



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



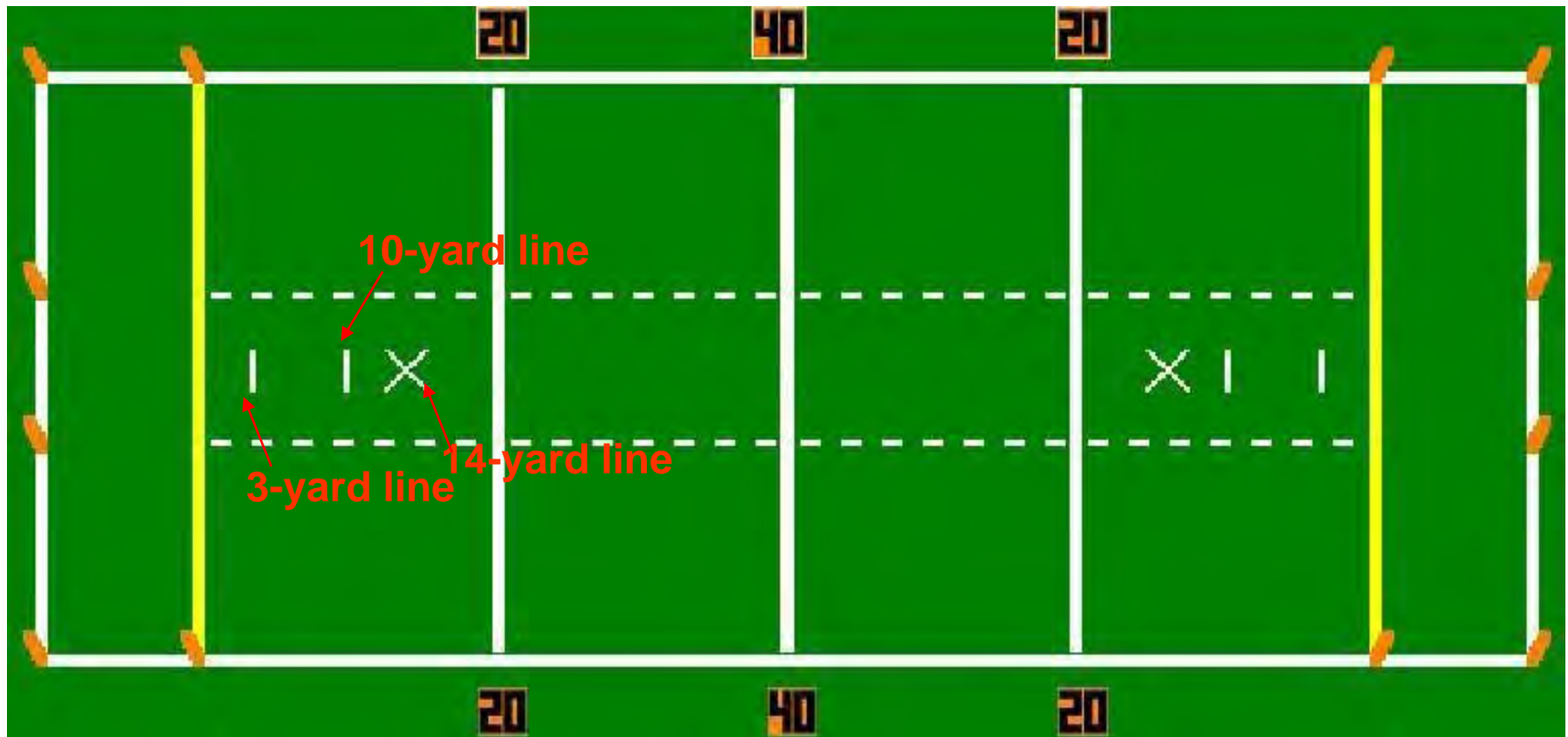
Officials Authority

- 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



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



Defense

Offense

- Down Box



[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



[Equipment – Illegal]



- 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 or 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 2nd half.
- The team with the 1st half option may choose:
 - Offense or Defense; or
 - Which goal to defend.
- The other team has the remaining option.



