

GREATER EASTSIDE JUNIOR FOOTBALL ASSOCIATION

2021 FLAG FOOTBALL RULES & POLICIES

Table of Contents

1. PLAYERS & TEAMS	3
A. PLAYER ELIGIBILITY	3
B. SINGLE TEAM	3
C. TEAM SIZE	3
D. PLAYING TIME	3
2. EQUIPMENT	3
A. UNIFORM	3
B. UNIFORM COLORS	4
C. FOOTBALLS	4
3. COACHES	5
A. TRAINING	5
B. BACKGROUND CHECK	5
C. MAXIMUM/MINIMUM COACHES	5
D. COACHES ON THE FIELD	5
4. PRACTICE SESSIONS	5
A. OFFSEASON PRACTICES	5
B. DEFINITION OF WEEK	5
C. NUMBER OF PRACTICES ALLOWED	5
D. LENGTH OF PRACTICE SESSIONS	6
5. OFFICIALS	6
6. GAME DAY	6
A. GAME MANAGEMENT RESPONSIBILITIES	6
A. FIELD ACCESS	6
B. INTERRUPTED GAMES	7

7. SCHEDULES	7
<hr/>	
A. LEAGUE SCHEDULING	7
B. NUMBER OF GAMES	7
C. FORFEITURES	7
8. PLAYOFFS	8
<hr/>	
9. THE GAME	8
<hr/>	
A. DETERMINING FIRST POSSESSION	8
B. STARTING THE GAME	8
C. CHANGE OF POSSESSION	8
D. LIVE/DEAD BALL	8
E. GAME CLOCK	9
F. SCORING	9
G. THE FIELD	10
10. THE OFFENSE	11
<hr/>	
A. FORMATIONS	11
B. RUNNING GAME RULES	11
C. PASS GAME RULES	13
11. THE DEFENSE	13
<hr/>	
A. ALIGNMENT	13
B. RUSHING THE PASSER	14
C. FLAG PULLING	14
12. PENALTIES	15
<hr/>	
A. OFFICIALS	15
B. SPORTSMANSHIP & CONDUCT	16
C. ADMINISTERING PENALTIES	17
D. LIST OF PENALTIES	19

1. PLAYERS & TEAMS

a. Player Eligibility

Players must meet the minimum/maximum academic grade requirement for the assigned division level:

1st/2nd Grade Division

3rd/4th Grade Division

5th/6th Grade Division

b. Single Team

A player may only be listed on a single roster and play for one team.

c. Team Size

Teams must consist of at least 6 players with a maximum of 12 players. GEJFA recommends a team size of 10 players. Games are played 5-on-5. A minimum number of four (4) players must be ready to play at game time or the team will forfeit. In the event of an injury, a team with insufficient players may play with 4 players. At no time will a team play with fewer than 4 players. A team must finish the game with the minimum starting number. Any time a team falls below the minimum number that game is forfeited.

d. Playing Time

It is the intent of the GEJFA council that all players get equitable playing time. But in any event, all players, including those who may be subject to discipline for some part of the game, must play at least twelve plays from scrimmage during the game period.

2. EQUIPMENT

a. Uniform

Every player must wear gear provided by each Club unless his/her personal gear meets all safety standards as determined by his/her Head Coach, Club Director, and/or GEJFA, as may be appropriate. Players must wear full uniforms including mouth guards at all games.

1) Jerseys

Players are required to wear a Club-provided jersey. Player's jerseys must be tucked into their shorts/pants.

2) Shorts/Pants

Players should wear shorts or pants that do not have pockets or belt loops. This is to reduce the risk of broken fingers when reaching for flags. Any player wearing shorts or pants with pockets and/or belt loops will be required to tape over any openings. Games will not be delayed for a player to tape up pockets and/or belt loops. A player's shorts/pants may NOT be the same color as the flag belts.

