

Central New York Family Sports Centre

RUN-N-GUN - 7 v 7

INDOOR FLAG FOOTBALL

LEAGUE RULES

- 1) The Primary purpose of this league is to have fun. Fighting and profanity will **NEVER** be tolerated at CNYFSC.
- 2) Please keep in mind our referees are only human. Only the head coach can question a call. Advise your teams that any player can and will be ejected at the discretion of the referees. *All ejected players/coaches and bench personnel and spectators will have a suspension as follows:*

UNSPORTSMANLIKE CONDUCT:

1ST Offense: one game suspension
2nd Offense: out for the season

- 3) As a team, you are responsible for having all of your players in the same colored jerseys that are numbered.
- 4) Schedules will be posted online at www.cnyfsc.com.
- 5) All penalties in the CNYFSCFFL shall consist of 7-yard or 3-yard infractions and/or ejection from the game and/or monetary fines.
- 6) This league shall be governed by the UNITED STATES FLAG FOOTBALL ASSOCIATION NATIONAL RULES unless otherwise noted in these rules.

PLAYERS AND SUBSTITUTIONS

- 1) There shall be seven players on each team and all seven players shall be in the offensive huddle.
--Illegal substitution Penalty (More than 7 players): 7 yards from the line of scrimmage.
- 2) A team must field a minimum of six players to play the game. Anything less constitutes forfeiture. There shall be a grace period of 5 minutes from the scheduled game time. If a team cannot field 6 or more players at the end of the grace period, forfeiture results.
- 3) Any number of substitutions may be made when the ball is dead.
- 4) All 7 team members will be equipped with triple threat flag belt. All players **MUST** use the flags provided by CNYFSC. All will be eligible to receive passes and carry the ball.

DURATION OF GAME

- 1) A game will consist of two 20-minute halves (2 min halftime)
- 2) A team may take a total of one time-out per half (Time outs **WILL** carry over to the 2nd half I not used in 1st half). Time-outs are 60 seconds.
- 3) Under two minutes in the 2nd half, if a team scores, the clock will be stopped and there will be an untimed down for the x-pt. Then the clock will start on the next possession on the snap.

SCORING

- 1) A touchdown counts 6 points. XP-run, pass, kick-1pt from 5 yds, 2pts from 7 yds
- 2) Safety will count 2 points for the defensive team
- 3) There will be a 36-point mercy rule. Game will officially end at the time a difference of 36 points. The officials will record the score as is at the time of the 36-point differential. Game will continue with a running clock. At that time, coaches of the winning team need to let other team learn and have FUN.
- 4) Field Goals are allowed. Count 3 points. If a kick hits the boards and goes in the net-THE KICK WILL BE GOOD!! The ball must touch or be inside the yellow ropes in the net.

SCRIMMAGE

- 1) Four downs are given to advance the ball from one zone into the next in order to retain possession of the ball. A team can choose to punt on 4th down, the ball will be placed at the other teams start point. If a team decides to go for it on 4th down anywhere on the field and doesn't make a first down, it will be turnover on downs at the dead ball spot, except inside the opponents 20-yardline (Redzone). At that time the ball will be turned over and placed at the other team's starting point. To put the ball into play legally, it must be snapped by the center between the legs to a backfield man. The play must start with any 4 players on the line of scrimmage (ex: 3 Linemen and 1 WR).

