NIRSA Flag Football Rules

For Men’s/Women’s Games
Rule 1

The Game, Field, Players & Equipment
Beginning the Game

Team Composition

- Maximum
  - Men & Women – 7
  - Corec – 8
    - 4 men & 4 women

- Minimum
  - Men & Women – 4
  - Corec – 5
    - 3 men & 2 women
    - 3 women & 2 men

- Game may continue with less than minimum players if team has a chance to win

Rules: 1-1-2; 1-1-3
Officials Authority

- Begins
  - 30 minutes before game (or as soon after that as you arrive)

- Ends
  - When Referee declares end of 4th period/overtime.

- Elastic Clause
  - Referees may rule on situations not covered in the rules

- Persons Subject to the Rules
  - Players
  - Nonplayers
  - Spectators

Rules: 1-1-6; 1-1-7; 1-1-8
Field Markings & Dimensions

14-yard line
10-yard line
3-yard line
14-yard line

Rule: 1-2
Game Equipment

- Teams may provide their own ball.
- The offense is responsible for the ball.
- Ball must meet size requirements:
  - Men’s – must use regular size ball.
  - Women’s and Corec may use following sizes:
    - Regular
    - Intermediate
    - Youth
    - Junior
Game Equipment

- Ball Spotters
- Down Box

Team B scrimmage line
Team A scrimmage line

Rule: 1-3
Player Equipment

- Required player equipment:
  - Jersey with a number
  - Pants or shorts
  - Shoes
  - Flag belt
Optional Player Equipment:

- Elastic bandage no more than two turns thick (anchored by tape no more than two turns thick).
- Gloves of a soft, pliable, and nonabrasive material
- Knit or stocking cap with no bill
- Headband no wider than 2”
- Face shield
- Soft, pliable pads on lower leg, knee, and/or ankle
- Soft, padded compression shorts/shirts
- Mouth pieces
- Playbooks kept inside clothing or a soft, pliable wrist/forearm band that contains plays
- Pliable, non-rigid sunglasses
Equipment

- A player wearing illegal equipment shall not be permitted to play.
- If the equipment is dangerous or confusing, it is illegal.
Examples of illegal equipment:
- Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots
- Jewelry
- Pads or braces worn above the waist
- Casts worn above or below the waist
- Shoes with metal, ceramic, screw-in, or detachable cleats
- Shirts or jerseys which do not stay tucked in unless they are more than 4” from the waist
- Any hood which does not remain tucked in
Equipment

- Jerseys which have an arm opening of more than 4” below the arm pit
- Pants or shorts with belts or belt loops, pockets or exposed drawstrings
- Hard or unyielding leg/knee braces covered illegally
- Any slippery of foreign substance on any equipment or exposed part of the body
- Exposed metal on clothes or person
- Towels attached at a player's waist
- Flags that can be detached from the flag belt
- Hand warmers worn around the waist

Rule: 1-6
Equipment

- When required equipment is missing or when illegal equipment is found on any incoming substitute or player, correction must be made before participation.

- An official’s time-out shall be declared to permit repair of equipment that becomes illegal/defective through use.
Fouls and Penalties

- Failure to wear required equipment
  - Live or dead ball foul, 5 yards (S23)

- Illegal player equipment
  - Unsportsmanlike Conduct, 10 yards (S27)
Rule 3

Periods, Time Factors & Substitutions
Coin Toss

- Both captains and all officials should be present
- Visiting team gets to call the toss
- Winning captain chooses:
  - Start on offense or defense
  - Defend a goal
  - Defer options to 2nd half
- The other team has the remaining option
Starting Each Half

- Game time is forfeit time
- Unless moved by penalty, each half begins with a snap from the 14 yard line
  - Referee’s should obtain ball location request from offensive captain
- Teams change goals between 1\textsuperscript{st}/2\textsuperscript{nd} and 3\textsuperscript{rd}/4\textsuperscript{th} quarters
  - Team possession, number of the next down, and zone line-to-gain remain unchanged.
The game consists of four, 12-minute quarters
Halftime shall be 5 minutes
The clock runs continuously for the first 22 minutes of each half unless stopped for:
  - A charged team timeout (restarts on snap)
  - An official’s timeout (restarts on ready for play)
  - The end of a period (restarts on snap)
Each team receives three timeouts per half

