning by 20 or more points in the last 2 minutes of the second half of a game.

### **Flag Inspection**

- After a score, the opposing team captain may request for an official to inspect the flag belt of the player that scored or any player that was involved in the play to confirm it was not illegally secured or **altered**.
- Altered flags- flags that once were legal but were structurally changed including, but not limited to: cutting the flags, adding a substance to secure a flag, etc.

**Penalty: Any player with altered flags will be disqualified along with the head coach and a 15-yard penalty will be assessed. If a touchdown was scored it will be called back.**

**Illegal Flags: flags that are rolled, incorrect color, etc., but not altered, but illegal- unsportsmanlike conduct, illegal player equipment, 10 yards**

### **In/Out of Bounds**

- A player will be considered out of bounds when any part of their body or uniform touches outside of the field of play.
- If a player steps out of bounds during a play, the player is not allowed to be the next person to touch the ball. If the player is forced out by the opposing team, the player must return to the field immediately and re-establish themselves to be eligible to touch the ball.

- Play is dead and the ball is marked from the point in which the player went out of bounds.

### **Dead Ball/Play Stops**

- Once the ball hits the ground, it is considered a dead ball. Whether the ball was dropped or fumbled, it is considered dead where the player lost possession.
- Player's knee, elbow or other body part other than the hand touches the ground the ball is dead. The hand is allowed to touch the ground.
- **Muff**- is an unsuccessful attempt to catch a ball, with the ball being touched in the attempt.
- **Fumble**- is a loss of player possession other than by snapping, handing, passing, or punting the ball.

### **Turnovers**

- A turnover occurs when the offensive team doesn't get a first down in the four (4) given downs or an interception occurs.
- A fumble recovered while it is airborne will be considered an interception.
- An interception by a defensive player, where the momentum of the player carries them into their own end zone, will result in a touchback and the ball coming out to the 20 yd line for the intercepting team.
- **Interception** is the catch of an opponent's ungrounded fumble or pass.

### **Loose ball**

- Loose ball is a pass or a kick. A loose ball that has not yet touched the ground is in flight.
- A grounded loose ball is one that has touched the ground but has not touched a player.
- Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by rule

### **Inadvertent Whistle**

- If an official blows an inadvertent whistle in the middle of the play, the following options occur:
  - If the offensive player has possession of the ball, the offense may elect to take the ball where it was when the play was blown dead and the down counts, or the offense can elect to replay the down from the previous line of scrimmage.
  - When the ball is in the air, by either a pass/kick, the ball will be returned to the previous spot, and the down will be repeated.

### **Spots**

- The basic spot is a point of reference for penalty enforcement. The ball will be placed in the center of the field at the corresponding basic spot.
- The enforcement spot is the point from which a penalty is enforced. The ball will be placed in the center of the field at the corresponding enforcement spot.
- The dead-ball spot is the spot under the foremost point of the ball when it becomes dead by rule. The ball will be placed in the center of the field at the corresponding dead ball spot.
- The out of bounds spot is the spot where the ball becomes dead because of the ball going out of bounds. The ball will be placed in the center of the field at the corresponding out of bounds spot.
- The previous spot is where the ball was last snapped.
- The spot of the foul is where the foul occurs. If a foul occurs out of bounds, the spot of the foul is at the nearest yard line and the ball is placed in the center of the field.
- The spot where a run ends is:
  - Where the ball becomes dead in the runner possession
  - Where the runner loses player possession if the run is followed by a loose ball.
  - The ball will be placed in the center of the field after a run spot.

## SECTION THREE – Punting

- **Notification**
  - The offense must notify the officials of their choice to punt or go for it on 4th down. **If the official is not informed in 25 seconds the choice will be declared as a punt.** Once a choice is made, it cannot be changed unless a timeout is called by either team.
  - If a timeout is called the official will reconfirm the coaches choice to punt or go for it on fourth down after the timeout.
- **Guidelines**
  - Both teams must have at least four players on the line of scrimmage and they must not be in motion until the ball is kicked
  - The returning team may stand anywhere on the line of scrimmage. They cannot move during the kick, but may stand in a stationary position with their arms raised.
  - **The kicking team has a 5 second count** (1-One Thousand, 2-One Thousand, 3-One Thousand...) to punt the ball, or it will be considered dead at the spot where the kicker is standing. The result of the play will be a turnover on downs at that spot.