CARRYING THE BALL

- 1) Any member of a team is eligible to carry the ball.
- 2) A ball carrier that has fallen to the ground without being legally stopped may resume their run until they are legally stopped. A player is considered to be legally stopped when anyone of their flags have been pulled from their belt or is touched anywhere with one hand when they are on the ground.
- 3) At no time during a game may the ball carrier pass the ball to themselves to avoid being stopped. If they do, the ball will be ruled dead at that point.
- 4) If the ball carrier has lost their flags not due to any legal action of an opponent, they may continue to advance the ball until they are tagged by an opponent. Example: A player loses a flag while blocking at the line of scrimmage, play continues, and they catch a pass. Since they have no flag, they need only be tagged anywhere by one hand.
 - Play: Receiver is bumped at the line of scrimmage. The defender pulls the receiver's flag without the receiver having the ball in possession.
 - Ruling: Illegally pulling the flag. The receiver is still eligible to catch the pass, but only needs to be touched to be down.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the line of scrimmage or the end of the run.**
- 5) The ball carrier may not use their hands, feet, or arms in any way to avoid having their flags pulled. This includes stiff-arming. The ball carrier may never leave the feet to prevent from being deflagged. This includes diving into the end zone. They may, however, leave feet to avoid a fallen player only.
 - **Penalty: Flag guarding; 7 yards from the spot of the violation and the loss of a down.**
- 6) The ball carrier must make every effort to avoid contact with the defender. The defender has the right to maintain position.
 - **Penalty: Charging; 7 yards from the spot of the violation and the loss of a down.**

ENCROACHMENT

- 1) After the ball is 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 way interfere with them. This includes standing in the neutral zone to defensive signals or shifting through the zone. After the snapper has made final ball adjustment, 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; 3 yards from the previous spot.**

SHIFT

- 1) During a shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head or arms for at least a full second before the snap of the ball.
 - **Penalty: Illegal shift; 3 yards from previous spot.**
 - **Play: Following a huddle or shift one offensive player takes a preliminary possession, then advances or drops into final position.**
 - **Ruling: Such movement constitutes a shift: all players must hold their positions for one second before the snap.**
 - **One-man motion is permitted.**

GUARDING THE FLAG BELT

- 1) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponentsto pull or remove the flag. Flag guarding includes:
 - Swinging the hands or arms over the flag to prevent an opponent from deflagging
 - Placing the ball in possession over the flag to prevent an opponent from deflagging.
 - Lowering the shoulders in such a manner in which placing the arm over the flag to prevent an opponent from deflagging.
 - **Penalty: Flag Guarding; 7 yards from the spot of the violation and loss of down**

PASSING

- 1) Any member of a team is eligible to pass and/or receive the ball. There can only be one forward pass attempt on each down. Any number of backward or lateral passes may be attempted at any time from any point on the field. There must be no interference with the pass receiver. If a lateral or backward pass is dropped or fumbled, the ball is dead at the spot it hits the ground.
 - **Penalty: Illegal forward pass; 3 yards from the spot or line of scrimmage (whichever is greater) and loss of down.**
- 2) A receiver can be hit by a defensive player within 2 yards of the scrimmage line.
 - **Penalty: Illegal check; 7 yards from the line of scrimmage.**
- 3) The center must have time to protect himself (stand up and face the defender).

- **Penalty: Unnecessary roughness; 7 yards from the spot of the infraction. If flagrant; ejected from the game.**
- 4) Defensive players must make a definitive effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he is considered out of the play pass.
 - **Penalty: Roughing the passer; 10 yards from the line of scrimmage and automatic first down**
 - 5) Protection from roughing the passer ends if the forward pass is thrown from beyond the offensive teams' line of scrimmage.
 - 6) The offensive player shall not be interfered with while attempting to catch a free thrown ball.
 - **Penalty: Defensive pass interference; Spot of foul, automatic first down. If interference is committed in the end zone, the ball shall be placed on the one-yard line and automatic first down.**
 - 7) The defensive player has as much right as the offensive player to catch a ball thrown. The defensive player shall not be interfered with while attempting to catch a ball thrown.
 - **Penalty: Offensive pass interference; 7 yards from the line of scrimmage. Loss of down.**
 - 8) When the receivers are running passing routes, they may not intentionally interfere with the defender, such as set a pick.
 - **Penalty: Illegal Pick; 7 yards from the line of scrimmage.**
 - 9) Any defensive player rushing the passer and not making contact with the ball (after released by the passer) and then makes *significant* contact with the passer is in violation of roughing the passer.
 - **Penalty: Roughing the passer; 7 yards from the line of scrimmage and automatic first down.**

