



RECREATIONAL SERVICES

Intramural Rulebook



Flag Football

Flag Football Rules

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Intramural Flag Football Rules

NOTE: Highlighted print indicates rule changes from the previous year

** In these rules, Team A refers to the offense and Team B to the defense; R refers to the receiving team, K to the kicking team. ** Items not specifically addressed in this manual shall be referred to the National Federation of State High School Associations Football Rules Manual or the NIRSA Flag Football Rulebook and Officials' Manual for clarification.

RULE I - THE GAME, PLAYING FIELD & EQUIPMENT

SEC 1. K-State Intramural Flag Football is played by two teams of 7 players each. Minimum number needed to start a game is 5 players and avoid a forfeit. A team may play with no less than 5 players. While the ball is alive, a period called a down is in progress. The team in possession has a series of downs numbered 1, 2, 3 and 4 to advance the ball by carrying and passing it to the line-to-gain which is usually the next zone line. Points are scored by touchdown, successful try-for-point, or safety. If a foul occurs, the penalty loss, if not declined, is measured during the period between downs. All players, non-players, and spectators affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials and Intramural Supervisors assigned the game.

SEC 2. The Field and Markings

- Art 1. The field shall be rectangular and divided into four equal zones of 20 yards each with 10 yard end zones. The overall length of the field shall be 100 yards and the width shall be 40 yards. There shall be two inbounds lines (hash marks). They shall run parallel with each sideline, and located 15 yards "in" from each sideline.
- Art 2. The entire width of the goal line shall be part of the end zone.
- Art 3. There shall be 3 lines at each end of the field, located 3, 10 and 20 yards into the playing field and parallel to the goal line. These lines are for the purpose of the "try-for-point" after a touchdown.
- Art 4. Team Box: Each team shall have a team box located between the 20 and 40 yard lines. All team personnel must remain in this area while not involved in playing action on the field. If agreement cannot be made between the teams on which team box they will use the referee will conduct a coin toss.

SEC 3. Equipment

- Art 1. The official ball shall be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. A regulation rubber, composition or leather football shall be used as provided by the Recreational Services Department. Another regulation ball may be used if mutually agreed upon by the teams. Men's divisions will use the regulation sized football. Women's and Co-Rec divisions will use a regulation, intermediate, youth or junior sized football. The referee will be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession. Teams will be responsible for shuttling in the "appropriate ball" during their offensive downs. Failure to shuttle the ball into the game in a timely manner will result in a delay of game foul being assessed to the offending team.
- Art 2. Each team will provide one individual to aid the officials with the down marker, line of scrimmage and play monitoring. When no extra players or team attendants are available, each team will play one person short. A team may not drop below the 5 players required to play the game and must have 5 players on the field when providing an individual to help with the down marker to avoid a forfeit. Teams may aid opponents by offering to run the down marker the entire game.
- Art 3. A timing device shall be used by the referee to monitor time between downs and game time.

SEC 4. Player Designations

- Art 1. Each team shall designate a player as field captain and only the captain may communicate with the officials. A captain's first choice of any offered decision is final.

SEC 5. Player Equipment

- Art 1. No shoes with metal spikes or protruding metal surfaces are permitted. Shoes shall be made of canvas, leather or synthetic material which covers the foot attached to a firm sole of leather, rubber or composition material which may have cleats or may be cleat less. Among the items which do not meet these requirements are gymnastic slippers, ski and logger boots and other apparel not intended for football use. Cleats are limited to studs or projections which do not exceed 1/2 inch in length and are made with non-abrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. Rubber screw-in type cleats are permitted provided they have no protruding metal surfaces. No players may play barefoot. Hard synthetic soles with sharp edged cleats are also illegal. Street shoes or boots are not legal.
 Penalty: Failure to wear required equipment. Live ball or dead ball foul. 5 yards (S23)
 Penalty: Unsportsmanlike Conduct 10 yards (S27) - If found with shoes containing exposed metal, ceramic, screw-in (cleat is screwed on to permanent screw), detachable cleats and synthetic soles with sharp edged cleats. Player may not participate until shoes are legal.
- Art 2. No player shall wear a padded suit, headgear, billed hats, shoulder pads, items containing exposed knots or any other special protective body device. Knee or elbow pads are allowed. Players may wear a knit or stocking cap provided it has no bill. Players may wear a head band no wider than 2 inches in width and made of non-abrasive, unadorned single-colored cloth, elastic, fiber, soft leather or rubber. Rubber or elastic bands may be used to control hair. Players may wear gloves which consist of a soft, pliable and non-abrasive material. Any hood on a coat, sweatshirt, or shirt which does not remain tucked inside of the garment is illegal. Towels may not be attached at the player's waist. Flag belts must be of the type that the flags may not be able to be detached from the flag belt.
 Penalty: Unsportsmanlike Conduct 10 yards (S27)
- Art 3. No player shall wear eye glasses unless they are of shatter-proof material or contact lenses. With the approval of the Recreational Services Department, glasses may be worn under a protective mask. Glasses must be strapped on.
 Penalty: Failure to wear required equipment. Live ball or dead ball foul. 5 yards (S23)
- Art 4. Some type of a shirt must be worn. Shirts shall be long enough to remain tucked in or short enough that there is a minimum of 4 inches from the bottom of the shirt to the top of the player's waist line. Shirts shall have an easily distinguishable number either on the front or back of the shirt which is not a duplicate number of a teammate. Recreational Services will provide pinneys if needed by a team.
 Penalty: Failure to wear required equipment. Live ball or dead ball foul. 5 yards (S23)
- Art 5. Each player on the field will wear a quick-release style flag belt at their waistline with three (3) flags attached, one flag on each side of the player's body and one in the middle of the waist in the rear. Flags must be of a contrasting color of a player's pants or shorts. Recreational Services supplies red flag belts and blue flag belts for a team's use. The flags must be of a contrasting color to their opponent's flags.
 Penalty: Failure to have flag belt attached at the snap, 5 yards from previous spot (S23).
- Art 6. Tampering with flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts are illegal.
 Penalty: Personal Foul, 10 yard penalty from previous spot and disqualification of player (S38 and S47). If by Team A, loss of down (S9). If by Team B, automatic first down (S8)
- Art 7. Knee and ankle braces with exposed metal must be covered. Braces on the hand, wrist, forearm and elbow made of hard, unyielding material are illegal even if covered.
 Penalty: Unsportsmanlike Conduct 10 yards (S27)
- Art 8. Jerseys of opposing teams must be of contrasting colors. Recreational Services will provide jerseys for game use if needed.
 Penalty: Failure to wear required equipment. Live ball or dead ball foul. 5 yards (S23)
- Art 9. Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal.
 Penalty: Unsportsmanlike Conduct 10 yards (S27)
- Art 10. When any required player equipment is missing or when illegal equipment is found on any incoming substitute or any player, correction must be made before participation. A substituting player is not properly equipped he/she may be sent off the field prior to the ball being snapped or the expiration of the 25 second clock. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use.
- Art 11. Jewelry will not be permitted. Exception: Religious and medical alert bracelets are not considered jewelry. A religious medal must be taped and worn under the uniform. The chain is not considered

part of the religious medal. A medical-alert medal must be taped down with clear tape and may be visible.

Penalty: Unsportsmanlike Conduct 10 yards (S27)

Art. 12. Pants or shorts with any type of belt, belt loop(s), pocket(s) or exposed drawstrings will not be allowed. Exposed metal on a player is illegal.

Penalty: Unsportsmanlike Conduct 10 yards (S27)

Art. 13 Players may carry a play book inside their clothing as long as it not made of an unyielding material and is not visible. If carried on the field, a player must keep it rather than throw it on the ground.

Players may wear a soft, pliable wrist/forearm band that contains plays.

Penalty: Unsportsmanlike Conduct 10 yards (S27)

Art. 14 Towels may not be attached the player's waist.

Penalty: Unsportsmanlike Conduct 10 yards (S27)

Art. 15 It is strongly recommended that a tooth and mouth protector be worn by all players.

RULE II - DEFINITIONS OF PLAYING TERMS

SEC 1. Bat

A bat is intentionally slapping, striking, or redirecting the ball with the hand or arm.

SEC 2. Catch, Interception, Simultaneous Catch, Touching

Art. 1. A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball.

a) If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds. Contact by an opponent that causes the receiver to change direction and to initially land out-of-bounds may be ruled a completed catch if the receiver would have landed inbounds had the contact not occurred.

b) A catch by a kneeling or prone inbounds player is a completion or interception

c) A loss of the ball simultaneously with returning to the ground is not a catch or interception.

NOTE: If in doubt, it is a catch.

Art. 2. Interception: An interception is the catch of an opponent's fumble or pass.

Art. 3. Simultaneous Catch or Recovery: A simultaneous catch or recovery is a catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.

Art. 4. Touching: Catching is always preceded by touching the ball: thus, if touching causes a ball to become dead, securing possession of the ball has no significance. Touching refers to any contact with the ball.

SEC 3. Clipping

Clipping is throwing the body across the back of the leg of an opponent or charging or falling into the back of an opponent. The use of the hand or arm on the back is not clipping when it is for the purpose of warding off a blocker.