[Start Each Half]

- 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 2nd and 4th 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.

[Major 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

Minor Clockstoppers

- 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.
- $\text{Major} + \text{Minor} = \text{Snap}$

[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]

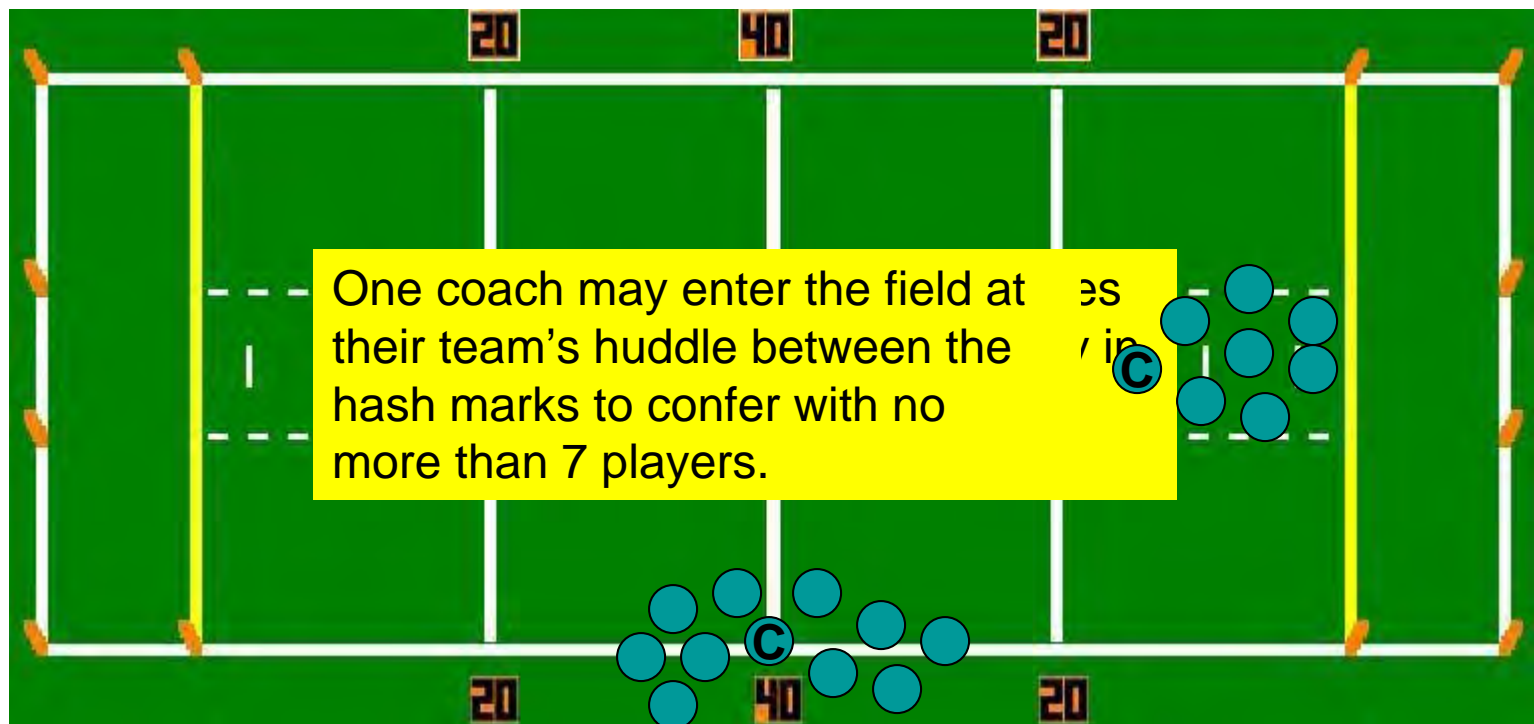
- Each team starts 1st & goal from the B 10 yard line.
 - The goal line shall always be the zone line-to-gain in OT.
- If B gains possession, the ball is dead and A's series is over.
- Fouls and penalties are administered as normal.