BLOCKING

- 1) A player attempting to block must be on their feet before, during and after the block and the block must be between the defender's waist and shoulders and to the front side.
 - **Penalty: Illegal block; 7 yards from the spot or line of scrimmage, whichever is greater.**
- 2) THERE IS NO BLOCKING DOWN FIELD AT ALL!! 1 yard cushion at the line of scrimmage.
- 3) Penalty-blocking downfield, 7yds from the line of scrimmage and replay down.
- 4) Offensive blockers may extend their hands to block but may not grasp or extend their arms past their shoulders in an attempt to block a defender. Open hand only!
 - **Penalty: Illegal block or holding; 7 yards from the spot or line of scrimmage (whichever is greater). If flagrant, ejected from the game.**

USE OF HANDS OR ARMS BY THE DEFENSE

- 1) The defensive player may not use hands to grab or hold an opponent.
 - **Penalty: Defensive holding; 3 yards from the previous spot, automatic first down.**
- 2) The defensive player may not tackle or hold the ball carrier.
 - **Penalty: Holding the ball carrier; 7 yards added to the end of the run. If the penalty occurs while the ball carrier is on a breakaway and within the opponents Red Line, and the referee judges such violation an attempt to prevent a touchdown then the referee may award a touchdown to the offensive team.**

- 3) The defensive player cannot make contact with an opponent above the shoulders.
 - **Penalty: Unnecessary roughness; 10 yards from the spot.**

FUMBLES

- 1) Any fumble, the ball is dead at the spot it hits the ground.
- 2) On a snap from center, if the ball is touched by the offensive team before it hits the ground, the ball is dead at the spot it hits the ground.
- 3) If the snap goes over the head of the person receiving the snap and the ball goes out of the endzone before hitting the ground a safety shall be awarded to the defensive team.
- 4) IF A FUMBLE IS IN THE AIR BEFORE TOUCHING THE GROUND, A DEFENSIVE PLAYER CAN RECOVER IT AND RETURN IT SIMILAR TO AN INTERCEPTION.

CONDUCT OF PLAYERS AND OTHERS

- 1) No player shall commit any of the following non-contact acts during a half or intermission:
 - Abusive, insulting, or profane language
 - Any acts of unfair play
 - Using disconcerting acts or words prior to the snap in an attempt to interfere with the offensive teams' signals or movements
 - Intentionally kick at an opposing player
 - Intentionally kick at the ball
 - Intentionally swing an arm, hand, or fist at any opposing player
 - Leaving the field between downs to gain an advantage unless replaced or with permission of the referee.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 2) When the ball becomes dead in possession of a player, he shall not:
 - Intentionally kick the ball
 - Spike the ball into the ground
 - Throw the ball high into the air
 - Fail to return the ball to the huddle
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 3) There shall be no unsportsmanlike conduct by substitutes, coaches, or others subject to the rules. This includes:
 - Attempting to influence a decision by an official
 - Disrespectfully addressing an official
 - Indicating objections to an official's decision
 - Holding an unauthorized conference, or being on the field illegally
 - Using profanity, insulting or vulgar language or gestures. A warning for profanity is given by these rules. The referees can and will eject any player using profanity; no warning is necessary.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 4) There shall be no unfair acts:
 - A team must play within two minutes after ordered by the referee

- Play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules
 - A team repeatedly commits fouls, which can be penalized only by halving the distance to the goal line.
 - **Penalty: Unsportsmanlike conduct; referee may enforce any penalty he considers equitable, including the awarding of a score or after one warning, forfeiting the game to the opponents.**
- 5) No player shall commit a personal foul during a period or an intermission. Any act prohibited there under, or any other act of unnecessary roughness is a personal foul. No player shall:
- Steal, attempt to steal or bat the ball from a player in possession
 - Trip an opponent
 - Contact an opponent who is on the ground
 - Contact an opponent who is on the ground
 - Make any contact with an opponent who is deemed unnecessary of any nature including, but not limited to: using fists, locked hands, elbows or any part of the forearm or head except according to the rules.
 - Clip an opponent
 - Position himself on the shoulders or body of a teammate or opponent to gain an advantage
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**