PENALTY - Personal Foul, 10 yard penalty from enforcement spot (S38)

SEC 4. Conferences

There are 2 types of authorized conferences permitted during charged time-outs and the intermission between periods (excluding half-time). They are:

a) One player and 1 or more coaches within 5 yards of the sideline.

b) One coach may enter the team's huddle on the field between the inbounds lines (hash mark) to confer with not more than 7 players (8 players Co-Rec).

SEC 5. Declared Free Kick (Punt)

A declared free kick is a punt from scrimmage. All kicks must be declared and, after such declaration, the team must kick. Exception: If (a) a Team A or B time-out is called, (b) a foul occurs any time prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants to punt and communicate this decision to the Team B captain (S43).

SEC 6. Encroachment

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 hand(s) on the ball, it is encroachment for any player (offensive or defensive) to break the scrimmage line plane, except for the snapper's right to be over the ball.

PENALTY - Dead Ball Foul, Encroachment, 5 yards from the succeeding spot (S7 & S18)

SEC 7. Fighting

Fighting is any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent(s) with the arm(s), hand(s), leg(s) or foot (feet), whether or not there is contact.

SEC 8. Force

The force imparted by a player who punts, passes, snaps or fumbles the ball shall be considered responsible for the ball's progress in any direction even though its course is deflected, or reversed, after striking the ground or after striking a player of either team. However, the initial force is considered expended and a new force is provided if a loose ball is illegally kicked or batted or it is contacted again after coming to rest.

SEC 9. First Touching

First touching occurs when a member of the kicking team is the first player to touch the ball after it has been punted. (S16)

SEC 10. Flag Pulling or Deflagging

In order to end an offensive play, the defensive player must remove the offensive ball carrier's flag belt. When the flag belt is clearly no longer attached around the waist - a deflag has occurred.

SEC 11. Foul

A foul is a rule infraction for which a penalty is prescribed. NOTE: If in doubt, it is not a foul.

SEC. 12. Flagrant Foul

A flagrant foul is so severe or extreme that it places an opponent in danger of serious injury and /or involves violations that are extremely or persistently vulgar or abusive contact.

SEC 13. Fumble or Muff

A muff is an unsuccessful attempt to catch the ball, the ball being touched in the attempt. A fumble is a loss of player possession other than by handing, passing or punting the ball. The spot of fumble or muff is the place where the ball first touches the ground.

SEC 14. Goal Line

A goal line is the vertical plane which separates the field of play from the end zone. When related to a live ball in a runner's possession while the ball is over the out-of-bounds area, the goal line includes the extensions beyond the sidelines. A team's own goal line is the one it is defending.

SEC 15. Handing the Ball

Art. 1. Handing the ball is transferring player possession from one teammate to another without throwing or punting it.

SEC 16. Huddle

Art. 1. A huddle is two or more offensive players grouped together after the ball is ready for play and before assuming scrimmage formation prior to the snap.

SEC 17. Hurdling

Art. 1. Hurdling is the attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body, except one or both feet.

SEC 18. Kicks

- Art. 1. Kicker- The kicker is any player who punts. The kicker is a runner until he/she actually punts the ball. Players of his/her team are known as kickers and any opponent is a receiver.
- Art. 2. Legal and Illegal Kicks: A legal kick is a punt by a player of the team in possession when such a kick is permitted by rule. Any punt continues to be a punt until it is caught by a player or becomes dead. Kicking the ball in any other manner is illegal.
- Art. 3. Punt: A punt is made by Team A under restrictions which prohibits either team from advancing beyond their scrimmage lines until the ball is punted. A punt is kicking the ball by a player who drops it and punts it before it strikes the ground.

SEC 19. Loss of Down

- Art. 1 "Loss of down" means "loss of the right to repeat the down."

SEC 20. Neutral Zone

The neutral zone is designated as the area between the 2 ball spotters (1 yard). It is established when the ball is placed "ready for play". The blue ball spotter shall mark the defensive scrimmage line and the orange ball spotter shall mark the offensive scrimmage line. The neutral zone extends to each sideline. It is established when the ball is marked ready for play.

SEC 21. Passer

- Art. 1. The passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight or until he/she moves to participate in the play.

SEC 22. Passes

- Art.1. Passing: Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
- Art. 2. Forward or Backward: A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass or fumble that hits the ground is ruled dead at the spot the pass, or fumble, contacts the ground.

SEC 23. Penalty

- Art. 1 A penalty is a result imposed by rule against a team or team member that has committed a foul.

SEC 24. Removing the Flag Belt

- Art. 1. Flag Belt Removal: When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture. A player may leave his/her feet to remove the flag belt.
- Art. 2. Contact: In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck or any part of the head of the runner with their hands. An opponent may not hold, push, or knock down the runner in an attempt to remove the flag belt.

SEC 25. Runner

- Art. 1. The runner is the player in possession of a ball or simulating possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a runner.

SEC 26. Screen Blocking

- Art. 1. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.

SEC 27. Scrimmage Line

- Art. 1. Scrimmage Line: The scrimmage line for Team A is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for Team B is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. Team B's scrimmage line may extend into their end zone. A team A player is on his/her scrimmage line when facing his/her

opponent's goal line with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line. The snapper is a line player.

Art. 2. Backfield line: To be legally in the backfield a Team A player must not break the plane of the line drawn through the waistline of the nearest Team A player, except the snapper, on the scrimmage line.

SEC 28. Shift

Shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

SEC 29. Snapper

Art. 1. The snapper is the player who snaps the ball. He/she is a line player.

SEC 30. Spots used in Administration

Art. 1. The out-of-bounds spot is where the ball becomes dead because of going out-of-bounds while being carried by a runner, kicked on a free kick, or fumbled.

Art. 2. The previous spot is where the ball was last snapped.

Art. 3. The succeeding spot, as related to any non-player, unsportsmanlike or dead ball foul, is where the ball would next be snapped if such a foul had not occurred.

Art. 4. The spot where a run ends is where the runner loses player possession or where the ball becomes dead in his possession.

SEC 31. Substitute

Art. 1. A substitute is a team member who may replace a player.

SEC 32. Team and Player Designations

Art. 1. Disqualified Player: A disqualified player is one who becomes ineligible for further participation in the game.

Art. 2. Line Player and Backfield Player: A line player is any person on his/her scrimmage line when the ball is snapped. A backfield player is any person who is legally behind that line when the ball is snapped.

Art. 3. Offensive and Defensive Teams: The offensive team is the team in possession or the team to which the ball belongs. The defensive team is the opposing team.

Art. 4. Player and Nonplayer: A player is any one of the participants in the game. A nonplayer is a coach, trainer, other attendant, a substitute, or a replaced player who does not participate by touching the ball, hindering an opponent, or influencing the play.

SEC 33. Team A and B Players

Art. 1. Team A is the team which snaps the ball. The opponent of Team A is Team B. A player of Team A is A1 and teammates are A2 and A3. Other abbreviations are B1 for a player of Team B, K1 for a player of the kickers and R1 for one of the receivers.

SEC 34. Tripping

Tripping is the use of the lower leg or foot to obstruct an opponent below the knee.

PENALTY - Personal Foul, 10 yard penalty from basic spot. (S38)

SEC 35. Tagging

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

RULE III - PERIODS, TIME FACTORS AND SUBSTITUTIONS

SEC 1. Length of Periods

- Art 1. A coin toss shall determine which team first puts the ball in play. The winner of the toss shall have first choice of options for the first or defer his/her option to the second half. All officials shall be present for the coin toss. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:
- To choose whether the captain's team will start on offense, defense, or defer their choice to the second half.
 - To choose the goal the captain's team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
- Art 2. The game shall consist of four (4) quarters. Each quarter will last ten (10) minutes. The game clock will continue running until the last two (2) minutes of the fourth quarter unless stopped by:
- Team Time-out
 - Referee's Time-out
 - End of 1st and 3rd period
- Art 3. There shall be a five (5) minute rest period between halves.
- Art 4. Before the first ball becomes live at or within the last two minutes of the 2nd and 4th quarters, the Referee shall stop the clock and notify both teams of the two-minute warning. From this point forward, the clock will start and stop as prescribed by Article 5
- Art 5. During the last two minutes of the 2nd and 4th quarter, the clock will stop for a:
- Incomplete legal or incomplete illegal forward pass – starts on snap
 - Out-of-bounds – starts on snap
 - Safety – starts on snap
 - Team time-out – starts on snap
 - First down – dependent on result of play
 - Touchdown – starts on snap (after PAT)
 - Penalty and administration – dependent on previous play (EXCEPTION: Delay of game foul is accepted – starts on snap)
 - Referee's time-out – starts at his/her discretion
 - Touchback – starts on snap
 - Team A is awarded new series – dependent on previous play
 - Team B is awarded a new series – starts on snap
 - Either team is awarded a new series following a legal punt – starts on snap
 - Team attempting to conserve time illegally – Starts on the ready for play whistle
 - Team attempting to consume time illegally – Starts on the snap
 - Inadvertent whistle – starts on the ready for play whistle
- Art 6. A period must be extended by an un-timed down (S1), if during a down in which time for the period expires, one of the following occurred:
- If there was a foul, except for unsportsmanlike or non-player fouls which specify loss of down, by either team or the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
 - If there was a double foul.
 - If there was an inadvertent whistle and the down is to be replayed.
 - If a touchdown was scored, the try for point is attempted as a part of the same quarter. (Except when in the fourth quarter and the outcome of the game is decided.) If (a), (b), or (c) occurs during the extra down, the procedure is repeated.
- Art 7. If a dead ball foul occurs after the last play of any period, the penalty shall be measured from the succeeding spot.
- Art 8. Mercy Rule- If a team is ahead by 40 points or more any time after the conclusion of the second quarter or ahead by 19 points any time after the announcement of the two-minute warning in the fourth quarter the game is over, the game shall be ended and the team leading shall be declared the winner. Prior to applying the Mercy Rule, there must be a down free of any accepted live ball fouls.
- Art 9. Ending a period: The referee will hold the ball in one hand overhead to indicate the half has officially ended. (S14)
- Art 10. If a regular season game, in progress, is called due to weather condition, it will be considered a complete game if one half has been completed. Any game called prior to this time will be replayed in

its entirety. Any playoff game stopped due to weather conditions will be replayed from the point of interruption and be played to completion.