Rules: 3-2-1; 3-2-5; 3-2-6; 3-4-3
Last 2 Minutes

- The clock stops for a two-minute warning in the 2nd and 4th quarters (S3)
- During the last two minutes of each half, timing rules change
- Situations that stop the clock during this period may cause it to start on the snap or the ready for play

Rules: 3-2-6; 3-2-7
Last 2 Minutes

- Clock stops after the play and next starts on the snap:
  - Incomplete legal or incomplete illegal forward pass
  - Play ends out of bounds
  - Safety
  - Team time-out
  - Touchdown (starts on the snap after the Try)
  - Touchback
  - B is awarded a new series
  - Either team awarded a new series following a legal punt
  - Team attempts to consume time illegally

Rule: 3-2-7
Last 2 Minutes

Some situations may cause the clock to start on the ready for play whistle or at the Referee’s discretion:

- First down – depends on previous play
  - Example: Out of bounds play starts on snap
- Penalty and administration – depends on previous play
  - Exception: Accepted delay of game foul starts on the snap
- Referee’s time-out – at Referee’s discretion
- A awarded a new series – depends on previous play
- Team conserves time illegally – starts on ready for play
  - Example: intentionally grounding a pass or throwing a backward pass out of bounds
- Inadvertent whistle – starts on the ready for play

Rule: 3-2-7
Last 2 Minutes

- A situation that causes the clock to restart on the snap takes priority over other timing rules
  - Example: Team A player gains a first down [situational] and runs out-of-bounds [snap]. The clock will start on the snap

Rule: 3-2-7
A period is extended if, during a down in which time expires:

- There was an accepted penalty for a live-ball foul
  - Exception: Unsportsmanlike/nonplayer fouls, loss of down fouls, or fouls for which enforcement results in a safety
- There was a double foul
- There was an inadvertent whistle
- A touchdown was scored
  - Try is attempted unless the touchdown is scored on the last play of the 4th period and the point(s) would not affect the outcome of the game
  - The period is not extended if the defense fouls during a successful try and the offended team accepts the results of the play with enforcement of the penalty from the succeeding spot

If any of the above scenarios occur during the untimed down, the period will be further extended
Correcting Timing Errors

- The Referee may correct obvious timing errors if the error is discovered prior to the 2\textsuperscript{nd} live ball after the error
  - The window to correct a timing error is lost once the period has officially ended

Rule: 3-2-8
Ending a period

Following the last play of the period, the Referee should allow a short delay to ensure:

- No foul has occurred
- No obvious timing error has occurred
- No request for a coach-Referee conference has occurred
- No other irregularity has occurred

The Referee shall hold the ball in one hand overhead to signal the period has officially ended (S14)

Rule: 3-2-9
Overtime

- Coin Toss
  - Visiting team calls the toss
  - Winner chooses:
    - Offense
    - Defense
    - Direction
  - All overtime periods are played to the same goal line
  - If additional overtime periods are played, captains alternate offense-defense option.

Rule: 3-3
Overtime

- Unless moved by penalty, teams start 1st and goal at B’s 10 yard line.
  - Teams have a series of 4 downs to score
  - The goal line shall always be the line-to-gain

- If B gains possession, the ball is dead and A’s series is over

- Fouls and penalty administration does not change

- Each team is given only 1 time-out for the entire overtime

Rule: 3-3
Coach-Referee Conference

- Teams that wish to discuss a misapplication or misinterpretation of a rule must request a time-out
  - The request must be made prior to the next live ball unless the half has officially ended
- The Referee and one other official will confer with the captain or coach

Rulings
  - If the Referee changes the ruling, the time-out becomes an official’s time-out
  - If the ruling is not changed, the team is charged a time-out
  - If the team has no time-outs remaining, a delay of game penalty is assessed

Rule: 3-4-5
Teams may use one of two types of authorized conferences during a time-out (depicted below):

- A. One or more players, subs, and coaches may meet directly in front of the team box, within 5 yards of the sideline
- B. One coach may enter the field between the hash marks to confer with not more than 7 players (Co-Rec Rule: 8 players)
Injured Player

- An injured player (or apparently injured player) discovered by an official while the ball is dead and clock is stopped shall be replaced for at least one down
  - Unless halftime or overtime intermission occurs
- A bleeding player or player with blood on the uniform shall be considered an injured player
- Concussions
  - A player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and not allowed to return to play until cleared by an appropriate health care professional
  - Signifiers of a concussion include but are not limited to: loss of consciousness, headache, dizziness, confusion, balance problems