3) Shoes

Players must wear shoes. No player may wear shoes with either metal or detachable cleats. Acceptable shoes are those of the tennis type and those with molded rubber/plastic cleats. Sandals, boots, and open toe shoes are NOT allowed.

4) Mouth Guards

All players must wear a mouth guard during practices and games. NO EXCEPTIONS.

5) Flag Belts

Players are required to wear a GEJFA-approved, Club-provided flag belt. Flag belts must be positioned correctly and the appropriate size. A player's shorts/pants may NOT be the same color as the flag belts. Tampering with the flag belt in any way to gain an advantage including cutting the flag length, tying the belt, using foreign materials, or other such acts is illegal. Infractions will result in player disqualification.

6) Prohibited Items

The following items are not permitted:

- Hard (rigid) cast (or brace) even if said cast is wrapped with protective foam or rubber type substances. GEJFA examples of a hard cast include those made from metal, plaster type material or fiberglass material.
- Players must remove all jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- Hats, caps and do rags may not be worn during the game, with the exception of winter beanies.
- Anything that, in the opinion of the official, would confuse, potentially harm or endanger other players or is rough or abrasive.

b. Uniform Colors

All Clubs are to have two jersey colors available, one light and one dark, to avoid game day jersey color conflicts. The home team shall wear its dark colored jersey, and the visiting team shall wear its light-colored jersey. The visiting team is otherwise responsible for ensuring that their jerseys contrast in color with the home team jersey. Where conflicts are anticipated, opposing Club heads shall make contact in the week before the game to resolve conflict BEFORE game day.

c. Footballs

Teams will provide their own footballs. Footballs may be leather, composite, or rubber. The footballs will meet the following size specifications: Long circumference 23 - 25 inches; Short circumference 17 - 18 inches; and weight 9 - 10 oz. (Examples: Nike and Wilson have given these footballs a "Pee Wee" designation.)

3. COACHES

a. Training

All coaches shall receive training in the following topics:

- GEJFA Flag Football Rules
- Sudden Cardiac Arrest awareness and procedures
- Concussion awareness and procedures
- First Aid (at least one coach per team)

Each Club will at the beginning of the season provide certification that such training has been received.

b. Background Check

All coaches must submit the necessary information to perform a criminal background check with GEJFA. Coaches are not allowed on the practice or game field until a successful background check has been completed and approved.

c. Maximum/Minimum Coaches

Only (3) certified coaches from each team are allowed on the playing field and sidelines during game time. Additional certified coaches are welcome on the field during warm-ups and practices.

d. Coaches on the Field

One coach from each team is permitted on the field at any time in order to allow closer supervision and better instruction for the younger, less experienced players. The coach on the field may call the plays and make necessary adjustments between scrimmage plays. He may in no way interfere with the play of either team; including talking to or shouting at his or opposing players once the offensive team has broken their huddle. If a coach is still communicating after the huddle has broken, a warning will be issued by the referee. A second violation, and all subsequent violations could result in a 5 Yard Penalty for "on Field Interference." (Policy: The purpose of coaches on the field is instructional, therefore a no huddle offense is not permitted.)

4. PRACTICE SESSIONS

a. Offseason Practices

There shall be no organized practice sessions by any Club or team prior to the first day of practice established by the GEJFA Council. (Must check for specific dates annually as Council may change some dates; specifics will be per the approved calendar).

b. Definition of Week

For the purposes of this section, a week is defined as starting on Sunday and ending on Saturday.

c. Number of Practices Allowed

Teams will be limited to two (2) practices per week.

d. Length of Practice Sessions

Practice sessions, including warm-up time and any other instruction ("chalk talk", etc.), may last no more than ninety (90) minutes. Strict adherence to the 90-minute practice session limitation is required. Injuries are most likely to occur when a player is fatigued. A secondary reason is courtesy to the player and his parents.