SEC 2. Time-outs

- Art 1. Each team shall be allowed two (2) time-out periods during each half limited to one (1) minute each. Unused timeouts may not be carried over to another half or overtime.
- Art 2. A time-out shall be taken by the official in case of an injury. The injured player must be replaced for one play.
- Art 3. Officials may grant an official's time-out to retrieve a ball that has traveled an unreasonable distance from the field.
- Art 4. A charged time-out occurs when the ball is dead and:
- A player's request is legally granted.
 - For the repair of faulty player equipment that exceeds 25 seconds.
 - A time-out is requested and granted for the purpose of reviewing an official's application of a rule which may have been misapplied or misinterpreted, and no change in the ruling results. Charged time-outs shall be reduced in length only if both teams are ready to play prior to the expiration of the time-out. Successive charged time-outs may be granted. When a team's permissible charged time-outs during a half have been used, its captain should be notified.
- Art 5. After a team has used its permissible charged time-outs in a half, any subsequent request shall be denied unless it is granted to review possible misapplication or misinterpretation of a rule.
Effect Art 5: If no change results in referee's decision then team making request shall be charged a penalty.
Penalty: Dead Ball, Delay of Game, 5 yards from succeeding spot (S 7 & S21)
- Art 6. The referee will notify both teams when 5 seconds before a charged time-out expires. The team then has 25 seconds to put the ball in play.
- Art 7. A time-out occurs when an unconscious or apparently unconscious player is determined by game officials or trainer. The player may not return to play in the game without written authorization from a physician.
- Art 8. Failure of a team to play within 2 minutes after being ordered to do so by the referee shall result in a forfeiture.

SEC 3. Ball Ready for Play and Delay

- Art 1. The dead ball is ready-for-play when, after it has been placed for a down, the referee:
- If the clock is running, sounds the whistle and gives the ready for play signal (S1)
 - If the clock is stopped, sounds the whistle and signals either "start the clock" or the "ball is ready for play". (S2) or (S1)
- Art 2. Action or inaction which prevents promptness in putting the ball in play is delay of game. This includes:
- Failure to snap the ball within 25 seconds after the ball is declared ready-for-play.
 - Deliberately advancing the ball after it has become dead.
 - Any other conduct which unduly prolongs the game.
 - Putting the ball in play before it is declared ready for play
 - Coach-Referee conference after all permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change results
- PENALTY: Dead Ball Foul, Delay of Game, 5 yards from succeeding spot. (S7 & S21)

SEC 4. Substitutions

- Art 1. There shall be no limit to the number of substitutions a team may make, providing such substitutes remain in the game for at least one play and providing the substitutions cause no delay in the game.
- Art 2. No substitute shall enter during a down.
PENALTY: Illegal Substitution, 5 yards (S22)
- Art 3. During a down a replaced player or substitute who attempts unsuccessfully to leave the field and who does not participate in nor affect the play, constitutes an illegal substitution.
PENALTY: Illegal Substitution, 5 yards (S22)

- Art. 4 During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball occurs, there is a charged timeout, or the period ends.
PENALTY: Illegal Substitution, 5 yards from previous spot (S22) if it is a dead ball or non-player foul, 5 yards from the succeeding spot. (S7 & S22)
- Art. 5 A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.
PENALTY: Illegal Substitution, 5 yards from previous spot (S22) if it is a dead ball or non-player foul, 5 yards from the succeeding spot. (S7 & S22)

RULE IV - LIVE BALL, BALL IN PLAY, DEAD BALL AND OUT OF BOUNDS

SEC 1. Live Ball

- Art. 1 A live ball is a ball in play and a dead ball is a ball not in play. A pass or fumble which has not yet touched the ground is a live ball in flight and can be caught and advanced by either team.

SEC 2. Loose Ball

- Art. 1. A loose ball is a live ball not in player possession, i.e. any punt, pass or fumble

SEC 3. Possession

- Art. 1. A player is in possession of a live ball when he/she is holding or controlling the ball. A team is in possession:
- a) When one of its players is in possession.
 - b) While a punt is being attempted.
 - c) While a forward pass thrown by one of its players is in flight.
 - d) When it was last in possession during a loose ball.

SEC 4. Ball in Play

- Art 1. The offensive team will put the ball in play on their 20-yard line "first and line to gain". Note: In 1-Pass Flag Football the offensive team will put the ball in play on their 14-yard line "first end line to gain."
- a) To start each half.
 - b) After the try-for-point following a touchdown. A team receiving points for a safety will put the ball in play with a snap on their own 20-yard line.
- Art 2. A dead ball, after having been declared ready for play, becomes a live ball when it is snapped or free kicked legally.
- Art 3. After being put in play, the ball remains alive until the down ends.
- Art 4. The ball remains dead and the down is not begun if a snap or free kick is attempted before the ball is ready for play, or there is an illegal snap or other snap infraction.

SEC 5. Dead Ball

- Art 1. An official shall cause the ball to remain dead by sounding the whistle immediately when a foul occurs before a snap.
- Art 2. The ball is dead and the down is ended when:
- a) It goes out of bounds - carried or loose.
 - b) The ball carrier has the flag belt removed and it is clearly no longer attached around the waist.
 - c) When the runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - d) The ball carrier touches any part of their body to the ground other than their feet or hands, or the ball while in his/her possession.
 - e) A touchdown, touchback, or safety occurs.
 - f) During a try for point, if B secures possession.
 - g) A fumbled or muffed ball touches the ground.
 - h) The snap from the center touches the ground before touching and being possessed by a player.
 - i) A forward or backward pass becomes incomplete or is simultaneously caught by opposing players.
 - j) When a free kick is downed by the receiving team while the kicked ball is on or behind R's goal line or if the kicked ball goes through the end zone.

- k) When a player from the kicking team is the first player to touch and control the ball after being kicked.
- l) When a declared free kick touches the ground directly after being touched by a receiver.
- m) Inadvertent whistle: During a down, or during a down in which a penalty for a foul is declined, if an inadvertent whistle occurs while:
 - 1) The ball is in player's possession, that team may choose to accept the ball at that point or replay the down.
 - 2) The ball is in flight, the team last in possession may choose to put the ball in play where possession was lost or replay the down.

SEC 6. Inbounds Spot

- Art 1. Placement of Dead Ball: If the ball becomes dead between the hash marks, the ball shall be placed at that approximate spot. If the ball becomes dead in a side zone, place the ball at the nearest hash mark at the corresponding yard line.
- Art 2. Anywhere Between the Hash Marks: Before the ready for play signal, Team A may designate the spot from which the ball is put in play anywhere between the inbounds lines (hash marks).
 - a) Start each half.
 - b) For a Try.
 - c) Following a touchback, safety, try and awarded catch or punt.
 - d) For the start of each series using an overtime procedure.

SEC 7. Catch, Interception, Simultaneous Catch, Touching

- Art 1. Catch- A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball.
 - a) If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
 - b) A catch by any kneeling or prone inbounds player is a completion or interception.
 - c) A loss of the ball simultaneously with returning to the ground is not a catch or interception.
 NOTE: If in doubt, it is a catch.
- Art 2. Interception- An interception is the catch of an opponent's fumble or pass
- Art 3. Simultaneous Catch- A simultaneous catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.
- Art 4. Touching- Catching is always preceded by touching the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance. Touching refers to any contact with the ball.

SEC 8. Out of Bounds

- Art 1. A player or other person is out of bounds when any part of the person's body is touching anything (other than another player or game official) which is on or outside the sidelines or end line.
- Art 2. A ball in player possession is out of bounds when the runner or the ball touches anything (other than another player or a game official) on or outside a sideline or end line.
- Art 3. A loose ball is out of bounds when it touches anything on or out of bounds (including a player or game official)

RULE V - SERIES OF DOWNS, NUMBER OF DOWN, AND TEAM POSSESSION AFTER PENALTY

SEC 1. Down and Between Downs

- Art 1. A down is a unit of the game which starts, after the ball is ready for play, with a legal snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead. Team A players are responsible for retrieving the ball after a down. The snapper will bring the ball from Team A's huddle to the Team A scrimmage line. A towel may be placed under the ball.

SEC 2. Series of Downs

- Art 1. The team which next puts the ball in play by scrimmage following a free kick, or touchback is awarded a series of four consecutively numbered downs in which to advance the ball to the line-to-gain. Each awarded first down starts a new series.