PENALTIES

- 1) All penalties shall be the distances stated throughout these rules or half the distance to the goal line, whichever is applicable.
- 2) No touchdown shall be scored on a penalty. Except as noted by rule.
- 3) If a penalty is committed after the touchdown is scored or the defensive team commits a penalty during the PAT (and the offensive team converts their PAT), the penalty will be assessed on the "Kick-off".
- 4) The opposing team will have an option on all penalties whether to accept the penalty or the down.

GENERAL REGULATIONS

- 1) Teams will be allowed 30 seconds to put the ball into play after the previous play has been completed. The official is responsible for seeing that play is continued at a reasonable rate.
- 2) All decisions made by the referee will be final. There will be no protests allowed on judgement calls. The official has the authority to eject any player from the game and will stop the game, if in his opinion, it becomes too rough. In the case of a terminated game, both teams will be given a forfeit loss.
- 3) If the referee inadvertently blows a whistle the play is dead at the spot the whistle is blown. The offensive team has the option of accepting the play or replaying the down.

FLAG FOOTBALL RULES FOR SPECIAL EMPHASIS

- 1) One foot must be in bounds for a legal catch. The lines are out of bounds. END ZONE IS ALL FIELD OF PLAY!! Any player touching the back wall or using the back wall of the end zone as a springboard will be deemed AS AN INELIGABLE RECIEVER! If a player is pushed out of bounds, they must return immediately in bounds or forfeit right to return in bounds and be deemed as going out of bounds and then returning into play. If a player jumps in the air and is pushed into the back wall and the referee judges that the receiver would have stayed in the field of play if not pushed, shall be given the reception and the touchdown.
 - **Penalty: Illegal receiver; 7 yards from the line of scrimmage.**
- 2) Officials will keep the time on the field. The clock will only stop for time outs and any serious injury.
- 3) The spot is by the ball not the feet.
- 4) If the defensive player attempts to go after the ball and hits the quarterback, this will be a roughing the passer penalty.
- 5) If a team takes too much time to put the ball in play in the last two minutes of the game, this will result in a 3-yard penalty.
- 6) When the whistle blows, the play is dead.
- 7) No jewelry.
- 8) The rule will be enforced for off side's encroachment.
 - **Penalty: 3 yards.**
- 9) The referees will be protecting the quarterback at all times and players near the boards.
- 10) Each player on the field will wear a flag belt-NO EXCEPTIONS!!
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot.**
- 11) Fighting, serious abusive language, intentional and flagrant fouls will result in a 7-yard penalty and the player will be suspended for the season!
- 12) At no time may a player leave feet and be completely horizontal to the ground in an attempt to deflag an opponent.
 - **Penalty: 7 yards added on to the end of the play.**
- 13) Pushing an opponent into the boards with no attempt at the flags shall be prohibited.
 - **Penalty: 7 yards from the end of the play and automatic ejection (no warning is required) and will miss the next game.**
- 14) Flag guarding or any offensive penalty committed in the end zone will result in the awarding of a safety to the defensive team.
- 15) A safety will cause a change of possession and the ball will be moved to the offensive team's Start Line.
- 16) Teams must remain in their respective team boxes. Players on the sidelines are considered as part of the field of play; therefore, all rules apply to bench players as do the field players (i.e. fighting, swearing, etc.) are grounds for ejection from the game.
- 17) Trash cans are provided for spitting and garbage beside the team benches...Please use them!
- 18) Fighting by both teams will result in an automatic loss for both teams.
- 19) Any player who comes off the bench while a fight, pushing contest, or ruckus is in progress, even if intentions are to help break up the melee, will be ejected from the game and will be assessed an unsportsmanlike conduct penalty.
- 20) In the event of successive incidents, the suspension becomes indefinite and may carry over into the following season.
- 21) Fighting or serious abusive language as determined by the referee and based on game reports turned into CNYFSCIFF will result in an automatic season suspension and forfeit.