Coach-Referee Conference

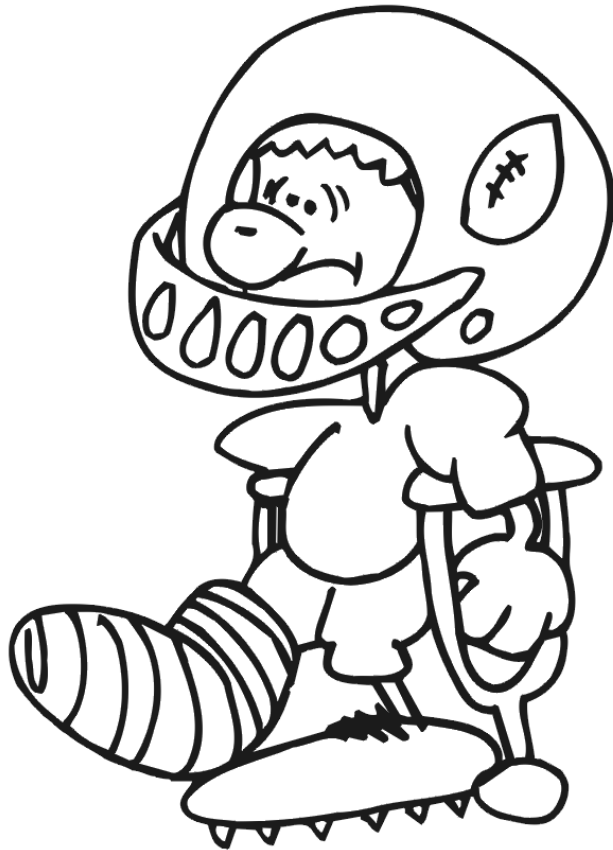
- Teams that wish to discuss a misapplication or misinterpretation of a rule must request a time-out.
 - The request must be made prior to the next live ball unless the half has officially ended.
- If the Referee changes their ruling, the time-out becomes an official's time-out.

Authorized Conferences

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



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

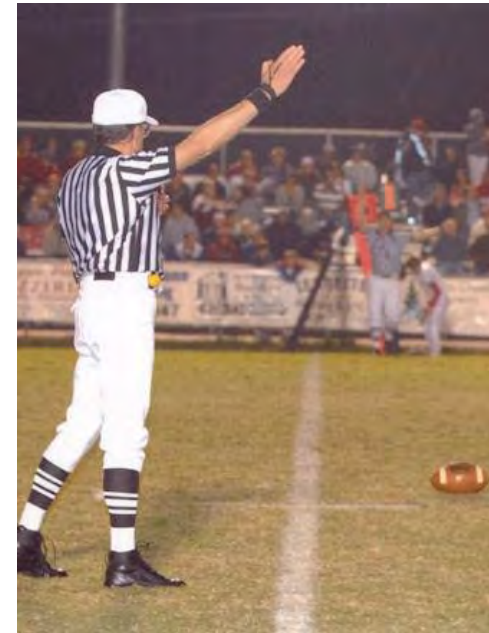
Series & Zone Line-to-Gain

- 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

Corec – Male Runner

- 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]

LEGAL FORWARD PASSES	ILLEGAL FORWARD PASSES
From in or behind the neutral zone.	<ul style="list-style-type: none">a. A pass while the passer's foot is beyond the neutral zone.b. After team possession has changed during the down.c. A pass intentionally thrown to save loss of yardage*.d. A passer who catches their untouched forward pass.e. A second or subsequent forward pass thrown during a down.