- Art. 2. Zone-Line-to-Gain: 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 a case, the original zone in advance of the ball at the beginning of the series of downs is the line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- Art. 3. When a scrimmage down ends with the ball in the field of play or out-of-bounds between the goal lines, a new series is awarded:
- To Team A, if the ball belongs to A on or beyond the line-to-gain.
 - To Team B, if the ball belongs to B at the end of any down.
 - To Team B, if at the end of the fourth down, the ball belongs to A behind the line-to-gain.
 - To the team in possession at the end of the down if there is a change of team possession during the down, unless the penalty is accepted for a foul which occurred before the change of possession.

SEC 3. Down and Possession after Penalty

- Art 1. When a penalty is declined, the number of the next down is the same as if the foul had not occurred. If a double foul occurs during a down, the number of the next down is the same as that of the down in which the foul occurred. After a distance penalty, the ball belongs to the team in possession at the time of the foul. Team possession may then change if a new series is awarded.
- Art 2. When a foul by A or B occurs prior to a scrimmage down, or simultaneously with the snap, the number of the next down after measurement is the same as the number established before the foul occurs (unless measurement for a foul by B results in first down).
- Art 3. Following a foul, a series of downs ends when:
- The acceptance of the penalty includes the awarding of a first down.
 - Acceptance or declination of any penalty leaves an in possession beyond the line-to-gain.
 - There is acceptance or declination of the penalty for any foul which occurs after team possession changes during the down, or after R is first to touch a declared kick while it is beyond the line, unless the foul occurs before the kick ends and the penalty is accepted.
 - Declination of any penalty leaves B in possession.

SEC 4. The Line-to-Gain and Measurements

- Art 1. The line-to-gain is established at the end of the down in which a new series is awarded and after considering the effect of any act which occurs during that down. The line-to-gain then remains fixed until the series ends and a new line-to-gain is established.
- Art 2. A ball touching the goal line (plane) when it becomes dead is in the end zone, even though it is moving away from the nearer end line and has its foremost point in the field of play. When any kick is touched near R's goal line, the ball becomes dead only if it is on or behind the goal line at the time it is touched. In doubtful cases, the ball should be considered behind the goal line. The receiving team may advance the ball out of the end zone if the ball crosses the goal line and is not dead or touched by the kicking team.

RULE VI - SNAPPING, HANDING AND PASSING THE BALL

SEC 1. Before the Snap

- Art 1. No player shall encroach on the neutral zone after the ball is ready-for-play and before the snap by touching the ball or an opponent or by being in or beyond the neutral zone to give defensive signals, to hinder or deceive an opponent. After the snapper has made the final adjustment of the ball, it is encroachment for any player to break the plane of their respective line of scrimmage, except for the snapper's right to be over the ball. During the interval between downs when two or more consecutive encroachment fouls are committed by the defensive team, the penalty will be 10 yards for subsequent encroachment fouls. A play must be started with a legal snap.
Penalty: Dead Ball, Encroachment loss of 5 yards from succeeding spot (S7 & S18)
- Art 2. False start. Before the snap no offensive player shall do anything (shift or feigned charge, etc.) which simulates action at the snap or act in a manner clearly intended to cause an opponent to commit a foul. If the false start causes the defense to encroach only the false start is penalized.
PENALTY - Dead Ball, False Start, 5 yards from the succeeding spot (S7 & S19)

- Art 3. After gripping the ball and adjusting it with the long axis at right angles to the scrimmage line and tilting it to an angle if desired, the snapper shall not:
- Fail to clearly pause before the snap.
 - Remove both hands or slide his hands along the ball.
 - Make any movement which simulates a snap.
 - Lift or move the ball in other than a legal snap.
 - The ball must be snapped backwards and in a quick, continuous motion.
 - Have his/her feet behind his/her scrimmage line
 - The snapper may not hand the ball to a fellow player to start the play.

PENALTY - Dead Ball Foul, Illegal Snap 5 yards from the succeeding spot (S7 &S19). Any resultant encroachment foul against Team B shall be cancelled.

- Art 4. After the ball is ready and before the snap, each player of Team A must momentarily be within 15 yards of the spot where the ball is to be snapped.

PENALTY - Illegal Formation, 5 yards - live ball foul (S19).

SEC 2. Position and Action during the Snap

- Art 1. A down must start with a legal snap. An illegal snap causes the ball to remain dead.

PENALTY - Dead Ball Foul, Illegal Snap 5 yards from the succeeding spot (S7 &S19).

- Art 2. The ball can be snapped between the snapper's legs, or the snapper can take a position on either side of the ball (feet must remain behind the ball) and snap it to an individual in the backfield.

- Art 3. The snapper may not snap the ball to himself/herself.

PENALTY - Live Ball Foul, Illegal Formation 5 yards from the succeeding spot (S19).

- Art 4. All players are eligible to receive the snap if they are two yards off the line of scrimmage at the time of the snap.

PENALTY - Live Ball Foul, Illegal Formation, 5 yards (S19)

- Art 5. The offensive team can station their players anywhere they so desire as long as they are on or behind their line of scrimmage. The only player that is required to be on the line of scrimmage is the snapper

NOTE: This also applies to 1-Pass Flag Football

- Art 6. Only one (1) player may be in motion at the time of the snapping of the ball and the individual must be moving laterally or away from their opponent's goal line.

PENALTY - Illegal Motion, 5-yard penalty from previous spot (S20)

- Art 7. After a huddle or shift, all offensive players must come to an absolute stop and must remain stationary simultaneously without movement of hands, feet, head, or body for a least one second before the snap.

PENALTY - Illegal Shift, 5 yards from previous spot (S20)

SEC 3. Handing the Ball

- Art 1. Any player may hand the ball backward at any time.

- Art 2. The ball may be handed forward only behind the line of scrimmage.

PENALTY - Illegal handing, 5 yards from the spot of the foul and loss of down (S35 & S9).

SEC 4. Co-Rec Rule

- Art 1. Co-Rec rule. An A male runner cannot advance the ball through A's scrimmage line (1st ball spotter-orange). There are no restrictions:

a. During a run by a male runner once the ball has been touched by any player beyond the A or K scrimmage line.

b. During a run by female runner.

c. After a change of team possession.

PENALTY: Illegal Advancement, 5 yards from the previous spot (S19).

Note: See Illegal Forward Pass – Co-Rec rule.

SEC 5. Fumble and Backward Pass

- Art 1. Any ball that is fumbled or muffed and touches the ground, shall be dead immediately. The ball shall belong to the team last in possession at the spot where the fumble or muff touches the ground unless

the ball is fumbled forward, in which case the ball belongs to the team in last possession at the spot where the ball was fumbled.

EXCEPTION: A fumble or muff in the offensive team's end zone by the offense results in a safety. (S6)

- Art 2. On kicks, any ball touched, muffed or fumbled which touches the ground, shall belong to the receiver at the spot where the ball hits the ground.
- Art 3. A bad pass from the center which touches the ground before being touched by a player shall be dead and shall remain in possession of the offensive team at the spot it touched the ground, except on the fourth down, when it shall go over to the opponents at the spot it touched the ground (S8) or when the snap lands in the offensive team's end zone in which case it will be a safety (S6). This includes snaps on declared free kicks.
- Art 4. During any down, any player in possession may make a backward pass. If a backward pass or fumble is caught by any player, he/she may advance.
- Art 5. Any number of backward passes or laterals may be made, (i.e. after receiving a kick, intercepting a forward pass, or recovering a fumble in the air).
- Art 6. A backward pass intentionally thrown out-of-bounds to conserve time or count as a play is illegal. PENALTY: Illegal Pass, 5 yards from the spot of the pass or fumble and loss of down (S35 & S9)
- Art 7. A player may not throw a backward pass to himself/herself. PENALTY: Illegal Pass, 5 yards from the spot of the pass and loss of down if by Team A before possession changes during a scrimmage down. (S35 & S9)

SEC 6. Forward Pass

- Art 1. A maximum of two (2) forward passes are allowed a team in the same down, or any time after "change of possession." They may be thrown anywhere on the field and will still be counted as a forward pass even though made and caught behind the line of scrimmage. PENALTY - Illegal Forward Pass, 5 yards from the spot of the illegal pass plus loss of down. (S35 & S9)
 - a) Number of forward passes in 1-pass flag football: During a scrimmage down and before team possession has changed:
 - 1) A forward pass may be thrown provided the passer's feet are on or behind the plane of A's scrimmage line (1st ball spotter-orange) when the ball leaves the passer's hand. Only 1 forward pass can be thrown per down. Note: If in doubt, the passer is behind the A scrimmage line.
- Art 2. Any member of either team is an eligible pass receiver. A pass receiver without a flag belt is an eligible receiver, and upon catching a pass without a flag belt must be one-hand tagged between the knees and shoulders.
- Art 3. A forward pass thrown from behind the line of scrimmage which becomes incomplete, shall be put in play at the previous spot. EXCEPTION: After a second forward pass which is incomplete the ball will be put at the spot where it was last passed by Team A.
- Art 4. A forward pass thrown from any other place on the field, which becomes incomplete, shall be put in play at the spot of the pass.
- Art 5. A forward pass (legal or illegal) is complete and the ball may be advanced when caught by any player of A or B.
- Art 6. If a forward pass is caught simultaneously by 2 opponents, the ball becomes dead and belongs to the offense
- Art 7. A forward pass (legal or illegal) is incomplete and the ball becomes dead when the pass touches the ground or goes out-of-bounds. It is also incomplete when a player in the air possesses the pass and alights so that his first contact with the ground or with anything other than a player or game official is on or outside a boundary.