5. OFFICIALS

Officials' jurisdiction begins with the scheduled coin toss of the game (or the first game if multiple games are scheduled). **The Officials have authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in these rules.** All players, non-players, and others authorized to be within the team area are subject to these rules and are governed by the decisions of the officials. In the event that a GEJFA official is not present at game start time, the two head coaches will meet and agree on an adult team volunteer to officiate the game.

6. GAME DAY

a. Game Management Responsibilities

1) Field Equipment

The designated home team (arranged with the host field as necessary), as determined by the GEJFA Council (generally per the game schedule), will provide all necessary field equipment. This includes a scorer's table and chairs, official time clock, scorebook, portable scoreboard, and cones for yard markers.

2) Game Ball

Each team may use its own ball so long as it conforms to proper size and inflation standards (subject to final approval of the game officials). A team may have an on-field attendant to dry a wet football between plays, but that person may not communicate with the players, coaches, or officials except as required to execute his duty.

3) Field Manager

Each franchised Club shall have a field manager at their home games. The general responsibilities of the field manager include the inspection the playing field, checking with the game officials and assisting them as needed, and informing all spectators to stay behind the spectator boundary line (on most fields, this will be outside the fenced playing field). In the event a dispute arises, the field manager will mediate as necessary.

4) First Aid

All teams shall have a first aid kit at their benches. At least one coach or other designated person on each team shall be first aid certified.

a. Field Access

1) Fenced Fields

At high school fields where the playing field is fenced from the spectator areas, only the game participants (players, coaches, game volunteers, and officials) may

be inside the fenced area. This may also include rostered team statisticians and one still photographer who shall be outside the team box. At some fields (having stricter rules) even the still photographer may not be allowed within the fenced area.

2) Unfenced Fields

On those fields where such fencing does not exist, coaches shall inform the spectators on their side of the field that League rules require that all spectators remain five (5) yards or more from the sideline. It is recommended that the five (5) yard boundary line should be roped or marked off.

3) Club-specific Field Access

Nothing prohibits a Club from establishing stricter field access rules as deemed necessary or as required by the respective school district or school.

b. Interrupted Games

Although highly unlikely, games could be interrupted due to weather (lightning or other severe weather), loss of lighting, or other unforeseen circumstance in which it would be unsafe to continue play.

1) Resume Same Day

Interrupted games shall be resumed as soon as it is safe to do so, the same day if possible.

2) Reschedule Game

If interrupted games are unable to resume the same day, they shall be reported to the League President and the scheduler by the end of game day. Every attempt will be made to schedule a field and time to resume play.

3) Resuming at Point of Interruption

Interrupted games will be resumed at the point of interruption, unless the involved teams agree to terminate the game with the existing score. If the existing score at the point of interruption is already lopsided, teams are encouraged to terminate. If agreement to terminate cannot be reached between the involved teams, the League will rule on the matter.

7. SCHEDULES

a. League Scheduling

Two Conferences will be established: North and South. Conferences may have Divisions based on the number of teams.

b. Number of Games

ALL teams will play at least five games.

c. Forfeitures

If a team is unable to field a team for a scheduled game, that team shall give ample notice so that other options may be considered. Advanced notice of the potential

forfeiture shall be given on Sunday prior to the game and final decision shall be made by Wednesday before the game.

8. PLAYOFFS

The playoff format will be determined by the GEJFA Flag Football Committee and GEJFA Scheduler, and approved by the Council prior to the start of the season.

9. THE GAME

a. Determining First Possession

A coin toss determines first possession. Team captains meet with the Official at midfield. The visiting team calls the toss. The coin toss winner will elect to begin on offense or defense. The coin toss loser has choice of first half field direction and second half starting possession. Teams change sides to begin the second half.

b. Starting the Game

The offensive team takes possession of the ball at the 5-yard line or 35-yard line and has three plays to cross midfield (20-yard line). Once a team crosses mid-field, they have three plays to score. If the offense fails to score, the ball changes possession.

c. Change of Possession

If the offensive team fails to cross mid-field or score, the ball changes possession. All drives start from the 5-yard line or 35-yard line except interceptions.

d. Live/Dead Ball

1) Live Ball

The ball is live at the snap of the football and remains live until the official whistles or otherwise indicates the ball is dead. Any official may whistle the play dead.

