Rule 1

The Game, Field, Players & Equipment
Beginning the Game

Team Composition

- **Maximum**
  - 7
  - Corec – 8
    - 4 men & 4 women

- **Minimum**
  - 4
  - Corec – 5
    - 3 men & 2 women
    - 3 women & 2 men
Officials Authority

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

- **Ends**
  - With the Referee’s declaration of the end of the 4th period or overtime.

- **Elastic Clause 1-1-7**

- **Persons Subject to the Rules**
  - Players
  - Nonplayers
  - Spectators
Field Markings & Dimensions

14-yard line
10-yard line
3-yard line
Game Equipment – The Ball

- Teams may provide their own ball.
- The offense is responsible for the ball.
- Games involving only men must use a regular size ball.
- All other teams may use:
  - Regular;
  - Intermediate;
  - Youth; or
  - Junior size ball
Game Equipment

- Ball Spotters
- Down Box

Defense

Offense
Equipment – Required

- A player must wear:
  - Pants or shorts
  - A jersey with a number
  - Shoes
  - A flag belt
- The penalty for failure to wear required equipment is 5 yards.
Equipment – Optional

Players may...

- use an ace bandage no more than two turns thick in any given area. It may be anchored by tape no more than two turns thick.
- wear gloves which must consist of a soft, pliable and nonabrasive material.
- wear a knit or stocking cap with no bill.
- wear a headband no wider than 2”.
- wear soft, pliable pads on the leg, knee and/or ankle.
  - Includes soft, padded compression shirts/shorts
- wear mouth pieces.
- carry playbooks on the field.
- wear a soft, pliable wrist/forearm band that contains plays.
- wear pliable and non-rigid sunglasses.
- wear a face shield
Equipment – Illegal

- A player wearing illegal equipment shall not be permitted to play.
Equipment – Illegal

- 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.

**NOT LEGAL**
■ 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 players waist.
■ Flags that can be detached from the flag belt.
■ Hand warmers worn around the waist.
Equipment – Missing or Illegal

- When required equipment is missing or when illegal equipment is found on any incoming substitute or player, correction must be made before participation.
- Wearing illegal equipment prior to a down
  - No foul, Officials inform player to repair/replace equipment.
- Wearing illegal equipment during a down
  - Unsportsmanlike conduct – 10 yards
Coaches’ Field Equipment

- Local Area Network (LAN) phones and/or headsets may be used by coaches, other nonplayers, and players. However, players may use LAN phones and/or headsets only during authorized sideline conferences.

- PENALTY: Unsportsmanlike Conduct, 10 yards.
Rule 3

Periods, Time Factors & Substitutions
Coin Toss

- The winning captain may choose to defer their option to the 2\textsuperscript{nd} half.
- The team with the 1\textsuperscript{st} half option may choose:
  - Offense or Defense; or
  - Which goal to defend.
- The other team has the remaining option.
Game time is forfeit time.

Unless moved by penalty, each half will begin with a snap from the 14 yard line.
  - Referee’s should obtain ball location request from offensive captain.

Teams will change goals between...
  - the 1st and 2nd quarters, and
  - the 3rd and 4th quarters.

Team possession, number of the next down, and zone line-to-gain remain unchanged.
Timing

- 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 it is stopped for:
  - a charged team timeout;
  - an official’s timeout; or
  - the end of a period
- Each team receives three timeouts per half.
- The clock will stop for a two minute warning to both benches in the 2\textsuperscript{nd} and 4\textsuperscript{th} quarters.
Two-Minute Timing

- During the last two minutes of each half, the timing rules change.
- Situations that stop the clock during this period can be divided into major and minor clockstoppers.
Clock stops after the play and starts on the next snap.
- Two Minute Warning
- Incomplete pass
- Out-of-bounds
- Safety
- Touchback
- Touchdown (after Try)
- Team timeout
- New series for Team B
- New series to either team following a legal punt
- Team attempting to consume time illegally
Clock stops after the play and starts on the ready-for-play whistle.