SEC 7. Illegal Forward Pass

- Art 1. An illegal forward pass is a foul. An illegal forward pass is a pass purposely incomplete, or:
 - a) Thrown into an area not occupied by an eligible offensive receiver.
 - b) Thrown to save loss of yardage.PENALTY - Intentional Grounding, 5 yards plus loss of down from previous spot. (S36 & S9)
PENALTY - Illegal Pass 5 yards from spot of pass plus loss of down. (S35 & S9)

Art 3. No player shall pass a forward pass to themselves.

PENALTY - Illegal Pass, (5 yards from spot of pass plus loss of down. (S35 & S9)

Art 4. A forward pass is illegal in 1 Pass Flag Football.

- a) If the passer's foot is beyond the plane of A's scrimmage line (1st ball spotter-orange) when the ball leaves his/her hand (S35 and S9).
- b) If thrown after team possession has changed (S35).
- c) If intentionally thrown to the ground or out-of-bounds to save loss of yardage (S36 and S9).
- d) If a passer catches his/her untouched forward pass (S35 and S9).
- e) If there is more than 1 forward pass per down (S35).

PENALTY - Illegal pass, 5 yards from the spot of the pass and a loss of down if by A before possession changes during a scrimmage down (S35 and S9). Note: If in doubt, the pass is legal.

Art 5. Illegal forward pass – co-rec rule

- a) The term "closed" (S41) means a male player may NOT complete a legal forward pass to any other male player. The term "open" (S40) means any player can complete a legal forward pass to any other player. Note: All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the "open/closed" status of a down.
- b) If the crew of officials erroneously indicate the "open/closed" status of a down, the play is nullified and the down will be repeated.
- c) During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try.
- d) If a male passer completes a legal forward pass to male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by Rule must be beyond the A scrimmage line (1st ball spotter-orange). There is NO foul for a female receiver being tagged or deflagged behind the A scrimmage line. The next legal forward pass completion remains "closed."
- e) A legal forward pass caught jointly by male and female teammates is considered a female reception.
- f) There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
- g) Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."

PENALTY: Illegal Forward Pass, 5 yards from the spot where the 2nd consecutive male to male completed legal forward pass is released, and a loss of down (S35 and S9).

Art 6. Illegal Forward Pass – Co-Rec Rule

If a female passer completes a forward pass to a male receiver behind the A scrimmage line (1st ball spotter-orange) on either an "open" or "closed" play and any A male runner advances beyond this scrimmage line, it is an illegal forward pass.

PENALTY: Illegal Forward Pass, 5 yards from the spot of the pass and loss of down (S35 and S9).

SEC 8. Pass Interference

Art 1. No player of A or B shall interfere beyond the scrimmage line during a legal forward pass play. For A, the restriction begins at the time of the snap, and for B, when the ball leaves the passer's hand. The restriction does not apply if the pass does not cross the line. It is interference if any player of A or B who is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the ball.

Exceptions:

- a) Once the ball is touched or tipped by Team A, Team B or an official or is incomplete **all Pass Interference restrictions end.**
- b) Unavoidable contact occurs when 2 or more eligible are making a simultaneous, bona fide attempt to move toward, catch or bat the ball.
- c) Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball (No contact need occur)

PENALTY - Offensive Pass Interference - 10 yards from previous spot (S33)

PENALTY - Defensive Pass Interference - 10 yards from previous spot (S33)

Exception: If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional ten yards (S27)

Art. 2 Action by Team B which is not a foul and which is obviously away from the direction of the pass is not defensive pass interference.

RULE VII - DECLARED FREE KICK

- SEC 1. A free kick must be "declared" to the referee before the ball has been snapped. The referee in turn must announce this decision to all Team A and Team B players (S43). When a free kick has been "declared" the ball must be kicked from behind the line of scrimmage following a snap from the center. Team A may declare a punt on any down.
PENALTY - Illegal Quick Kick, 10 yards from Previous spot. (S31)
NOTE: After declaring a free kick, the offensive team may decide not to kick if a) a Team A or Team B time-out is called, or b) a foul occurs any time prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants to punt and communicate this decision to the Team B captain. (S43)
- SEC 2. After the snap the kicker must punt the ball immediately in a continuous motion.
PENALTY - Illegal Procedure, 5 yards from previous spot. (S19)
- SEC 3. The kicking team must be set in a legal offensive formation before the snap. There is no restriction on the offensive players' movement after the snap as long as they do not cross the line of scrimmage before the ball is kicked.
PENALTY -Live Ball, Illegal Procedure (5 yards from previous spot. (S19)
- SEC 4. Handing the ball from the center to the kicker is not legal.
PENALTY - Dead Ball, Illegal snap, 5 yards from previous spot. (S7 & S 19)
- SEC 5. There shall be no restriction as to the position of the defensive players, as long as they are back of their own line of scrimmage, and do not charge until the ball has been kicked.
PENALTY - Dead Ball, Encroachment, 5 yards from previous spot. (S 7 & S18)
NOTE: If defense crosses line of scrimmage after ball has been snapped and before the ball has been kicked it is a Live Ball, Illegal Procedure Penalty, 5 yards from previous spot.
- SEC 6. Once the ball is punted any R player may block the kick. If the blocked punt hits the ground it is a live ball and may be returned unless downed by Team K. If the punt is blocked by any R player behind K's scrimmage line and then caught by any K player behind K's scrimmage line they may advance the ball. R may advance the punt anywhere in the field of play or end zone. A K player cannot punt the ball to himself/herself or any other K player. Team K may punt the ball only once per down.
PENALTY: Illegal kicking, 10 yards. (S31)
- SEC 7. When a punt, which has crossed K's scrimmage line and hits an R player and is then caught by another R player the ball may be advanced. If a ball which hits an R player and is caught in the air by K (beyond K's scrimmage line) the ball is dead and belongs to K, and a new series of downs begins for K.
- SEC 8. First Touching:
Art. 1. If any K player touches the punt after it crosses K's scrimmage line and before it is touched there by any R player, it is referred to as "first touching". R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down. Officials shall bean bag the yard line that the first touching occurs on. (S16)
- SEC 9. Punt Out-of-Bounds Between the Goal Lines or at Rest
Art. 1. If a punt goes out of bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball belongs to the receiving team.
- SEC 10. Punt Behind the Goal Line

Art. 1 When any punt touches anything while the punted ball is on or behind R's goal line (plane), it can be downed by R and is a touchback. Note: R may run the punt out of the end zone.

SEC 11. Kick Catch Interference

Art. 1. While any punt is in flight beyond K's scrimmage line, K shall not touch the ball or R, nor obstruct R's path to the ball, unless the punt has been touched by R. K may catch, touch muff or bat a punt in flight beyond K's scrimmage line if no R player is in position to catch the ball.

PENALTY: Kick Catch Interference, 10 yards from previous spot (S33) R may choose a 10-yard penalty from the previous spot with K retaining the football and the down replayed, or they may accept a ten yard penalty enforced from the spot of the foul and start a new series with possession.

SEC 12. Signals

Art. 1 Players shall ignore any signals given by the kickers or receivers. The ball remains live. There is no foul.

RULE VIII - SCORING PLAYS AND TOUCHBACKS

SEC 1. Scoring

Art 1. Touchdown - Six (6) points
Point After Touchdown - One, Two or Three (1, 2 or 3) points
Safety - Two (2) points

SEC 2. Touchdown

Art 1. Touchdown - Six (6 points) - A touchdown shall be made when the offensive team legally carries the ball across the opponent's goal line (Plane) into the end zone or catches a pass legally in the opponent's end zone. A touchdown is determined by the advancement of the foremost point of the ball in relation to the opponent's goal line (vertical plane).

SEC 3. Try-For-Point

Art 1. Point after touchdown - The play for "point after touchdown" shall be made by a scrimmage play from the opponent's 3, 10 or 20-yard line. Successful running or passing from the 3-yard line scores 1 point. Successful running or passing from the 10-yard line scores 2 points. Successful running or passing from the 20-yard line scores 3 points. NOTE: The Referee must speak to the captain only, asking him/her whether the try shall be from the 3, 10 or 20-yard line. Once the Team A captain makes the choice of the Try from the 3, 10 or 20-yard line only a Team A timeout may allow the same captain to change the choice. However, this decision cannot be changed once either team commits a foul. The Referee will ask the scoring team captain where he/she would like the ball placed on or between the inbounds lines (hash marks). The point value remains the same regardless of the distance created by any penalty situation.

Art 2. If any loss of down penalty occurs during a try-for-point, or if there is any other foul by A only and the try is not successful, no point is scored and there is no replay. If there is any other foul by A and the try is successful or if there is any foul by B and try is not successful or if there is a double foul, the try is replayed after measurement. For such replay, the snap will be from the yard line through the spot where the measurement places the ball.

Art 3. If during a successful try, there was a foul by B, the penalty will be enforced from the succeeding spot.