Rule: 3-4-8; 3-4-9
Delay of Game

- The ball must be put in play promptly and legally.
- Action or inaction that prevents this is a delay of game; examples include:
  - Failure to snap within 25 seconds of the ball being declared ready for play
  - Putting the ball in play before it is declared ready for play
  - Deliberately advancing the ball after it is declared dead
  - A requested coach-Referee conference that does not change the officials’ ruling after all team time-outs have been used

Rule: 3-5
Substitutions

- Between downs, a team may replace any number of players, as long as the substitution is legal
  - Replaced players must leave the field immediately
  - Replaced players must exit over the correct sideline
  - Entering substitutes shall be on their team’s side of the neutral zone at the snap
Fouls and Penalties

- **Delay of Game**
  - Dead ball foul, 5 yards from succeeding spot (S7 and S21)

- **Illegal Substitution**
  - If dead ball, 5 yards from succeeding spot (S7 and S22)
Rule 4

Ball In Play, Dead Ball, and Out of Bounds
Ball in Play: Dead Ball

- **Ball becomes live**
  - Ball becomes live when it is snapped legally

- **Ball declared dead**
  - Out of bounds, scores and Trys
    - Ball goes out of bounds
    - Any part of runner other than a hand(s) or foot (feet) touches the ground
    - A touchdown, touchback, safety, or successful Try is made
    - B secures possession during a Try or overtime

Rule: 4-1
Ball in Play: Dead Ball

- Ball declared dead
  - Passes
    - A forward pass strikes the ground or is caught simultaneously by opposing players
    - A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players
    - A snapped ball which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground
    - A forward pass is legally completed or a loose ball is caught by a player on, above, or behind the opponent’s goal line
    - A passer is deflagged/tagged prior to releasing the ball.

Rule: 4-1
Ball in Play: Dead Ball

- Ball declared dead
  - Punts
    - The ball strikes the ground following 1st touching by K
    - K catches a punt which is beyond the neutral zone
    - Untouched punt comes to rest on the ground and no player attempts to secure it
    - A muff of a punt strikes the ground
    - K’s punt breaks the plane of R’s goal line
Ball in Play: Dead Ball

- Ball declared dead
  - Runners
    - Runner’s flag belt removed legally by an opponent
    - Runner is legally tagged with 1 hand between the shoulders and knees, including the hand and arm, by an opponent once the flag belt is no longer attached
    - Prosthetic device becomes dislodged from a player in possession of the ball

Rule: 4-1
Inadvertent Whistle

An official sounds a whistle inadvertently during a down or during a down in which the penalty for a foul is declined, when:

- The ball is in player possession
  - Team in possession may elect to put the ball in play where declared dead or replay the down

- The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass
  - Team in possession may elect to put the ball in play where possession was lost or replay the down

- During a legal forward pass or a punt
  - Ball is returned to the previous spot and the down replayed
Succeeding Spot

- If the ball becomes dead:
  - Between the hash marks – ball shall be placed at the approximate spot
  - In a side zone – ball shall be placed at the nearest hash mark
Succeeding Spot

A may designate the spot from which the ball is put in play anywhere between the hash marks for:

- Start each half
- For a Try
- Following a:
  - Touchback
  - Safety
  - Try
  - Awarded catch after a punt
- Start of each OT series

Rule: 4-2
Out of Bounds

- Player out of bounds
  - Anytime any part of the person is touching anything on or outside sideline or end line
    - Not including a player touching an official/another player

- Player in Possession
  - Anytime the runner or ball touches anything on or outside the sideline or end line
    - Not including a player touching an official/another player

- Loose Ball
  - Anytime it touches anything out of bounds
    - Does include the ball touching a player or an official

Rule: 4-3
Rule 5

Series of Downs, Number of Downs, and Team Possession After Penalty
Downs and Series of Downs

- **Down** – a unit of the game
  - Starts with legal snap
  - Ends when ball becomes dead
  - Until a new series is awarded, the Referee may correct in error in the number of downs

- **Series**
  - 4 downs to advance to next zone

- **Zone line-to-gain (ZLTG)**
  - The zone in advance of the ball at start of series

Rule: 5-1
A new series of downs is awarded when:

- A team moves ball into next zone – this can happen...
  - On a play free from penalty
  - If an opponent’s penalty moves ball into next zone
  - On a play with a penalty by A that leaves the ball beyond the ZLTG
- A team accepts a penalty carrying an automatic 1st down
- Enforcement of an A penalty still leaves ball in next zone

Rule: 5-1-4
Either team is awarded a new series:
- If they have obtained possession as a result of a…
  - Penalty
  - Punt
  - Touchback
  - Pass Interception
  - Failure to gain the ZLTG
- If in doubt…the out-of-bounds punt is “short” of the ZLTG

Rule: 5-1-4
Down & Possession After Penalty

- Penalty resulting in 1st down
  - Penalty leaves ball in possession beyond the ZLTG
  - If a penalty stipulates an automatic 1st down
- Declined
  - Number of next down is what it would have been had foul not occurred

Rule: 5-2
Down & Possession After Penalty

- **Foul before change of possession**
  - Down repeated unless the penalty involves a loss of down or leaves ball on or beyond ZLTG

- **After change of possession**
  - Ball belongs to team in possession when foul occurred
  - Down and distance are established after administration

- **Rule Decisions Final**
  - A decision may not be changed after ball is next legally snapped

Rule: 5-2
Rule 6

Kicking the Ball
Punt

- Prior to the ready for play on 4th down:
  - Referee must ask A’s captain if they will punt
  - A may punt on 1st-3rd but must inform Referee

- After A has decided to punt
  - Referee must announce decision to all players
  - Following the decision, the ball must be punted
    - Exception: A may change the decision 1) if a time-out is called, 2) the period ends, or 3) foul or inadvertent whistle during the down and the down is replayed

Rule: 6-1-2
Scrimmage Line and Punting

- Scrimmage line rules (e.g., legal position, encroachment, false start) apply on punt plays.
- No players may enter neutral zone until ball is kicked.
- After receiving the snap, the punter must punt the ball immediately and in a continuous motion.

Rules: 6-1-3; 6-1-4
After Being Punted

- R may:
  - Block the kick
    - If blocked kick hits the ground, it is dead
    - If blocked kick is caught by K behind K’s LOS, K may advance by running/passing
  - Advance the kick anywhere on field

- K may not:
  - Punt the ball to another K player
  - Punt the ball more than one time per down

Rules: 6-1-5
If a punt crosses K’s scrimmage line and...

- Touches any player before hitting the ground
  - It is dead and belongs to R
- Hits an R player beyond R’s LOS and is caught by K beyond R’s LOS
  - It is dead and belongs to K (new series)
If a K player touches a punt after crossing K’s LOS…

- Before it touches any R player it is 1st touching
  - R may take the ball at that spot
  - R may take the result of the play
- R’s loses right to use spot of 1st touching
  - If R commits a foul
  - If the penalty is accepted for any foul during the down
Punts and the Boundary Lines

The ball belongs to the receiving team if...
- A punt goes out of bounds between goal lines
- Comes to rest inbounds and nobody secures possession

A punt breaks the plane of R’s goal line...
- Results in a touchback
- Exception: R chooses spot of 1st touching

Rules: 6-1-8; 6-1-9
After the Kick

- **Kick Catch Interference**
  - K may not touch the ball nor obstruct R
    - Exception: if R has touched the ball
  - K may touch the ball if no R player is attempting to catch the punt

- **Signals**
  - All signals by K or R should be ignored
Fouls and Penalties

- **Illegal Procedure**
  - 5 yards from previous spot (S19)

- **Illegal Kicking**
  - 10 yards (S31)

Followed by pointing toward toe for kicking
Fouls and Penalties

- Kick Catching Interference
  - 10 yards (S33)
Rule 7

Snapping, Handing and Passing the Ball
Presnap Requirements

- All plays start with a legal snap
- A players are responsible for the ball
  - A small towel may be placed under the ball in any weather conditions
- Players may use a 2, 3, & 4 point stance
Presnap Requirements

- Encroachment
  - No B player may enter neutral zone after RFP
  - No player may enter neutral zone after snapper puts a hand on the ball
    - Exception: A snapper is allowed to be over the ball

- False Start
  - No A player may simulate the start of the play
  - May be penalized, even if ball is not snapped
  - May be penalized if it intends to cause encroachment by B