- Snaps that are fumbled by the kicker or snapper will be considered a turnover on downs and will be marked at the spot where the ball touches the ground.
- **A punt can be caught in the air or picked up on subsequent bounces and advanced. If the ball is muffed or touched by the receiving team without establishing possession, it is considered a grounded loose ball, the play will be whistled dead and the ball placed where it was contacted.**
- If the kicking team catches a muffed punt in the air, **without the ball first contacting the ground**, the kicking team will be able to advance the ball past that spot. The ball will be called dead if the ball touches the receiving team and touches the ground.
- Once a punted ball is no longer bouncing and comes to a complete stop, it will be considered dead and spotted there.
- If the ball enters the end zone, it is a touchback.

## SECTION FOUR – Penalties

### 5 Yard Penalties (from line of scrimmage, unless specified)

- Illegal Procedure Penalty
  - Any defensive player attempting to block the kick or distract the kicker.
  - **Running the ball while in the 'NO RUN' zone.**
- False Start
  - Any offensive player moving up the field, prior to the snap of the ball. If multiple players are moving to reset, all players must move at once and be set for at least one second prior to the snap of the ball.
- Illegal Motion
  - More than one offensive player moving parallel to the line of scrimmage at one time or any offensive player moving, non-parallel to the line of scrimmage, prior to the snap.
- Delay of Game
  - The offensive team doesn't snap the ball in the designated 25 seconds given for the play clock that begins when the ball is spotted.
  - Failure of the offense to immediately (within 5 seconds) give the ball to the official after a play is dead.
  -
- Offsides

- Any member of the defensive team crossing the line of scrimmage prior to the snap of the ball.
- Encroachment
  - Any member of the defensive team crossing the line of scrimmage, prior to the **snap**.
- Illegal Participation
  - Having more than 7 players on the field when the ball is snapped.
  - Having more than 7 players break the huddle.
- Illegally Equipped
  - Any player without their flag belt properly secured prior to the snap of the ball. Play will be a free play for either the offense or defense. The opposing team gets choice of result of down, or 5 yard penalty from line of scrimmage and replay of down.
- Illegal Contact (automatic first down)
  - Any defensive player making contact with an offensive player, while the player is running a route and the ball is NOT in the air.
- Illegal Touching of the Ball (loss of down)
  - Any player intentionally or willfully going out of bounds and is the first player to touch the ball in the field of play. If another player touches the ball, either from their own team or the opposing team, the player who went out of bounds is now eligible to touch the ball.
- Illegal Forward Pass (loss of down)
  - Any player throwing the ball forward, after any part of the body touches the ground across the line of scrimmage.
- Intentional Grounding (loss of down)
  - When the quarterback throws the ball to an area of the field where no receiver is located.
  - A quarterback spike can be used to stop the clock.
- Illegal Formation
  - The Line of Scrimmage doesn't have at least 3 players on it.
- **Illegal Rush**
  - When a defensive player is not lined up past or goes across the 7-yard rush line before the snap AND crosses the line of scrimmage to rush the quarterback

10 Yard Penalties (from line of scrimmage, unless specified)

- Flag Guarding (spot foul, down counts and result of the penalty will determine the down and distance).  
Any player with possession of the ball who attempts to prevent the opposing team from removing their flag by:
  - Swinging their hand(s) over a flag.
  - Placing the ball over the flag
  - Lowering their shoulder

- Stiff-arming
- Jumping in the air
- Any other movement deemed to prevent the opposing team from removing their flag.
- Illegal Blocking (spot foul, down counts and result of the penalty will determine the down and distance)
  - Any blocker that is moving while blocking the opposing team.
- Diving (spot foul)
  - Diving is only permitted to catch the ball. A dive is defined when a player has both feet leaving the ground and launching themselves at the opposing team.
  - **If a player dives into the endzone, the touchdown is called back, and it is 10-yard penalty from the spot of the foul.**
- Offensive Holding (replay of down)
  - Impeding the opposing team's progress by grabbing or holding the player.
- Defensive Holding (replay of down)
  - Impeding the opposing team's progress by grabbing or holding an offensive player while the ball is not in the air.
- Defensive Holding with possession of the ball
  - An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag. **(10 yards from the spot of the foul or the result of the play)**
- Offensive Picking (replay of down)
  - Impeding the progress of a downfield defender in order to allow a teammate to get open for a pass.
- Offensive Pass Interference (replay of down)
  - Impeding the defensive team's ability to play defense on the ball by grabbing, pushing, or holding the player while the ball is in the air.
- Illegal Screen 10-yard penalty from the spot of the foul. The down counts and the result of the penalty will determine the down and distance.
- Illegal Batting
- Illegal Removal of Flag Belt
  - A player must have possession of the ball before their flag can be removed. It is illegal for any player to intentionally pull a flag from any other player not in possession of the ball and will be a penalty if it occurs more than 1 full second before the player gains possession.

Personal Fouls (15 yd penalty) Also disqualification if judged by the game official to be flagrant.