Art 4. A try shall end when Team B gains possession of the football. Team B may not try to advance the football for a score during a try.

Art 5. If a touchdown is scored on the last play of the second half, the try is not attempted, unless it will affect the outcome of the game.

SEC 4. Force, Safety, Touchback, and Declared Kick

Art 1. Force: Responsibility for forcing the ball from the field of play across a goal line is attributed to the player who carries, snaps, passes, fumbles or kicks the ball. The muffing or batting of a pass, kick or fumble in flight is not considered a new force since the original force has not been spent.

Art 2. Safety (2 points) - It is a safety when: (S6)

- a) A runner carries the ball from the field of play to or across his goal line and it becomes dead there in his team's possession. EXCEPTION: When a defensive player intercepts a forward pass or a Team R player catches a declared kick between his/her 5-yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to the defensive team at the spot where pass was possession was gained. This is known as the momentum rule.
- b) A player forces a loose ball from the field of play to or across the player's goal line by the player's kick, pass, fumble, snap, muff, or bat and provided the ball becomes dead there in their team's possession or the ball is out of bounds when it becomes dead on or behind their goal line. This does not apply to a legal forward pass which becomes incomplete.
- c) A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in their end zone.
- d) A player throws a second pass from the end zone which falls incomplete, or throws an illegal forward pass from the team's end zone and penalty is declined in a situation which leaves the player in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

Effect A-D: Team B shall be awarded 2 points and the ball at their 20-yard line.

Art 3. Touchback (no points awarded). It is a touchback when:

- a) A pass or fumble by a given team is the force which sends the ball to or across the opponent's goal line, provided such opponent is in team possession, or the ball is out of bounds when it becomes dead on or behind its goal line. NOTE: The force that puts the ball into the end zone is the important factor in determining whether the action results in a safety or a touchback.
- b) A pass that is intercepted in the end zone may be run, passed out, or downed for a touchback. A first or second pass out of the end zone on such a play will be ruled a touchback if it is incomplete if no prior action by the intercepting team advanced the ball beyond the goal line and then retreated back into the goal area.
- c) A declared kick which is downed in the end zone or passes through the end zone before going out of bounds will be a touchback.

RULE IX - CONDUCT OF THE PLAYERS

SEC 1. Offensive Screen Blocking

Art 1. The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind their back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use their hand or arm to break a fall or to retain their balance. A player must be on their feet before, during, and after screen blocking.

PENALTY - Personal Foul, 10 yards from basic spot. (S38)

SEC 2. Screen Blocking Fundamentals

A player who screens shall not:

- Art. 1. Take a position closer than a normal step when behind a stationary opponent.
- Art. 2. Make contact when assuming a position at the side or in front of a stationary opponent
- Art. 3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. The position will vary and may be 1 to 2 normal steps or strides from the opponent.
- Art. 4. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

PENALTY: Personal Foul, 10 yards from basic spot. (38)

SEC 3. Blocking in the Open (Screening)

Art 1. On a running play and after a pass has been completed, only screening is allowed. In "screening" only one offensive player shall approach without charging into him /her or using his/her hands. Only one player may lead by screening for a running play.

PENALTY - Personal Foul, 10 yards from basic spot. (S38)

SEC 4. Player Conduct - Offense

- Art 1. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet and knees to avoid being deflagged.
PENALTY: Personal Foul, 10-yard penalty from basic spot. (S38)
- Art 2. Deliberately drive or run into a defensive player.
PENALTY: Personal Foul, 10-yard penalty from basic spot. (S38)
If flagrant the player will be disqualified. (S47)
- Art 3. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent.
PENALTY: Personal Foul, 10-yard penalty from basic spot. (S38)
If flagrant the player will be disqualified. (S47)
- Art 4. The ball carrier shall not protect their flags by blocking, with his arms or hands, the opportunity of an opponent to pull or remove the ball carrier's flags.
PENALTY - Flag guarding, 10 yards from basic spot (S24)
- Art 5. Offensive players shall not push, pull or lift the runner.
PENALTY - Helping the Runner, 5 yards. (S44)
- Art 6. Offensive players may not grasp or encircle any teammate to form interlocked interference.
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
- Art 7. During a run, offensive players (except the runner) shall not use their hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent.
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
- Art 8. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal
PENALTY: Personal Foul, 10 yards from previous spot, and player disqualification. (S38 & S47) If by Team B, automatic first down. (S8)
- Art 9. Runners shall not flag guard by using the hands, arms, or ball to deny the opportunity for an opponent to pull or remove the flag belt: Examples of flag guarding include, but are not limited to:
a) Placing or swinging the hand or arm over the flag belt.
b) Placing the ball in possession over the flag belt
c) Lowering the shoulders in such a manner which places the arm over the flag belt.
PENALTY: Flag Guarding, 10 yards and Loss of Down. (S24 & S9)

SEC 5. Player Conduct - Defense

- Art 1. The pulling or removing of a flag from an offensive player by a defensive player prior to ball possession is illegal.
PENALTY - Defensive Pass Interference 10 yards from basic spot and automatic first down. (S38)
Repeat offenders will be disqualified. (S47)
- Art 2. The defensive player is restricted in the use of his hands to the shoulders of the body of his/her opponent (not the head) to the waist area.
PENALTY - Personal Foul 10 yards from basic spot. (S38)
- Art 3. The defensive player may not go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
PENALTY - Personal Foul, 10 yards from basic spot, possible ejection for a flagrant act. (S38)
- Art 4. The defensive player may not strip, punch at or take the ball out of an opponent's hands when the ball carrier has secure control of the ball.
PENALTY - Personal Foul, 10 yards from basic spot. (S38)

SEC 6. Deflagging

- Art 1. A de-flag occurs when the ball carrier's flag belt is clearly no longer attached to the waist. The ball shall be declared dead at the spot of the flag removal.
- Art 2. Players must have possession of the ball before they can be de-flagged legally by an opponent. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. An opponent intentionally pulling the flag belt from an offensive player without the ball is illegal.
PENALTY: Personal Foul, 10 yards from basic spot. (S38)

- Art 3. A defensive player shall not hold, grasp, or obstruct forward progress of the ball carrier while in the act of removing a flag belt or making a legal tag.
PENALTY - Holding 10 yards from basic spot. (S42)
- Art 4. If a defensive player physically tackles a ball carrier who, in the judgement of the official, had an open field for a touchdown, it is an infraction.
PENALTY - PENALTY- Personal Foul, 10-yard penalty from basic spot and disqualification of offending player. (S38 & S47) Touchdown awarded and penalized from succeeding spot. (S5)

SEC 7. Personal Fouls

- Art 1. No player or non-player shall strike, kick, or knee an opponent.
PENALTY -Personal foul, 10-yard penalty from basic spot. (S38)
- Art 2. No player or non-player shall:
- a) Contact an opponent on the ground
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
 - b) Contact an opponent either before or after the ball is declared dead
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
 - c) Position himself on the shoulders or body of a teammate or opponent to gain an advantage.
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
 - d) Make contact of any nature with an opponent which is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand except according to rule.
PENALTY- Personal Foul, 10-yard penalty from basic spot. (S38)
 - e) Tackle the runner by grasping or encircling with the hands or arms and taking the opponent toward the ground as in tackle football.
PENALTY- Personal Foul, 10-yard penalty from basic spot and disqualification of offending player. (S38 & S47)
 - f) Fighting an opponent
PENALTY- Personal Foul, 10-yard penalty from basic spot and disqualification of offending player. (S38 & S47)
- Art 3. Defensive players must make a definite effort to avoid contacting the passer after it is clear that the ball has been thrown forward legally.
PENALTY - Roughing the Passer, 10 yards and automatic first down. (S34 & S8)

SEC 8. Unsportsmanlike Conduct

- Art 1. No player shall act in an unsportsmanlike manner during either a period or intermission. This includes any act the official deems poor sportsmanship.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27) A flagrant act will result in disqualification. (S47)
- Art 2. Using words similar to offensive audible and quarterback cadence prior to the snap in an attempt to interfere with Team A's signals or movements.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27) Team B will be penalized 10 yards and warned not to repeat the behavior for the first offense. Any second offense will result in disqualification of the individual and a 10-yard penalty. (S47)
- Art 3. Refusal to comply or abide by the request or decision of an official.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27)
- Art 4. Intentionally kicking at the ball, other than during a punt.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27)
- Art 5. Leaving the field between downs to gain an advantage unless replaced or with permission of the referee.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27)
- Art 6. Participate while wearing illegal equipment.
PENALTY - Unsportsmanlike Conduct 10 yards. (S27)

SEC 9. Illegal Participation

- It is illegal participation:
- Art 1. For a player to be lying on the ground to deceive opponents at or immediately before a snap.
PENALTY: Illegal Participation, 10 yards from basic spot. (S28)
- Art 2. No replaced player or substitute shall hinder an opponent, touch the ball, influence the play or otherwise participate.

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 3. A substitution or pretended substitution to deceive opponents at or immediately before the snap is illegal.

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 4. The re-entrance of a disqualified player or an injured player not replaced for at least one live ball play is illegal. Exception: An injured player may return if the period ends or over-time intermission occurs

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 5. Having 8 or more (or 9 or more in Co-Rec) players participating at the snap or declared kick.

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 6. If, prior to a change of possession, a Team A or K player goes out-of-bounds and returns during the down to participate, unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds and return.