- Illegal Snap
  - Ball must be snapped in a quick, continuous motion
At the Snap

Formation Requirements
- All A players must be 5 yds inbounds
  - Timeframe – after RFP and before snap

Line requirement – only the snapper

Motion
- Only one A player may be in motion
  - May not be toward opponent’s goal line

Shift
- All A players must be momentarily stationary prior to the snap
At the Snap

- Direct Snap
  - Snap must be received 2 yards from LOS
  - Distance determined by where ball is first touched
- If in doubt, the A player first touched the snap 2 yards behind A’s scrimmage line
Handing the Ball

- Backward
  - Always legal

- Forward
  - Always legal

Rule: 7-4
Backward Pass & Fumble

- Almost always legal
  - Ball thrown OB to save time
- Simultaneous catch
  - Ball dead immediately
- Out of bounds
  - Belongs to offensive team
- Striking the ground
  - Ball dead, belongs to offense

Rule: 7-6
Forward Passes

- All players eligible to catch/touch a pass
- Only allowed one forward pass per down
  - Passer’s feet must be behind A’s LOS when thrown
  - If in doubt, the passer is behind the line
Forward Passes

- A forward pass is illegal if...
  - Passer’s foot is beyond A’s scrimmage line when thrown
  - Thrown after a change of team possession
  - Intentionally thrown to ground to save loss of yardage/time
  - Passer catches an untouched forward pass (self pass)
  - More than one forward pass per down

- The QB may receive the snap and throw it directly to the ground to stop the clock

- If in doubt, the pass is legal

Rule: 7-7
Completed/Intercepted Passes

- **Completion**
  - Caught by a member of passing team inbounds

- **Interception**
  - Caught by an opponent inbounds

- **Simultaneous Catch**
  - Caught by opponents at same time inbounds
  - Ball declared dead and belongs to passing team

- **Incomplete Pass**
  - Pass touches ground or anything inbounds
  - Caught by a player who first contacts ground out of bounds

Rule: 7-8; 7-9
Pass Interference

- Offensive Pass Interference
  - Timeframe – Begins at snap until pass touched by any player

- Defensive Pass Interference
  - Timeframe – When pass is thrown until pass touched by any player

- Not Pass Interference
  - Contact by B obviously away from the direction of pass
  - May still be a personal foul

- Catchability
  - Does not impact an official’s ruling

Rule: 7-10
Fouls and Penalties

- **Encroachment**
  - Dead ball foul, 5 yards from succeeding spot (S7 and S18)

- **False Start**
  - Dead ball, 5 yards from succeeding spot (S7 and S19)
Fouls and Penalties

- **Illegal Snap**
  - Dead ball foul, 5 yards from succeeding spot (S7 and S19)

- **Illegal Formation**
  - 5 yards (S19)
Fouls and Penalties

- **Illegal Motion**
  - 5 yards, (S20)

- **Illegal Shift**
  - 5 yards, (S20)
Fouls and Penalties

- **Illegal Formation (snap not received 2 yards back)**
  - 5 yards, (S19)

- **Illegal Pass**
  - 5 yards from spot of pass; loss of down if by A before possession changes during a scrimmage down (S35 and S9)
Fouls and Penalties

- **Intentional Grounding**
  - 5 yards from spot of the pass; loss of down if by A before possession changes during a scrimmage down (S36 and S9)

- **Pass Interference**
  - 10 yards from previous spot (S33)
Rule 8

Scoring Plays and Touchback
Mercy Rule

- If a team is 19+ points ahead at or after the 2 minute warning in the 4th quarter, the game is over.
  - Prior to applying the Mercy Rule:
    - The Referee shall apply the Extension of Period Rule
    - There should be a play free of any accepted live ball fouls
Scoring – Touchdown

- How scored
  - Runner advances from field so ball breaks plane of opponent’s goal line
  - Loose ball is caught by a player while ball is on/behind opponent’s goal line

- When enforcing an unfair act, the referee may award a touchdown to the offended team

- All touchdowns are worth 6 points

Rule: 8-5
Scoring – Tries

- After a touchdown, the scoring team may try for:
  - 1 point from the 3-yard line
  - 2 points from the 10-yard line
  - 3 points from the 20-yard line
  - Note: the Try is not attempted if scored on last play of 4th quarter and will not affect the outcome of the game

- The Referee should ask the scoring team captain:
  - What they would like to try for
  - Where they would like the ball positioned

- If the defense gains possession during the Try the ball is dead and the Try is over.