2) Dead Ball

The play is ruled "dead" when any of the following occur:

- The ball hits or touches the ground, even if the ball is in hand. **There are NO fumble recoveries.** The ball is spotted where the ball-carriers feet were at the time of the fumble. If the snap is fumbled, the ball is placed where it hit the ground first.
- The ball carriers flag is pulled or falls off.
- A receiver catches the ball while one of his/her flags is missing.
- The ball carriers' knee touches the ground.
- The ball carrier steps out of bounds.
- An incomplete pass.
- A touchdown, PAT or safety is scored.
- The 7-second pass clock expires.
- An official's whistle -- even if inadvertent.

3) Neutral Zone

The official will indicate the neutral zone and the line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. The official may give a courtesy pre-snap warning to allow their players to move back outside the neutral zone prior to the snap.

4) Pass Receptions & Interceptions

A player who gains possession in the air is considered inbounds as long as ONE foot comes down in the field of play.

e. Game Clock

1) Length of Game

Games are played on a continuously running clock with (2) 20-minute halves. Halftime is 5 minutes but officials have discretion on halftime length. Play stoppage for injuries may reduce the amount of time between halves and/or between games to maintain the game schedules.

2) Clock Stoppages

The running clock will only stop for timeouts or injuries. Each team is allowed (1) 30-second time-out per half. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play. Officials can stop the clock at their discretion.

3) Delay of Game

A team has 30 seconds to snap the ball once it has been spotted by the official. Teams will receive one warning before a delay-of-game penalty is enforced.

4) Overtime

There is no overtime during the regular season. Games will end in a tie.

f. Scoring

1) Touchdown

A touchdown is worth 6 points.

2) PAT (Point After Touchdown)

A 1-point PAT attempt will begin with the ball placed on the 5-yard line (or 35-yard line) and must be a pass play. A 2-point PAT attempt will begin with the ball placed on 10-yard line (or 30-yard line) and may be either a pass or run play. A team that scores a touchdown must declare whether it wishes to attempt a 1-point or a 2-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. **Interceptions on conversions cannot be returned.**

2) Safety

2 points will be awarded to the defense when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm

touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. The ball will change possession.

3) Mercy Rule

After one team is winning by 28 points or more, the game is over and this is the recorded game score. Once a 28 or more point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.

4) Forfeits

Forfeits are scored 28-0 for the winning team.

g. The Field

1) Field Dimensions

The field dimensions are 35.3 yards wide by 60 yards long, including two 10-yard end zones. The midfield line is at the 20-yard line.

2) No-Run Zones

No-Run zones precede each line-to-gain by 5 yards. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD). While in the No-Run zones (a 5-yard zone before midfield and the end zone), teams cannot run the ball in any fashion. All plays must be a pass, even with a hand-off or toss.