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 7. When a player, replaced player, or substitute enters during a down.

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

Art 8. To have more than the legal number of males or females participating at the snap (Co-Rec Rule.)

PENALTY: Illegal Participation, 10 yards from basic spot. (S28)

SEC 10. Illegal Kicking and Batting

Art 1. No player shall intentionally kick a ball other than a declared kick. Note: An illegal kick will be treated as a fumble.

PENALTY - Illegal Kicking, 10 yards. (S31)

Art 2. Players shall not bat a loose ball other than a pass or fumble in flight. Exception 1: A backward pass in flight shall not be batted or thrown forward by the passing team. Exception 2: The kicking team may bat a grounded punt beyond the Team A scrimmage line toward their goal line.

PENALTY - Illegal batting, 10 yards. (S31)

Art 3. A ball in player possession shall not be batted forward by a player of the team in possession.

PENALTY - Illegal batting, 10 yards. (S31)

SEC 11. Conduct of Persons Other than Players

Art 1. Unsportsmanlike conduct by a coach, substitute or spectator shall be charged against his or her team.

PENALTY - Unsportsmanlike Conduct, 10 yds. (S27) A flagrant foul will result in disqualification of the offending individual. (S47)

SEC 12. Unfair Acts

Art 1. No player or non-player shall hinder play by an obviously unfair act which has no specific rule coverage.

PENALTY - The referee enforces any penalty he considers equitable including the awarding of a score.

Art 2. No team shall repeatedly commit fouls which can be penalized only by halving the distance to goal line.

PENALTY - The game may be forfeited.

Art 3. Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game.

PENALTY - The game may be forfeited.

RULE X - ENFORCEMENT OF PENALTIES

SEC 1. Procedures After a Foul

Art 1. When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. He shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to the captain the number of the ensuing down, distance to be gained, and the status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. The captain's choice of options may not be revoked. In case of a double foul, the captains are not consulted since penalties offset.

- Art 2. When a foul occurs during a dead ball or prior to a declared free kick or snap, the official shall not permit the ball to become alive. The referee shall notify the captains, and the captain of the offended team will be presented with the options and the effect of acceptance or declination on the down and distance to be gained. The captain may accept or decline the penalty.
- Art 3. When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.
- Art 4. When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

SEC 2. Double Fouls

- Art 1. It is a double foul if both teams commit fouls (other than unsportsmanlike conduct) during the same live ball period in which:
 - a) There was no change of team possession.
 - b) There was a change of team possession, and the team in possession at the end of the down had fouled prior to final change of possession.
 - c) There was a change of possession and the team in final possession accepted the penalty for its opponent's foul.

PENALTY - The penalties cancel and the down is replayed.

NOTE: The same "live-ball" period is to be interpreted as beginning with the snap and ending when the ball becomes dead. At what point in the play the foul occurred is of no significance if there was no change of team possession.

- Art 2. 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 declined the penalty for its opponent's foul (other than unsportsmanlike).

SEC 3. Multiple Fouls

- Art 1. It is a multiple foul when two or more live ball fouls are committed by the same team on the same down. Only one penalty may be measured except when a foul (or fouls) for unsportsmanlike conduct occurs. In such cases, the penalty (or penalties) for unsportsmanlike conduct is administered from the succeeding spot as established by the acceptance or declination of the penalty for the previous foul. When only one penalty is to be administered, the offended captain may choose which one it shall be, or he may decline all penalties.
- Art 2. Penalties for dead ball fouls are administered separately and in the order of their occurrence. A dead ball foul is not coupled with a live ball foul or another dead ball foul to create a double or multiple foul.

SEC 4. Types of Play and Basic Enforcement Spots

- Art 1. If a foul occurs during a down, the basic spot is determined by the type of play. There are two types of plays:
 - a) A loose ball play is action during:
 - 1. A declared kick (punt).
 - 2. A legal forward pass.
 - 3. A backward pass, including the snap, or fumble made by A from on or behind Team A's scrimmage line prior to the first forward pass. A loose ball play also includes the run or runs which precedes such legal pass, kick or fumble.
 - b) A running play is any action not included in item (a).
- Art 2. If a foul occurs during a loose ball play, the basic spot is:
 - a) The previous spot (spot of the snap) if ball possession was lost behind the line of scrimmage on the first forward pass, or during a declared kick, or during a backward pass or a fumble made by A from on or behind Team A's scrimmage line before the first forward pass.
 - b) The spot where ball possession was lost beyond the line of scrimmage or on the second forward pass during that down.

Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last related run when the run ends beyond Team A's scrimmage line on a first forward pass.

- Art 3. If a foul occurs during a running play, the basic spot is the spot where the related run ends. The run ends where the player loses possession if the player's run is followed by his/her fumble or pass. If the runner does not lose possession, the run ends where the ball becomes dead.

SEC 5. Administering Penalties

- Art 1. The penalty for a foul during a running play or a loose ball play is administered from the basic spot unless the foul is by the offense and occurs behind the basic spot. In that case, it is administered from the spot of the foul. (All but One Principle)
- Art 2. Any live ball foul is penalized according to the all-but-one enforcement principle except:
 - a) A foul which occurs simultaneously with the snap or declared kick. (Previous spot)
 - b) A non-player, an unsportsmanlike foul, or a foul between downs. (Succeeding spot)

SEC 6. Special Enforcements

- Art. 1. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the ordinary distance penalty is greater than this, the ball is placed halfway from the spot of enforcement to the goal line.
- Art. 2. If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its goal line, it is a safety. For a defensive team foul, if the enforcement spot is on or behind the offended team's goal line any measurement is from the goal line.
- Art. 3. The referee's decision to forfeit a game is final.
- Art. 4. The referee has full discretion to rule on any matter not specifically addressed by rule.
- Art. 5. Disqualified Player A disqualified player must be removed from the game.
- Art. 6. Kick Catch Interference: R may choose a 10-yard penalty from the previous spot with K retaining the football and the down replayed, or they may accept 10-yard penalty from the spot of the foul and start a new series with A possession.
- Art. 7. Foul during a Touchdown: If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down which results in a successful touchdown, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a down which results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot or, after the Try, at the 20-yard line.
- Art. 8. Foul Prior to a Try: When a foul occurs after a touchdown and before the ball is ready for play for the Try, the enforcement is at the succeeding spot where the ball will be snapped for the Try.
- Art. 9. Foul during the Try: If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down which results in a successful Try, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a down which results in a successful Try, the penalty will be enforced from the succeeding spot.
- Art. 10. Fouls During a Try or Overtime before Team B Possession: Live ball foul(s) committed by Team B before Team B gains possession during a try or overtime are enforced using the All-But-One Enforcement Principle, Double Foul and Multiple Foul Rules.
- Art. 11. Foul During a Touchdown and During a Try: If Team B commits a foul on a play which results in a touchdown and during a successful try the penalties are not committed during the same down, and are both enforceable. NOTE: Team A must elect to enforce the 1st penalty after the try for this to take effect.

RULE XI - TIE GAME

SEC 1. Tie Breaking Rules - All intramural football rules will be adhered to in a tie-breaking situation with the addition of the following:

- Art 1. The winner of the coin toss will be given his choice of defense or offense, or designating the end of the field at which the ball will be put in play.
NOTE: In succeeding overtime periods, first choice of options will be alternated based on first coin toss.
- Art 2. Play will begin at the 10-yard line.
- Art 3. Each team shall be given a series of four downs in which to score. The same end of the field will be used for both possessions in order to insure equal game conditions.
- Art 4. No kicks are allowed in overtime.
- Art 5. If the defensive team gains possession, the ball becomes dead immediately and Team A's series is ended.
- Art 6. If a team scores during any one of the downs in their series, their series is ended.

- Art 7. If a team scores a touchdown it is allowed the opportunity to try for an extra point, except when the extra point is unnecessary.
- Art 8. Each team is allowed one additional time out for each overtime period plus any unused second half time outs.
- Art 9. In case of a tie at the end of the first overtime period, a second overtime is started with the same rules applying.

RULE XII - CO-REC RULE ADAPTATIONS

- SEC 1. The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men, are required to start the game and avoid a forfeit. The game shall be continued with less than 6 players as long as the team has a chance to win. Note: If in doubt, continue the game. Penalty: Illegal Participation, 10 yards (S28).
- SEC 2. On forward passing plays, the quarterback may be either male or female. The first completed forward pass may not be male to male. After completion of the first forward pass, there are no restrictions upon passers and receivers. For any infraction of this passing rule, a 5-yard penalty from the basic spot and loss of down will be assessed (S35 and S9). Note: Restrictions are not lifted on the first forward pass if a Team B player deflects a legal forward pass.
- SEC 3. Scoring
 - Art 1. Nine (9) points shall be awarded for any touchdown scored by a female or in any play in which a female throws a legal forward pass and a Touchdown is scored by any A player, prior to a change of possession. All other Touchdowns are scored as six (6) points
 - Art 2. A legal forward pass caught jointly by a male and female teammates is considered a female reception.
 - Art 3. Point after Touchdown- One, Two or Three (1, 2, or 3) points may be attempted from the corresponding yard line.
- SEC 4. Mercy Rule

If a team is ahead by 50 points or more any time after the conclusion of the first half the game is over, the game shall be ended and the team leading shall be declared the winner. Prior to applying the Mercy Rule, there must be a down free of any accepted penalties.
- SEC 5. The regular, intermediate, youth or junior size football shall be used. The offensive team will have the responsibility of relaying in the proper football before 25 second limit has expired.