- First down for Team A
- Penalty and enforcement
  - EXCEPTION: Accepted Delay of Game Penalty—Snap
- Referee’s timeout
- Team attempting to conserve time illegally
- Inadvertent whistle
Clockstoppers

- When both a major and a minor clockstopper occur during the same play (i.e., A Team A player gains a first down [minor] and runs out-of-bounds [major]) the major clockstopper has precedent and the clock starts on the snap.

- Major + Minor = Snap
Consuming/Consuming Time

- If K delays kicking the ball (6-1-4), The Referee may reset the clock to the time of the previous snap and start the clock on the snap.
- Accepted penalty in last 2 minutes of each half = offended team has option to start clock on the snap.
Extension of Periods

- A period is extended if, during the last timed down:
  - there is an accepted penalty, except for:
    - unsportsmanlike or non-player fouls
    - loss of down fouls
    - fouls on a score to be enforced following the Try
    - fouls that result in a safety.
  - there are offsetting fouls.
  - there is an inadvertent whistle.
  - a touchdown is scored.
    - the period is extended for the try, unless the touchdown is scored as time expired in the 4th quarter and the point(s) would not affect the outcome of the game.
    - the period is not extended further when the defense fouls during a successful try and the offended team accepts the result 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 Errors & Ending a Period

- Referee’s authority to correct errors provided discovery is before the 2nd live ball following the error unless the period has officially ended.

- When ending a period, delay to ensure:
  - No foul has occurred
  - No obvious timing error has occurred
  - No request for a coach-referee conference
  - No other irregularity has occurred
Overtime

- Coin Toss
  - Winner may choose:
    - Offense
    - Defense
    - Direction
  - All overtime periods will be played to the same goal line.
  - In future overtime periods, captains will alternate offense-defense option.
Overtime

- Each team starts 1st & goal from the B 10 yard line.
  - The goal line shall always be the zone line-to-gain in OT.

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

- Fouls and penalties are administered as normal.
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.

- If the Referee changes their ruling, the time-out becomes an official’s time-out.
Authorized Conferences

Teams may use one of two types of authorized conferences during a time-out:

- One or more players, substitutes and coaches may meet directly in front of the team box within 5 yards of the sideline.
- One coach may enter the field at their team’s huddle between the hash marks to confer with no more than 7 players.
Injured Players

- If the game is stopped for an injured player, they must leave for one down.

- Concussion procedure.
Delay of Game

- The following delay-of-game fouls carry a 5 yard penalty:
  - Violating the 25 second count.
  - Snapping the ball before it is marked ready for play.
  - Failure to properly wear legal or required player equipment when the ball is about to become live.
  - Coach-Referee Conference after all timeouts are used and no change results.
Substitutions

- 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
  - *Illegal Substitution, 5 yards.*
Rule 4

Ball In Play, Dead Ball, and Out of Bounds
Dead Ball Becomes Live

- When it is snapped legally
Ball Declared Dead

- It goes out-of-bounds.
- Any part of the runner other than a hand(s) or foot (feet) touches the ground.
- A touchdown, touchback, safety, or successful Try is made.
Ball Declared Dead

- The ball strikes the ground following 1st touching by K.
- K catches a punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it.
- A forward pass strikes the ground or is caught simultaneously by opposing players.
Ball Declared Dead

- A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped, 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.
Ball Declared Dead

- A runner has a flag belt removed legally by an opponent.
- A 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.
Ball Declared Dead

- A passer is deflagged/tagged prior to releasing the ball.
- A muff of a punt strikes the ground.
- K’s punt breaks the plane of R’s goal line.
- B secures possession during a Try or overtime.
- Dislodged prosthetic device from a runner.
Inadvertent Whistle

- An official sounds their 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 – the 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 – the 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 – the ball is returned to the previous spot and the down replayed.
If the Ball Becomes Dead…

- Between the hash marks, the ball shall be placed at the approximate spot.

- In a side zone, the ball should be placed at the nearest hash mark.
A May Designate

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

- Player
- Player in Possession
- Loose Ball
Rule 5

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

- A unit of the game
  - Starts with legal snap
  - Ends when ball becomes dead

- Between downs is whenever the ball is dead
Series & Zone Line-to-Gain

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

- **ZLTG**
  - The zone in advance of the ball
A New Series is Awarded...