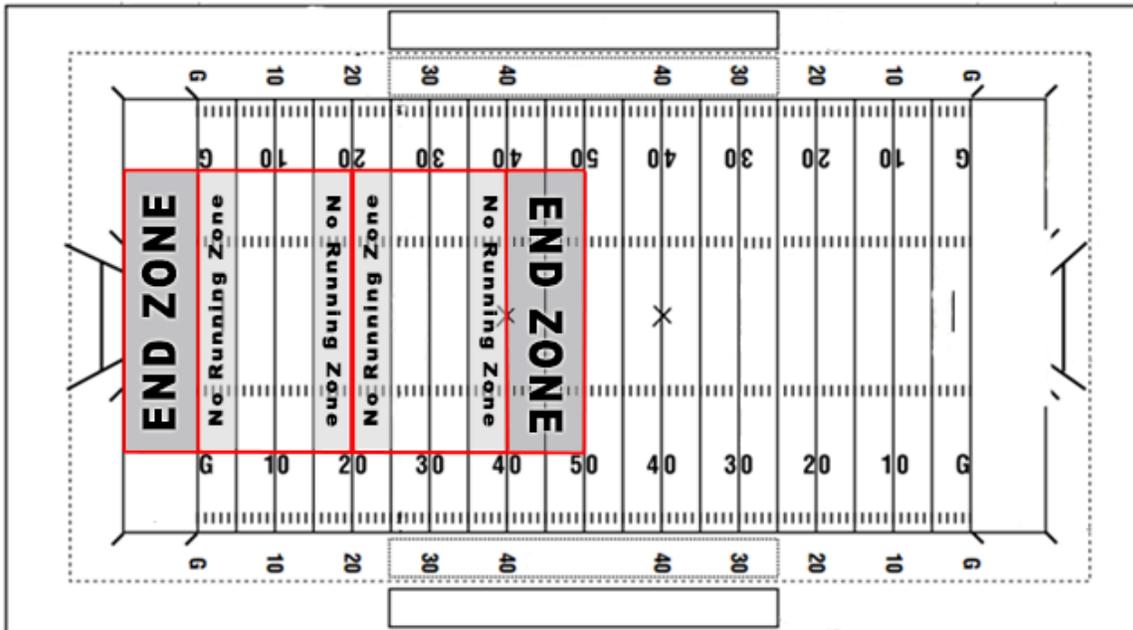
3) Boundary Lines

Cones will be set-up to indicate imaginary side boundary lines, goal lines, and back of end zone. Stepping on the boundary line is considered out of bounds.

4) Field Set-up

Prior to each game, the Officials will ensure that cones have been placed indicating the end zones, midfield, No-Run zones, and boundary lines.

Flag Football Field Dimensions



10. THE OFFENSE

a. Formations

Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.

1) Center Snap

The Center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. Any center snap that falls and touches the ground will be ruled dead at the spot the ball hits the ground. A “Center sneak” play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

b. Running Game Rules

1) Spot

The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.

2) Quarterback

The quarterback cannot run with the ball past the line of scrimmage. The quarterback is the offensive player who receives the snap.

3) Hand-Offs

Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs. The QB is not allowed to handoff to the Center on the first handoff of the play. Once the ball has crossed the line of scrimmage, the ball must stay with the ball-carrier.

4) Laterals and Pitches

Laterals and pitches of any kind are not allowed.

5) Halfback Passes

Any player who receives a handoff behind the line of scrimmage can throw the ball from behind the line of scrimmage.

6) Spinning

Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.

7) Leaving Feet

Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding. Player is down where they leave their feet. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

8) Blocking or Screening

Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier. Blocking or “screening” is NOT allowed at any time.

9) Charging

A runner shall not charge into an opponent in his/her path nor attempt to run between two opponents, unless the space is such as to provide a reasonable chance for him/her to go through without contact.

10) No-Run Zones

No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. Once you are in a No-Run zone, you are in it and must pass regardless (e.g. penalty moves you back out of the No-Run zone but you are still required to pass-only). The only way out of this zone is to advance the ball forward out of it.

11) Defensive Rushers

Once the ball has been handed off behind the line of scrimmage, all defensive players are eligible to rush.

c. Pass Game Rules

1) Definition of a Pass

The football must be thrown over the line of scrimmage through the air. All passes must be initiated behind the line of scrimmage. Shovel passes are allowed but must be received beyond the line of scrimmage.

2) 7-Second Clock

The QB has a 7-second “pass-clock”. If a pass is not thrown within the 7-seconds, the play is “dead”; ball is placed at previous spot and loss of down. Once the ball is handed off, the 7-second rule is no longer in effect.