*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

[Mercy Rule]

- 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.

Safety vs. Touchback – Force

- 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

TOUCHDOWN	Non-Corec game	6 points
TOUCHDOWN	Corec game	
a. Team A female throws a pass and Team A scores or any female scores		9 points
b. All other scores		6 points
SAFETY	Points awarded to opponent	2 points
SUCCESSFUL TRY		
a. From the 3 yard line		1 point
b. From the 10 yard line		2 points
c. From the 20 yard line		3 points
FORFEITED GAME:	Game score is: Offended Team 1, Opponent 0 But if offended team is ahead, the score stands	

[Official Score]

- 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

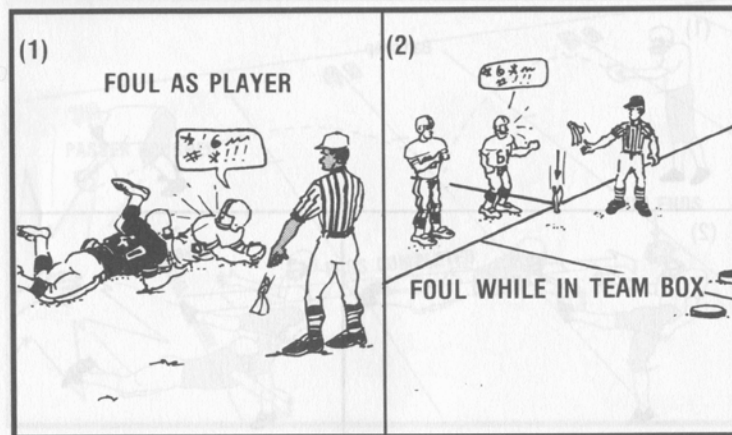


You *&#\$^+# guys
are the worst
officials I've ever
seen!



Unsportsmanlike Conduct

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

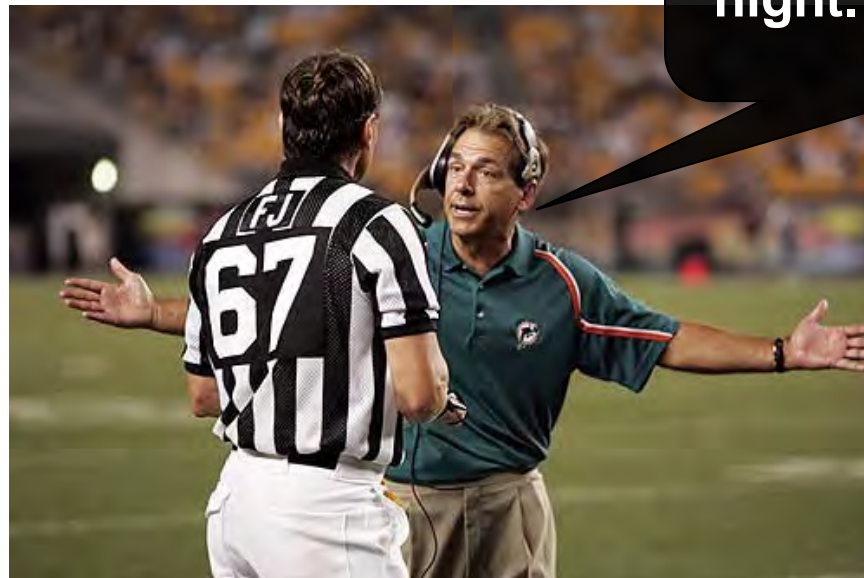


9-5; 9-8 Penalty No. 61 receives one unsportsmanlike foul as a player in (1) and a second as a non-player in (2). No. 61 is disqualified upon receiving the second unsportsmanlike foul which carries a 15-yard penalty. Officials must keep accurate records of unsportsmanlike fouls.

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 themselves 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



- Nonplayer interference with a runner.
- 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.

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.