LET'S HAVE SOME FUN AND PLAY SOME FOOTBALL!!

Brandon Paul-DIRECTOR OF FOOTBALL

PENALTIES

- 1) All penalties shall be the distances stated throughout these rules or half the distance to the goal line, whichever is applicable.
- 2) All decisions made by the referee will be final. There will be no protests allowed on judgement calls. The official has the authority to eject any player from the game and will stop the game, if in their opinion, it becomes too rough. In the case of a terminated game, both teams will be given a forfeit loss.
- 3) No touchdown shall be scored on a penalty. Except as noted by rule.
- 4) If a penalty is committed after the touchdown is scored or the defensive team commits a penalty during the PAT (and the offensive team converts their PAT), the penalty will be assessed on the ensuing drive.
- 5) The opposing team will have an option on all penalties whether to accept the penalty or the down.

3 Yard Penalties (Dead Ball)

Dead Ball Penalties: A “dead ball” is a ball not in play. When a player in possession of the ball gets one of his flags pulled (or down by touch if they are missing a flag) the ball immediately becomes DEAD. Any penalty that is called or assessed after the whistle has been blown to declare the play dead or before a ball becomes “live” from a legal snap or kick is a dead ball.

Delay of Game - When the ball is spotted and has been placed for a down the 30 second clock shall begin. Referee will warn offensive team when there is “10 to snap” (10 seconds left on play clock). Failure to snap or kick within 30 seconds results in a delay of game penalty. *3-yard dead ball penalty.*

False Start - After the ball is spotted and before the snap begins, no false start shall be made by any offensive player. Any act that is clearly intended to cause the defense to encroach will also be considered a false start. (Note- if a false start causes the defense to encroach, only the false start is penalized). *3-yard dead ball penalty.*

Snap Infraction - After touching the ball, the snapper shall not: make any movement that simulates a snap, fail to clearly pause before the snap, lift or move the ball other than in a legal snap. *3-yard dead ball penalty.*

Offsides (Offense/Defense) - The snapper may be over the ball, but their feet must be behind the neutral zone and no part of their body (other than hands(s) on the ball) may be beyond the foremost point of the ball. No player, other than the snapper, shall encroach on the neutral zone after the ball has been placed down and ready to play. Offsides (offensive penalty) occurs when an offensive player is lined up in the neutral zone when the ball is snapped (FYI- this penalty is seldom called because players should be communicating with referees to see if they are lined up in the neutral zone). Following the spot of the ball and after the snapper has placed hand(s) on the ball, defensive offsides (defensive penalty) occurs if any defensive player crosses the neutral zone before the ball is snapped. *3-yard dead ball penalty.*

3 Yard Loss of Down Penalties (Live Ball)

LOSS OF DOWN means down will NOT be replayed (team loses opportunity to re-try the down)

Illegal Handing Ball Forward - No player may hand the ball forward to a teammate unless both players are in or behind the neutral zone. *3-yard live ball penalty & loss of down.*

Illegal Forward Pass - Is a forward pass from beyond the neutral zone or a second and subsequent forward pass(es) thrown during a down. *3-yard live ball penalty & loss of down.*

Intentional Grounding - A pass that is intentionally thrown into an area behind the line of scrimmage that is not occupied by an offensive player. A pass that is intentionally thrown incomplete to save loss of yardage are typical scenarios for intentional grounding. (Note- As long as the ball is thrown past the line of scrimmage or if an offensive player is in the area behind the LOS where the ball was thrown incomplete, intentional grounding will NOT be called). *3-yard live ball penalty & loss of down.*