3) Intentional Grounding

The quarterback may throw the ball away to avoid a sack. The QB does not need to be “outside the numbers” or have an eligible receiver in the area, but the pass must go beyond the line of scrimmage. If the pass is not beyond the line of scrimmage, the ball will be spotted where the QB’s feet were at the time of the throw.

4) Eligible Receivers

All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

5) Motion

Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.

6) Inbound Reception

A player must have at least one foot inbounds when making a reception.

7) Simultaneous Possession

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

11. THE DEFENSE

a. Alignment

No defensive player shall be lined up within 2 Yards of the line of scrimmage at snap of ball.

b. Rushing the Passer

1) 7-Yard Rush Line

A special marker, or the official, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play. Players not rushing the QB may defend on the line of scrimmage.

2) Legal Rush

Any defender that rushes from 7 yards (or more) from the defensive line of scrimmage once the ball has been snapped is a legal rush. Once the ball is handed off or thrown, the 7-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. Any number of players can rush the quarterback. Teams are not required to rush the quarterback with the seven second clock in effect. Teams are not required to identify their rusher before the play.

3) Leaving the 7-Yard Rush Line Early

If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback. If a rusher leaves the rush line early and the ball is handed off, pitched or lateraled before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.

4) Blocking a Pass

Defenders rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.

5) Sack

A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.

6) Impeding the Rusher

The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

c. Flag Pulling

A legal flag pull takes place when the ball-carrier is in full possession of the ball. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.

1) Leaving Feet

Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags. Defenders are not allowed to run through the ball-carrier when pulling flags. Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul.

2) Flag Guarding

Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags. Ball carriers shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt. Flag guarding includes:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.
- The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to de-flag/tag.

3) Obstruction of Runner

The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag (Penalty - Illegal Contact).

12. PENALTIES

a. Officials

The official(s) will call all penalties. Officials will determine incidental contact that may result from normal play. All penalties will be assessed from the line of scrimmage, except specific Spot Fouls.

1) Questions Regarding a Call or Rule

Only the Head Coach may ask the officials questions about rule clarification and interpretations. Players may NOT question calls.

2) Live/Dead Ball Penalty Enforcement

Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete. Games may not end on a defensive penalty unless the offense declines it.

3) Penalties Near the Goal Line

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

4) Blood Rule

If an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

b. Sportsmanship & Conduct

1) Foul Play

If the Field Manager or official witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the official's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

2) Trash Talking

Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the official will give one warning. If it continues, the player or players will be ejected from the game.

3) Zero Tolerance for Abusive Behavior

Players may not physically or verbally abuse any opponent, coach, official or fan.

4) Intentional Game Delays

A team that commits two (2) delay of game penalties in the same possession will result in a turnover.

5) Unnecessary Roughness

Any act prohibited here under or any other act of unnecessary roughness is a personal foul. Examples include:

- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier.
- No player shall punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- No player shall trip an opponent.
- No player shall contact an opponent who is on the ground.
- No player shall throw the runner to the ground.
- No player shall hurdle or attempt to hurdle any other player.
- No player shall physically contact an opponent either before or after the ball is declared dead.
- No player shall make any contact with an opponent which is deemed unnecessary of any nature including using fist, locked hands, elbows or any part of the forearm or hand, as well as the legs, knees, and/or feet.

- No player shall deliberately drive or run into a defensive player.
- No player shall position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
- No player shall tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.

6) Unsportsmanlike Conduct Penalties

An Unsportsmanlike Conduct penalty called on the defense will result +15 yards from line of scrimmage and automatic first down. An Unsportsmanlike Conduct penalty called on the Offense will result in -15 yards from line of scrimmage and loss of down. Additional Unsportsmanlike Conduct penalties by the same player or coach will result in ejection from the game and suspension from the following game. Examples include:

- Abusive or insulting language or gestures
- Using disconcerting acts or words prior to the snap in an attempt to interfere with opponent's signal or movements
- Using a "hide out play" by placing a player or players near the sideline to gain an advantage unless replaced or unless with the permission of the official.
- Failing to place the ball, after it becomes dead, on the ground or immediately return it to a nearby official
- Spiking the ball or throwing the ball in the air or from the field of play
- Throwing an opponent's pulled flag.
- Taunting an opponent (e.g. holding the ball in front of defenders face).

c. Administering Penalties

1) All-But-One Principle

"All but one" means all fouls except those by the offense are enforced from the spot of the foul if the foul occurs behind the end of the run (the basic spot). If a foul occurs during a running play, the enforcement spot is the end of the run or if the foul is by the offense and occurs behind the end of the run, from the spot of the foul. Any live ball foul is penalized according to the all-but-one enforcement principle (see below) except:

- A foul which occurs simultaneously with the snap.
- A foul by either team behind the line of scrimmage before a change of team possession.

A foul by the opponents of the scoring team during a down which results in a successful touchdown or try-for-point.

2) Penalty Simultaneously to Snap

The penalty for a foul that occurs simultaneously with a snap is administered from the previous spot.

3) Penalty During Run Play

The penalty for a foul during a running play is administered from the basic spot, except:

- If a foul by either team occurs, except flag guarding by team A, behind the line of scrimmage before a change of team possession, the penalty is administered from the previous spot;
- If a foul by the offense occurs behind the basic spot, the penalty is administered from the spot of the foul;
- A flag guarding foul by team A is always enforced from the spot of the foul.

4) Dead Ball Fouls

The penalty for any dead ball foul, any non-player foul or an unsportsmanlike foul is administered from the succeeding spot, unless the foul is committed by team B and is prior to the ready-for-play after a touchdown scoring play.

d. List of Penalties

1) Defensive Penalties

The opposing team Head Coach has the option to decline a penalty.

DEFENSIVE PENALTY	YARDS	FROM	DOWN
Offside (Defender is not allowed to jump back pre-snap)	+5	Line of Scrimmage	Auto 1 st Down
Illegal Rush (rush from inside 7-yards)	+5	Line of Scrimmage	Auto 1 st Down
Illegal Substitution (more than 5 players on the field when the ball is snapped)	+5	Line of Scrimmage	Auto 1 st Down
Illegal Flag Pull (before receiver catches)	+5	Line of Scrimmage	Auto 1 st Down
Illegal Contact (Holding, Contact)	-	Spot Foul	Auto 1 st Down
Roughing the Passer	+5	Line of Scrimmage	Auto 1 st Down
Unnecessary Roughness	+10	Added On	Auto 1 st Down
Stripping the Ball Carrier	+10	Spot Foul	Auto 1 st Down
Pass Interference	-	Spot Foul	Auto 1 st Down
Unsportsmanlike Conduct	+10	Added On	Auto 1 st Down

2) Offensive Penalties

The opposing team Head Coach has the option to decline a penalty.

OFFENSIVE PENALTY	YARDS	FROM	DOWN
Offside / False Start	-5	Line of Scrimmage	Loss of Down
Delay of Game	-5	Line of Scrimmage	Loss of Down
Illegal Substitution (more than 5 players on the field when the ball is snapped)	-5	Line of Scrimmage	Loss of Down
Illegal Motion	-5	Line of Scrimmage	Loss of Down
Illegal Forward Pass	-5	Line of Scrimmage	Loss of Down
Illegal QB Run (QB cannot advance the ball pass the line of scrimmage)	-5	Line of Scrimmage	Loss of Down
Impeding the Rusher	-5	Line of Scrimmage	Loss of Down
Illegal Contact (Charging, Holding, Blocking, Screening, Running w\Ball Carrier)	-10	Spot Foul	Loss of Down
Pass Interference (Pick plays; Pushing off)	-5	Line of Scrimmage	Loss of Down
Flag Guarding	-10	Spot Foul	Loss of Down
Unnecessary Roughness	-10	Added on	Loss of Down
Unsportsmanlike Conduct	-10	Added on	Loss of Down