- Following a Try, the opponents of the scoring team get the ball at their 14-yard line (unless moved by penalty or to begin OT)

Rule: 8-6
Force

- Force – the team responsible for the ball in the end zone is the one that last provided the force
- Initial force is provided by a player who punts, passes, snaps, or fumbles the ball
  - This force continues, even if its direction changes when it touches a player or strikes the ground
  - Initial force is lost if a player illegally bats/kicks the ball or if it is contacted again after coming to rest
  - A legal bat or muff of a pass, kick, or fumble in flight does not provide a new force

Rule: 8-7
**Responsibility**

- The team is responsible for the ball being in the end zone if:
  - A player carries the ball across the goal line
  - A player of that team creates the force that moves it across the goal line
  - A team fouls and the penalty leaves the ball on or behind the goal line
Scoring – Safety

- A safety counts for 2 points
- A safety occurs if:
  - A team is responsible for the ball being in their own end zone and it becomes dead there
    - Exception: Momentum Rule
  - A penalty against the offense is accepted and the enforcement spot is from their own end zone
- The team which scored a safety will get the ball at their 14-yard line

Rule: 8-8-1
Scoring – Touchback

- A touchback results if:
  - A team is responsible for the ball being in their opponent’s end zone, where it becomes dead
  - K’s punt breaks the plane of R’s goal line

- No points are awarded for a touchback

- The team which was awarded a touchback will get the ball at their 14-yard line

- If in doubt, it is a touchback

- If in doubt, the OB punt near the goal line is a touchback

Rule: 8-8-2
# Point Values

<table>
<thead>
<tr>
<th>Touchdown</th>
<th>Men’s or women’s game</th>
<th>6 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety</td>
<td>Points awarded to opponent</td>
<td>2 points</td>
</tr>
<tr>
<td>Successful Try</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. From the 3 yard line</td>
<td>1 point</td>
<td></td>
</tr>
<tr>
<td>b. From the 10 yard line</td>
<td>2 points</td>
<td></td>
</tr>
<tr>
<td>c. From the 20 yard line</td>
<td>3 points</td>
<td></td>
</tr>
<tr>
<td>Forfeited Game:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Game score is:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Offended Team 1, Opponent 0</td>
<td>*If offended team is ahead, the score stands</td>
<td></td>
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</tbody>
</table>

Rules: 8-2; 8-5; 8-6; 8-8
Referee’s Mechanics

- The Referee will communicate the current score to the A and B captains and all officials after each touchdown, Try and safety.

- If there is a disagreement regarding the score, the Referee will make the final decision after consulting with the other officials and, if available, the scorekeeper.
Fouls and Penalties

- Touchdown / Point(s) after touchdown (S5)
- Safety (S6)
Fouls and Penalties

- Touchback (S7)

Touchback – Move side to side
Rule 9

Conduct of Players and Others
Unsportsmanlike Conduct

- **Noncontact Acts**
  - Refusal to comply with an official’s request
  - Participate wearing illegal equipment

- **Dead Ball Fouls**
  - Intentionally kicking the ball
  - Spiking the ball into the ground
  - Throwing the ball high into the air

- **Prohibited Acts**
  - Disrespectfully addressing an official
  - Using profanity or taunting, insulting, vulgar language or gestures

Rule: 9-1
Unsportsmanlike Conduct

- 2\textsuperscript{nd} Unsportsmanlike Foul – Player
  - Disqualification
- 4\textsuperscript{th} Unsportsmanlike Foul – Team
  - Forfeiture of game
Unfair Acts

- Refusal to Play
  - Refusal to follow directive of officials

- Halving the Distance
  - Team commits multiple half-distance fouls

- Unfair Acts
  - Using verbiage not in accordance of spirit of fair play or to confuse opponents
Personal Fouls

- It is a personal foul if a player:
  - Strips or attempts to strip ball from runner
  - Throws the runner to the ground
  - Tackles a runner
  - Hurdles any other player
Personal Fouls

- It is a personal foul if a player:
  - Roughs the passer
  - Drives or run into an opponent
  - Contacts an opponent before/after ball is dead
  - Contacts an opponent in an unnecessary manner
Personal Fouls