Pass Interference (Offensive) - Blocking downfield before the ball has been touched (commonly seen through “pick plays”). Shoving or pushing off and creating separation (most common type of OPI). Driving through a defender who had established position. *3-yard live ball penalty & loss of down.*

3 Yard Penalties (Live Ball)

No Contact Encroachment (Defense) - Defensive player is lined up in the neutral zone when the ball is snapped. *3-yard live ball penalty*

Illegal Substitution/Participation - Anytime there are more than 7 players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the down and returns to the field, intentionally touch the ball, influence the play, or otherwise participate, Illegal participation will be called. (Note- if a player is blocked out of bounds by an opponent and returns to the field during the down, they shall return at the first opportunity. This is not considered illegal participation) *3-yard live ball penalty*

Illegal Formation - At the snap, at least 3 offensive players must be on the line of scrimmage. *3-yard live ball penalty*

Illegal Shift/Motion - Multiple players in motion at one time (once offensive players are set only 1 player is allowed to go into motion legally). Forward motion (Player running towards the line of scrimmage prior to the snap of the ball is not allowed). *3-yard live ball penalty*

Intentional Stripping of Ball Carrier - Will be called once possession of the ball has been retained by a player. At this time if a defender makes an intentional attempt to strip the ball a penalty will be assessed. (If a ball is being received and has not yet been retained as a possession; both offensive and defensive players have an equal right to the ball and to contest the catch.) *3-yard live ball penalty*

Incidental Holding (Defense) - When a defender holds the ball carrier in any way to impede the ball carriers progress and pulling their flag. Incidental holding can occur when a defender is attempting to pull a flag and the flag is NOT pulled. If the defender prevents the runner from advancing or uses his grip for leverage to get the flag, incidental holding will be called. You cannot hold someone’s jersey, shorts, or body part to help you get to the flag. Incidental holding will not be called when there is “instant release” from a defender attempting to pull a flag and no advantage is gained. (Note- Offensive player’s shirt must be tucked in and nothing can be hanging over or in the way of the flag belt). *3-yard live ball penalty*

Illegal Hurdle/Dive (Ball Carrier) - Ball carrier CANNOT dive/leap/hurdle to advance the ball.

“Hurdling” is the runner jumping so that both feet leave the ground at the same time. The runner may not hurdle to avoid being de-flagged. The runner may step over an opponent who is lying prone. “Diving” is the runner jumping such that both feet leave the ground at the same time and runner does not land on his feet. The runner may not dive to avoid being de-flagged. (Note- diving to catch or de-flag is legal provided normal contact rules apply, i.e., diving into a player to de-flag the player is a personal foul). *3-yard live ball penalty*

Illegal Contact - It is illegal contact when any player who is beyond the neutral zone intentionally obstructs an opponent’s opportunity to move freely about the field on a pass play. For the offense, the restriction begins when the ball is snapped. For the defense, the restriction begins after 2 yards and before the ball is in the air. Examples of illegal contact for the offense: pushing off to create space, picks made through crossing routes. Defensive examples: contact made before the ball is in the air and after the ball has been snapped. (Note- defense is allowed to jam/press receivers within the first 2 yards from line of scrimmage, if this occurs the receiver is allowed to contact the defense and “fight off” the contact initiated by the defender). *3-yard live ball penalty*

Early Flag Pull (Defense) - The defense is not allowed to pull the ball carriers flag prior to having possession of the ball. *3-yard live ball penalty*

Illegal Rush Move (Defensive line) - Defensive linemen are prohibited from using any rush move that involves their arms or hands going above their own shoulders (Note- this rule is to help prevent any contact made to opponent’s head). *3-yard live ball penalty*

Illegal Alignment (Defensive line) - Defensive linemen are prohibited from lining head up on the center. The D-line must be on either side of the center prior to the snap. *3-yard live ball penalty*