To A...
- Achieving the ZLTG
  - On a play free from penalty
  - On a penalty by B
  - On a play with a penalty by A that leaves the ball beyond the ZLTG
- Automatic 1st down foul by B

To B...
- If A fails to cross the ZLTG after 4th down

To Either Team...
- Following:
  - Penalty
  - Touchback
  - Change of possession
Down/Possession After Penalties

- Resulting in 1st down
- Before change of possession
- After change of possession
- Declined
- Rule decisions final
Rule 6

Kicking the Ball
Punting the Ball

- Ask A’s captain
  - 4th down only
  - A may tell Referee they are punting any time.

- Announcement
  - Following this, the ball MUST be punted
Formation & Snap

- Team A LOS requirements are in effect
- No one may cross their line until the kick
After the Kick

- R may block the kick
- Once it crosses K’s scrimmage line
After the Kick

- 1st touching by K
- Out-of-Bounds
- At rest
- Behind goal line
After the Kick

- Kick Catch
- Interference
- Signals
Rule 7

Snapping, Handing and Passing the Ball
Presnap Requirements

- All plays start with a legal snap
- A players are responsible for the ball
  - Not the officials
- 2, 3 & 4 point stances are legal
Presnap Requirements

- Encroachment
  - Who may be guilty
  - Timeframe

- False Start
  - Feigned charge
  - Intends to cause encroachment by B

- Illegal Snap
At the Snap

- Formation Requirements
  - 5 yds inbounds
  - Minimum on LOS

- Snap Receiver
  - 2 yds back

- Shift and Motion
Handing the Ball

- Backward
  - Always legal

- Forward
  - Always legal
An A runner who is a man cannot run the ball through the A scrimmage line except:

- After the ball has been touched beyond A’s line
- After a change of possession
- After a legal forward pass.

Runners who are women have no such restrictions.
Backward Pass & Fumble

- Almost always legal
- Simultaneous catch
- Out-of-Bounds
- Striking the ground
# Forward Passes

<table>
<thead>
<tr>
<th>LEGAL FORWARD PASSES</th>
<th>ILLEGAL FORWARD PASSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>From in or behind the neutral zone.</td>
<td>a. A pass while the passer’s foot is beyond the neutral zone.</td>
</tr>
<tr>
<td></td>
<td>b. After team possession has changed during the down.</td>
</tr>
<tr>
<td></td>
<td>c. A pass intentionally thrown to save loss of yardage*.</td>
</tr>
<tr>
<td></td>
<td>d. A passer who catches their untouched forward pass.</td>
</tr>
<tr>
<td></td>
<td>e. A second or subsequent forward pass thrown during a down.</td>
</tr>
</tbody>
</table>

*The QB may take the snap and immediately throw the ball into the ground to stop the clock.*
Completed Pass

- Completion
- Interception
- Simultaneous Catch
- Incomplete Pass
Illegal Reception – Corec

- **Open**
  - Any player may complete a pass to any other player.

- **Closed**
  - Player who is a man may NOT complete a pass to another player who is a man.
Illegal Reception – Corec

- 1st down of new possession
- Officials’ error
- Closing an open play
- Opening a closed play
- Joint possession by teammates
- Effect of penalties
Pass Interference

- Offensive PI
- Defensive PI
- Not PI
- Catchability
Rule 8

Scoring Plays and Touchback
If a team is 19 or more points (Corec - 25) ahead at or after the 2 minute warning in the 4th quarter, the game is over.

- Prior to applying the Mercy Rule, there must be a down free of accepted live ball fouls
Scoring – Touchdown

- A team scores a touchdown when one of their players is in possession of the ball in their opponent’s end zone.
- In enforcing an unfair act, the referee may award a touchdown to the offended team.
- In Corec games, if a female player crosses the goal line with possession of the ball or throws a legal forward pass which results in a touchdown before a change of possession, it is worth 9 points.
- All other touchdowns are worth 6 points.
Scoring – Tries

- After a touchdown, the scoring team may elect to try for:
  - 1 point from the 3-yard line;
  - 2 points from the 10-yard line; or
  - 3 points from the 20-yard line.

- The Referee should ask the scoring captain about ball location for the Try.