- It is a personal foul if a player:
  - Positions self on the shoulders or body of a teammate to gain an advantage
  - Fights an opponent
  - Uses interlocked interference
  - Uses hands or arms (as a defender) to move an opponent

Rule: 9-3
Screen Blocking

- Any player may obstruct an opponent by getting in opponent’s path.
- A screen blocker may not:
  - Initiate illegal contact against an opponent
  - Cause a player to fall to the ground
- If contact occurs:
  - Player who initiates contact creates the foul (illegal contact)
  - If both players move legally and contact occurs, it is incidental contact and a foul should not be called

Rule: 9-3
Screen Blocking Fundamentals

When screen blocking, a player may not:

- Take a position closer than a normal step behind a stationary opponent
- Initiate contact when blocking in front of a stationary opponent
- Take a position in the path of a moving opponent that does not allow the opponent time to avoid contact (~1-2 steps)
- Move unless moving and maintaining a legal position that adheres to the conditions above

Rule: 9-3
Runner – Flag Belt Removal

- A opponent may only deflag an opponent in possession of the ball
- If a runner loses the belt (not pulled by opponent), the ball is live and the runner must be tagged between the shoulders and knees (one hand)
- If a nonplayer may not interfere with a runner

Rule: 9-4
Runner – Illegal Acts

- Flag Guarding
  - A runner shall not
    - Guard the flag belt by using hands, arms, or ball…
    - That causes contact between runner/opponent…
    - And denies an opponent a chance to remove the belt

- Stiff arm an opponent
- Helping the Runner
- Obstructing the Runner
- Charging

Rule: 9-4

Not legal if runner causes contact and opponent cannot pull the flag belt
Runner – Illegal Acts

- **Stiff arm**
  - A runner may not contact an opponent with extended arm/hand

- **Charge**
  - A runner may not charge into an opponent

- **Help the runner**
  - A runner may not be aided by a teammate (pushing, pulling, grasping, etc.)

- **Obstruct the runner**
  - An opponent may not hold, grasp, or obstruct runner’s progress

Rule: 9-4
Batting & Kicking

- Only passes or fumbles in flight may be legally batted, except for:
  - A backward pass may not be batted forward by the passing team
  - The kicking team may bat a grounded or airborne punt beyond the A scrimmage line toward their own goal line
- Kicking the ball is only legal if a punt is declared

Rule: 9-5
Illegal Participation

- It is illegal participation for a team:
  - To have 8 or more players participating at the snap (men’s/women’s)
  - To deceive opponents by using substitution tactics at/before the snap
Illegal Participation

- It is illegal participation for a person:
  - To not be replaced for at least one down following injury (unless halftime or overtime intermission occurs)
  - To lay on the ground to deceive opponents at/before the snap
  - To re-enter the game after being disqualified
  - To participate or influence the play if the individual is a replaced player or substitute
  - To enter during a down
  - To intentionally go out of bounds and return inbounds to intentionally touch the ball or influence the play by participation
  - To go out of bounds (A or K player) prior to a change of possession and return inbounds to participate during the play

- It is not a foul if the player is blocked out of bounds by an opponent and immediately returns inbounds

Rule: 9-6
Fouls and Penalties

- Unsportsmanlike Conduct
  - 10 yards (S27)

- Player Disqualification (S47)
Fouls and Penalties

- **Unfair Act**
  - 10 yards (S38)

- **Personal Foul**
  - 10 yards (S38)
Fouls and Penalties

- **Roughing the Passer**
  - 10 yards and automatic first down (S34 and S8)

- **Illegal Contact (e.g., screen block)**
  - 10 yards (S38)
Fouls and Penalties

- **Illegal Flag Belt Removal**
  - 10 yards (S38)

- **Nonplayer Interferes with Runner**
  - 10 yards (S38 and S47)
Fouls and Penalties

- **Flag Guarding**
  - 10 yards (S24)

- **Stiff Arm**
  - 10 yards (S38)
Fouls and Penalties

- **Help the Runner**
  - 5 yards (S44)

- **Obstruct the Runner**
  - 10 yards (S42)
Fouls and Penalties

- Charging
  - 10 yards (S38)
Fouls and Penalties

- **Illegal Batting**
  - 10 yards (S31)

- **Illegal Kicking**
  - 10 yards (S31)

Followed by pointing toward toe for kicking
Fouls and Penalties

- Illegal Participation
  - 10 yards (S28)