Summary of Penalties

- SEC 1. Five Yard Penalties
 - a) Delay of game. (Dead Ball)
 - b) Required equipment worn illegally.
 - c) Illegal substitution.
 - d) Encroachment. (Dead Ball)
 - e) False start. (Dead Ball)
 - f) Illegal Snap. (Dead Ball)
 - g) Helping runner.
 - h) Illegal motion or shift.
 - i) Punt formation
 - j) Illegal formation
 - l) Player receiving the snap within 2 yards of the scrimmage line
 - m) Minimum line players
 - n) Illegal advancement (co-rec)
- SEC 2. Five Yards and Loss of Down
 - a) Intentional grounding.
 - b) Illegal forward pass.
 - c) Illegally handing ball forward, (doesn't exist)

- d) Failure to declare a punt (undeclared kick).
- e) Illegal co-rec passing
- f) Intentionally throwing backward pass or fumble out-of-bounds (Loss of down if Team A)
- g) Illegal forward pass – 2 consecutive male to male forward pass completions (loss of down) (co-rec)
- h) Illegal forward pass – male catches pass and runs beyond the scrimmage line (loss of down) (co-rec)

SEC 3. Ten Yard Penalties

- a) Illegal use of hands.
- b) Obstructing or holding the runner
- c) Interlocked interference.
- d) Illegal screen block.
- e) Hurdling any player
- f) Deliberately running over or into defender
- g) Straight arm or stiff arm by runner.
- h) Removing flags when player doesn't have the ball (intent to restrict movements or receivers).
- i) Unnecessary roughness, contacting opponent on the ground (DQ)
- j) Illegal participation.
- k) Unsportsmanlike conduct by players, coaches, substitutes or others
- l) Tripping.
- m) Clipping. (not in flag)
- n) Illegally kicking or batting the ball.
- o) Illegal screen.
- p) Spiking, Kicking or throwing the ball during a dead ball
- q) Strip or attempting to strip the ball
- r) Tackling the runner or throwing runner to the ground (DQ)
- s) Kick Catch Interference
- t) Two or more consecutive encroachments during the same interval between scrimmage downs
- u) Quick Kick
- v) Illegal Player Equipment
- w) Offense batting a backwards pass forwards
- x) Illegal flag belt removal
- y) Illegal Participation
- z) Illegal Substitute/Replaced Player
 - aa) Pretended, Unfair substitution
 - bb) Position upon shoulders or body of teammate
 - cc) Offensive pass interference.
 - dd) Guarding the flag belt
 - ee) Defensive pass interference.

SEC 4. Ten Yard Penalties & Loss of Down

- a) Illegally secured flag belts (Offense)

SEC 5. Ten Yards & Automatic 1st Down

- a) Roughing the passer.
- b) Illegally secured flag belt (Defense)

SEC 6. Disqualification Associated with 10 yard Penalties

- a) Flagrant Unsportsmanlike Conduct
- b) Abusive language to officials or opponents.
- c) Intentional Tampering with Flag Belt-Offense. (Loss of down)
- d) Intentional Tampering with Flag Belt-Defense. (Automatic First Down)
- e) Tackle the runner
- f) Flagrant spiking, kicking or throwing the ball
- g) Intentionally contacting an official
- h) Flagrant Personal Fouls
- i) Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes subject to the rules.

1-Pass Flag Football Rules Summary

- 4-4-1 Note: In 1-Pass Flag Football the offensive team will put the ball in play on their 14-yard line "first end line to gain."
- 6-2-5a A team must have at least 4 players (CoRec-5 players) on their scrimmage line (1st ball spotter-orange) at the snap. The remaining team players must be either on the scrimmage line (1st ball spotter-orange) or behind their backfield line. All players must be inbounds. An A player in motion is not counted as 1 of the 4 or 5 on his/her scrimmage line. Penalty: Illegal Formation, 5 yards (S19), Note: If in doubt, the A player is on his/her scrimmage line.
- 6-6-1a During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are on or behind the plane of A's scrimmage line (1st ball spotter-orange) when the ball leaves the passer's hand. Only 1 forward pass can be thrown per down. Note: If in doubt, the passer is behind the A scrimmage line.
- 6-7-4 A forward pass is illegal in 1 Pass Flag Football.
- a) If the passer's foot is beyond the plane of A's scrimmage line (1st ball spotter-orange) when the ball leaves his/her hand (S35 and S9).
 - b) If thrown after team possession has changed (S35).
 - c) If intentionally thrown to the ground or out-of-bounds to save loss of yardage (S36 and S9).
 - d) If a passer catches his/her untouched forward pass (S35 and S9).
 - e) If there is more than 1 forward pass per down (S35).
- PENALTY - Illegal pass, 5 yards from the spot of the pass and a loss of down if by A before possession changes during a scrimmage down (S35 and S9). Note: If in doubt, the pass is legal.

Co-Rec Football Rules Summary

- 12-1 The Game. The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men, are required to start the game and avoid a forfeit. The game may be continued with less than 6 players as long as the team has a chance to win. NOTE: If in doubt, continue the game. Penalty: Illegal Participation, 10 yards (S28).
- 1-3-1 The Ball. The regular, intermediate, youth, or junior size football shall be used.
- 6-2-5a Minimum Line Players. A must have at least 5 players on their scrimmage line at the snap. Penalty: Illegal Formation, 5 yards (S19).
- 6-4-1 Male Runner. An A male runner cannot advance the ball through A's scrimmage line. There are no restrictions: during a run by a male runner once the ball has been touched beyond the A or K scrimmage line; during a run by a female runner; and after a change of possession. Penalty: Illegal Advancement, 5 yards from the previous spot (S19).
- 6-2-5 Male to Male Completion. During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This Rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by Rule must be beyond the A scrimmage line (1st ball spotter-orange). There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. A legal forward pass caught jointly by male and female teammates is considered a female reception. Penalty: Illegal Forward Pass, 5 yards from the spot where the 2nd consecutive male to male completed legal forward pass is released, and a loss of down. (S35 and S9). Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."
- 6-7-6 Illegal Forward Pass. If a female passer completes a forward pass to a male receiver behind the A scrimmage line (1st ball spotter-orange) on either an "open" or "closed" play, and any A male runner advances beyond this scrimmage line, it is an illegal forward pass. Penalty: Illegal Forward Pass, 5 yards from the spot of the pass and loss of down (S35 and S9).
- 12-4a Mercy Rule. If a team is 25 or more points ahead when the Referee announces the 5 plays remaining in the 2nd half, the game shall be over.
- 12-3 Touchdown Value. If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any A player, prior to a change of possession, the point value is 9.

4v4 Flag Football Rules Summary

- 1-1-1 **The Game.** The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit.
- 1-2-3 **Zone Markings.** The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into halves.
- 3-1-1 **Coin Toss.** The captain winning the toss shall select offense, defense, direction, or defer their choice until the second half.
- 3-1-4 **Putting the Ball in Play.** The ball shall be placed at the A 10-yard line to begin each half of a game and following a try, touchback, or safety, unless moved by penalty. NOTE: there are no kicks.
- 3-2-1 **Game Time.** Playing time shall be two 12 minute halves.
- 3-2-5 **First 11 Minutes.** The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or referee's timeout.
- 3-2-6 **One Minute Warning.** Approximately 1 minute before the end of each half, the referee shall stop the clock and inform both teams of the playing time remaining in the half. The clock starts on the snap.
- 3-2-7 **Last 1 Minute.** In the last minute of each half, the clock will stop as prescribed in rule 3-2-7 of the Flag Football rulebook.
- 3-3-3 **Tie Breaker.** Each team will attempt to score by passing from the 3-yard line for 1 point, from the 10-yard line for 2 points, or from the 20-yard line for 3 points.
- 3-4-3 **Charged Time-Outs.** A team is entitled to 2 charged time-outs per game, including overtime.
- 5-1-2 **Series of Downs.** Each team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
- 5-1-4 **New Series of Downs.** A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance into the next zone.
- 6-1-2 **Punts.** There are no punts. In lieu of a punt, a team may elect to give up possession and have Team B's new possession start on the B 10-yard line.
- Rule 7 **Rushing QB.** B cannot cross their scrimmage line until the pass is released. *Penalty: Illegal Advancement, 3 yards.*
- 7-5-1 **Runner.** An A runner cannot advance the ball through A's scrimmage line. This restriction ends when after a change of possession or once a legal forward pass has been touched beyond A's scrimmage line.
- 7-6-5 **Fumbles.** If the ball is fumbled and strikes the ground behind A's scrimmage line, the play is dead and the next snap will occur at the previous spot.
- 7-7-1 **Legal Forward Pass.** There must be a legal forward pass each down. The receiver must touch the ball beyond A's scrimmage line. A has 5 seconds to release the ball on a forward pass, starting at the reception of the snap. If not, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 5 seconds if the passer has possession of the football.

8-3-1 **Mercy Rule.** There is no mercy rule

Rule 10 **Penalties.** All 10 yard penalties are enforced as 5 yards and all 5 yard penalties are enforced as 3 yards.