7 Yard Penalties (Live Ball)

Flag Guarding/Stiff Arm - The ball carrier shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove a flag. All flags must be accessible. Stiff arm and flag guards can be incidental and are up to the referee’s judgment. *7-yard live ball penalty & loss of down.*

Illegal Blocking Technique/Illegal use of hands or arms/Blocking Down Field - Any technique where the blocker is not using open hands. Any block that is made outside of the safe blocking area (between the shoulders, above the waist, and in front of the opponent). Grasping or encircling any teammate to form interlocked blocking. *7-yard live ball penalty*

Holding - Use of hand or arms to hook, lock, clamp, grasp, encircle or hold, in an effort to restrain an opponent. *7-yard live ball penalty*

Illegal Block in the Back - Use of hands, arms, or body, to contact an opponent in the back. *7-yard live ball penalty*

Bull Rush / Charging - When contact is initiated by the ball carrier or defender by lowering their shoulder(s) or intentionally creating contact to be used as an advantage to gain yards (offense) or impede the runner (defense). Ball carriers cannot go through defenders to gain yards and defenders cannot intentionally engage the ball carrier to slow down their forward progress. *7-yard live ball penalty*

Roughing the Passer - Defensive players must make a definite effort to avoid charging into a passer, who has or is attempting to throw the ball from in or behind the neutral zone. (Note- If a defensive player blocks a pass and initiates contact with the passer, roughing may not be called depending on the severity of the contact). *7-yard live ball penalty and automatic 1st down*

Pass Interference *7-yard live ball penalty and automatic 1st down*

There are 3 categories of Offensive Pass Interference:

Blocking downfield before the ball has been touched (commonly seen through “pick plays”).

Shoving or pushing off, and creating separation (most common type of OPI)

Driving through a defender who had established position.

Other notes on pass interference:

Defensive pass interference is a 7-yard penalty AND an automatic 1st down.

Offensive pass interference is a 3-yard penalty AND a loss of down.

Face guarding is allowed by the defender as long as no contact is made

Pass interference will not be called if a pass is considered uncatchable

Unsportsmanlike Conduct *10-yard penalty (can be both live & dead ball fouls) ejection will result in a one game suspension. 2nd ejection will result in a season suspension.*

Unsportsmanlike Conduct (By Players) - No player shall act in an unsportsmanlike manner.

Examples are, but not limited to:

Baiting or taunting acts or words. Any form of taunting which is intended or designed to embarrass, ridicule or demean another player will be considered unsportsmanlike conduct.

Using profanity towards an opponent, insulting or vulgar language or gestures.

Using disconcerting acts or words prior to the snap in an attempt to interfere with the offenses signals or movements.

Kicking at the ball, other than during a legal free kick.

Refusing to comply with a game official's request

Unsportsmanlike Conduct (By Non-players) - No coach, substitute, or fan shall act in an unsportsmanlike manner. Examples are, but not limited to:

- Using profanity, insulting or vulgar language or gestures.
- Attempting to influence a decision by a game official.
- Disrespectfully addressing a game official.
- Indicating objections to a game official's decision
- Being on the field except as a substitute or replaced player.
- Not ready to start at scheduled game time.

Personal Foul / Unnecessary Roughness *10-yard penalty (can be both live & dead ball fouls)*

- Any contact that is excessive or flagrant.
- Any contact made to opponent's neck/head.
- Any block below the waist (i.e., clipping, chop block, tripping)
- Charging into an opponent obviously out of the play

Unfair Acts *The referee enforces any penalty they consider equitable, including the award of a score*

- A player or non-player or person(s) not subject to the rules shall not hinder play by an unfair act, which has no specific rule coverage
- No team shall repeatedly commit fouls which halve the distance to the goal line
- No player shall hide the ball under a jersey
- Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game.