- Unsportsmanlike Conduct (spot foul & automatic first down)

- Includes but not limited to: sideline penalty, tackling, fighting, spitting, threatening, excessive contact and can result in ejection; official's discretion.
- Baiting or taunting acts or words.
- Using profanity, insulting or vulgar language or gestures.
- Any delayed, excessive or prolonged act by which a player attempts to focus attention upon themselves.
- Kicking at the ball, other than during a punt.
- Leaving the field between downs to gain an advantage unless replaced or unless with permission of a game official.
- Refusing to comply with a game official's request.
- When the ball becomes dead in possession of a player, they shall not:
  - Intentionally kick the ball.
  - Spike the ball into the ground
  - Throw the ball high into the air or from the field of play or end zone.
  - Intentionally fail to place the ball on the ground or immediately return it to a game official.
- No player shall intentionally contact a game official
- Illegal player equipment (ex. Jewelry, metal cleats, etc.)
- Bump & Run (spot foul & automatic first down)
  - Any jamming or excessive contact at the line of scrimmage.
- Stripping (spot foul & automatic first down)
  - A player knocking the ball out of an opposing player's hands, after the player has established possession of the ball.
- Illegally Secured Flag Belt (loss of down)
  - Any player with an illegally secured belt will be ejected from the game. The team will be assessed the 15 yd penalty from the previous line of scrimmage.

### Automatic First Downs

- The following will result in an automatic first down:
  - Defensive Pass interference (*spot foul*)
  - Roughing the passer
  - Illegal Contact
  - Defensive holding in the end zone
  - Unsportsmanlike Conduct
  - Bump & Run
  - Stripping

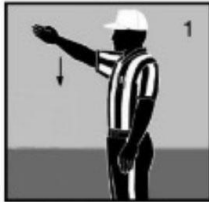



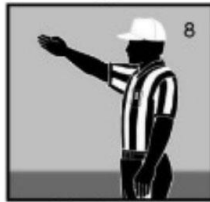




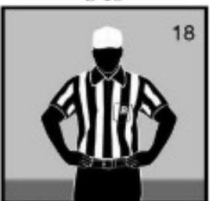
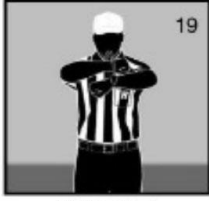



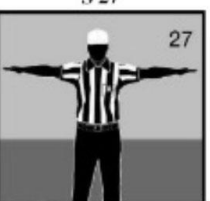




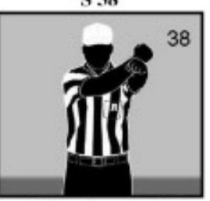



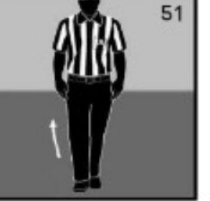

### Player or Coach Ejection

- Two unsportsmanlike fouls



- Any player or coach involved in a fight
- Any player that leaves the sideline during a fight will result in an ejection

## **PENALTY SIGNAL CHART**

<p>S 1</p>  <p>Ready for play</p>	<p>S 3</p>  <p>Stop the clock</p>	<p>S 5</p>  <p>Touchdown</p>	<p>S 6</p>  <p>Safety</p>	<p>S 8</p>  <p>First Down</p>
<p>S 9</p>  <p>Charging</p>	<p>S 10</p>  <p>Incomplete pass</p>	<p>S 11</p>  <p>Stripping</p>	<p>S 14</p>  <p>End of period</p>	<p>S 18</p>  <p>Offside Defense Illegal Blitz</p>
<p>S 19</p>  <p>False start Illegal procedure Impeding the rusher</p>	<p>S 20</p>  <p>Illegal shift (2 hands) Illegal motion (1 hand)</p>	<p>S 21</p>  <p>Delay of game Delay of pass</p>	<p>S 22</p>  <p>Illegal participation Illegal substitution</p>	<p>S 27</p>  <p>Unsportsmanlike conduct</p>
<p>S 31</p>  <p>Illegal batting/kicking (Followed by pointing toward toe for kicking)</p>	<p>S 33</p>  <p>Pass Interference</p>	<p>S 34</p>  <p>Roughing passer</p>	<p>S 35</p>  <p>Illegal forward pass Illegal backward pass</p>	<p>S 38</p>  <p>Illegal contact</p>
<p>S 42</p>  <p>Holding/obstruction Illegal use of</p>	<p>S 43</p>  <p>Illegal block</p>	<p>S 47</p>  <p>Disqualification</p>	<p>S 51</p>  <p>Jumping Diving</p>	<p>S 52</p>  <p>Flag guarding Illegal Flag pull</p>
<p>15 Sideline warning</p> 