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

- Following a try, the opponents of the team which scored the touchdown will get the ball at their 14-yard line.
The team responsible for the ball in the end zone is the one that last provided the force.

Initial force is provided by the player who carries, kicks, passes, snaps or fumbles the ball, even if its direction changes when it touches a player or either team or if an untouched punt strikes the ground.

A new force is provided by a player who:
- illegally kicks a ball;
- muffs an untouched grounded punt.

A new force cannot be attributed to the muffing or batting of a pass, kick or fumble in flight.

Force is not a factor on kicks going into Team R’s end zone (always a touchback unless Team R runs the kick out of the end zone).
Scoring – Safety

- A safety counts two points, and one point on the try.
- A safety occurs:
  - when a team is responsible for the ball being in their own end zone and it becomes dead there,
  - when 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.
Scoring – Touchback

- When a team is responsible for the ball being in their opponent’s end zone, it is a touchback when the ball becomes dead there.
- No points are awarded for a touchback.
- The team which was awarded a touchback will get the ball at their 14-yard line.
## Point Values

<table>
<thead>
<tr>
<th>Touchdown</th>
<th>Non-Corec game</th>
<th>6 points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Touchdown</strong></td>
<td>Corec game</td>
<td></td>
</tr>
<tr>
<td>a. Team A female throws a pass and Team A scores or any female scores</td>
<td>9 points</td>
<td></td>
</tr>
<tr>
<td>b. All other scores</td>
<td>6 points</td>
<td></td>
</tr>
<tr>
<td><strong>Safety</strong></td>
<td>Points awarded to opponent</td>
<td>2 points</td>
</tr>
<tr>
<td><strong>Successful Try</strong></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><strong>Forfeited Game:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Game score is: Offended Team 1, Opponent 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>But if offended team is ahead, the score stands</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 current or final score, the Referee will make the final decision after consulting with the other officials and, if available, the scorekeeper.
Rule 9

Conduct of Players and Others
Unsportsmanlike Conduct

- Noncontact Acts
- Dead Ball Fouls
- Prohibited Acts

You *&#$^+# guys are the worst officials I’ve ever seen!
Unsportsmanlike Conduct

- 2nd Unsportsmanlike Foul
- Ejection
- 4th Unsportsmanlike Foul
Unfair Acts

- Refusal to Play
- Halving the Distance
- Unfair Acts

You guys have been *&#$^+# us all night. We’re going home.
Personal Fouls

- Strip or attempted strip
- Throw the runner to the ground
- Hurdle another player
- Contact an opponent
Personal Fouls

- Drive or run into an opponent
- Position themself on the shoulders or body of a teammate to gain an advantage
- Tackle the runner
- Fight an opponent
- Restricted area contact
Personal Fouls

- Roughing the Passer
- Interlocked Interference
- Use of Hands or Arms by the Defense
Screen Blocking

- Either team may obstruct an opponent by getting into their path.
- If contact occurs, the player who initiated the contact shall be guilty of illegal contact provided their opponent took a position which was initially legal and legally moved to maintain it.
Removing the Flag Belt

- A player must have possession before they can be deflagged legally by an opponent.
- When a runner loses their belt (not pulled by opponent), the ball is live and the runner must be tagged between the shoulders and knees.
- Nonplayer interference with a runner.
Illegal Acts

- Flag Guarding
- Stiff Arming
- Helping the Runner
- Obstructing the Runner
- Charging

Not legal if an opponent is attempting a deflag and contact occurs.
Batting & Kicking

- Only passes or fumbles in flight may be legally batted. Except...
  - 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.
Illegal Participation

- To have 8 (Corec Rule-9) or more players participating at the snap.
- To have more than the legal number of males or females participating at the snap (Corec Rule).
- If an injured player is not replaced for at least one down; unless the halftime or overtime intermission occurs.
- To use a player, replaced player or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.
- For a player to be lying on the ground to deceive opponents at or before the snap.
- For a disqualified player to reenter the game.
- For a replaced player or substitute to hinder an opponent, touch the ball, influence the play or otherwise participate.
- 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, they shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds and return to the field, intentionally touch the ball, influence the play, or otherwise participate.
- When any player, replaced player or substitute enters during a down.