Clear Path to End Zone: If a defensive player holds up/ tackles/ intentionally obstructs ball carrier from a clear path to end zone or down field without making an attempt to pull the flag, the offensive team will be awarded 7 yards and an automatic 1st down from the spot. This assessment can also result in a TD. (Clear path to end zone assessment made by game official's professional judgment)

Disqualification *10-yard penalty and player or non-player must leave the facility*

Fighting by player or non-player

Intentionally contacting a game official

Striking, kicking, kneeling

Any act if unduly rough or flagrant

A second unsportsmanlike foul by player or non-player

FOULS BY BOTH TEAMS

If offsetting fouls occur during a down, that down will be repeated. Exception: If each team fouls during a down in which there is a change of possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty of its opponent's foul. When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

FOUL BETWEEN DOWNS

The penalty for a foul between downs is enforced from the succeeding spot. Any foul following a penalty incurred after a series ends and before the next series begins will be first down, but the zone line-to-gain will be established after the penalty is enforced.

Loss of Down Penalties	Yardage	Where is the Penalty Assessed?	Loss of Down?
Illegal Handoff	3	Spot of Foul	Yes
Illegal Forward Pass	3	Spot of Foul	Yes
Intentional grounding	3	Spot of Foul	Yes
Flag Guarding/Stiff Arm	7	Spot of Foul	Yes
Pass Interference (Offense)	3	Previous Spot	Yes
Automatic 1st Down Penalties	Yardage	Where is the Penalty Assessed?	Loss of Down?
Roughing the Passer	7	Previous Spot or End of Run	Automatic 1 st
Pass Interference (Defense)	7	Previous Spot	Automatic 1 st
Clear Path	7	Spot	Automatic 1 st
Dead Ball Penalties 3 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Delay of Game	3	Previous Spot	No
False Start	3	Previous Spot	No
Snap Infraction	3	Previous Spot	No
(Offense/Defense) / Offsides / Encroachment	3	Previous Spot	No
Dead Ball Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Personal Foul (after the play is dead)	10	End of Play / Succeeding Spot	No
Personal Foul (before ball is snapped)	10	Previous Spot	No
Unsportsmanlike Conduct by player or Non-Player (after the play is dead)	10	Previous Spot	No
Unsportsmanlike Conduct by player or Non-Player (after the play is dead)	10	End of Play / Succeeding Spot	No
Live Ball Penalties 3 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Illegal substitution/participation	3	Previous Spot	No
Illegal formation (less than 3 players on line of scrimmage- Offensive penalty)	3	Previous Spot	No
Illegal Shift or Illegal Motion	3	Previous Spot	No
No Contact Encroachment (Defense)	3	Previous Spot	No
Intentional Stripping of Ball Carrier	3	End of the run or spot of the foul.	No
Incidental Holding (Defense)	3	End of Run	No
Illegal hurdle/dive by ball carrier	3	Spot of foul	No
Illegal Contact	3	Previous Spot	No
Early flag pull	3	End of Run	No
Illegal Defensive Rush Move	3	Previous Spot	No
Illegal alignment (defensive lineman head up against center)	3	Previous Spot	No
Live Ball Penalties 7 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Illegal blocking technique / Illegal use of hands or arms/Blocking Downfield	7	End of the run or spot of the foul.	No
Holding	7	End of the run or spot of the foul.	No
Illegal block in the back	7	End of the run or spot of the foul.	No
Bull Rush/Charging	7	End of the run or spot of the foul.	No
Live Ball Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Unsportsmanlike Conduct by player or Non-Player (During live ball)	10	Succeeding Spot	No
Personal Foul / Unnecessary roughness.	10	End of the run or spot of the foul.	No
Blocks below the waist, Clipping, Chop Blocks	10	End of the run or spot of the foul.	No
Unfair acts	10	End of the Run	No
DQ Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Loss of Down?
Fighting by player / non player	10	End of Run / Succeeding Spot	No
Intentionally Contacting a game official	10	End of run or succeeding spot	No
Striking, kicking, kneeling	10	End of Run	No
Any act if unduly rough or flagrant	10	End of Run	No
A second unsportsmanlike foul by player / non player	10	End of Run / Succeeding Spot	No