



INTERNATIONAL FLAG FOOTBALL RULES
5 on 5 / non-contact

2017

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Word from the editor

The 2017 Flag Football rule book is the fourth revised edition after starting in 2009. The revisions getting smaller, but the International Rules Group will continue to keep the rules developing with the level of game.

Important changes for 2017 are:

- Reference to Tackle deleted, the Flag Rules Book is a complete one and can stand alone.
- One colored flag, contrasting to all colors of the pants, will give Defense a fair chance to avoid contact.
- Coin toss procedure changed. Winner can choose to start first or second half. Side will be determined by team not starting first half. Same procedure at Overtime.
- Overtime will have only one period (2 series) from the middle. Afterwards it will be a 1-point-try shoot out.
- Clock will also stop in the last 2 minutes when a fumble strikes the ground.
- Encroachment, disconcerting signals and illegal blitz signal becomes a dead ball penalty, like touching the ball. This will avoid plays with fouls before the snap and where it's not clear if RoW has to be given or not.
- 7 second count will start with the snap.
- Unsportsmanlike acts will be enforced as dead ball foul, because it has no effect on the outcome of the play.

There has been a long discussion which penalty and enforcement will be fair for a foul. Some changes are made but in general we agreed that there is no perfect ruling possible. A change for one situation can be unfair at another one and things getting complicate. Flag rules will not cover all, short and simple is more worth than perfection.

A couple of changes are made to help to understand the rules better. Editorial changes have been made and Interpretations added. All changes, even the small ones, are highlighted in yellow, so you can find all changed wording.

Thanks for assistance to Markus Agebrink (SWE), Erwin Aigner (AUT), Tiberiu Anghelina (ROM), Cédric Castaing (FRA), Martin Cockerill (GBR), Elizabeth Faust (USA), Roland Frei (SUI), Christian Freund (GER), David Fried (USA), Mariano Gastón Viotto (ARG), Anna Ilina (RUS), Luong Văn Khánh (VIE), Magnus Lauesgaard (DEN), Mika Lindholm (FIN), Tim Ockendon (GBR), Toni Peltola (FIN), Giane Pessoa (BRA), Alen Potočnik (SLO), Dovi Rabinowitz (ISR), Balázs Ragályi (HUN), Alexandre Roger (FRA), Juan Sanchez (SUI), Guido Schlauri (SUI), Luca Scignani (ITA), Robert StPierre (CAN) and Taichi Yanaka (JPN).

A special thank goes to Alexandre, Magnus and Martin for their extra work in editing the rules.

If you have questions about the rules or interpretations, feel free to contact me and the Interpretations Club.

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Cover: picture by Wolfgang Geyer

Flag Football Rules

IFAF Flag Football Rules are based on Tackle rules, but kept short and simple. The structure will follow Tackle Rules, but the content and numbering will not always correspond. The Flag Football Rules Book covers everything to play Flag without knowing the Tackle rules. All important or special things have been determined and ruled. Only some specific information (e.g. specifications of ball) are not covered. If there is a need for more information you will have to look in the Tackle Rules Book (e.g. R 1-3-1).

As a coach or official you will need to understand the flag rules as a whole.

The Football Code of the IFAF Tackle Football Rules is an integral part of the Flag rules.

Flag football is non-contact. Blocking, tackling and kicking are not allowed.

The most important aspect of Flag Football is to avoid contact, it is to make the flags an easy target for the defense, but in return to demand to pull it without contact.

National Changes

For national competition games it is possible to change rules as follows:

- R 1-1-1 Field dimensions can be changed due to game site or age.
Length (excluding end zones) can be shortened to a minimum of 40 yd (36,60 m) or lengthened to a maximum of 60 yd (54,90 m), end zones can be shortened to a minimum of 8 yd (7,30 m) and width can be narrowed to a minimum of 20 yd (18, 30 m) or widened to a maximum of 30 yd (27,45 m).
Safety area cannot be altered.
It is possible either to reduce length and/or end zones and/or width or to extend length (end zones 10 yd) and/or width. It is not possible to reduce length and extend width or reverse.
Its recommended that if the field length is altered then the field width should be altered by half the amount by which the length is altered in order to maintain the relative field dimensions.
- R 1-1-1 Minimum field markings are side lines, goal lines and end lines.
- R 1-1-1 Pylons or disk markers are only recommended.
- R 1-1-1 Down indicator is only recommended.
- R 1-1-1 Score board is only recommended.
- R 1-1-1 Team rosters can consist of more than 12 players.
- R 1-1-1 Teams can have players of different sex.
- R 1-1-4 Officials only recommended.
- R 1-2-1 Game balls need not to be leather.
- R 1-3-1 Flags need not to be pop-flags in youth games.
- R 1-3-1 Mouthpiece only recommended.
- R 1-3-2 Head wear could be legal, if it does not endanger or offend other players.
- R 3-2-1 **Playing time** can be changed due to competition or age.
- R 3-2-5 **The length of the interval period where the clock will be stopped can be reduced from 2 to 1 minute.**
- R 3-3-2 Number of Timeouts can be **changed.**

Indoor Flag Football

Additional possible changes:

- R 1-1-1 Field dimensions can be changed as big as the game site allows.
- R 1-1-1 Marking of field will be made with pylons or disk markers.
- R 1-3-1 Shoes must have flat, not colored, not rubbing off soles.
- R 3-2-5 Clock stops only in the last minute of each half.
- R 5-1-1 Series of downs can be reduced to 3 downs.
- R 5-1-1 Middle line can be deleted (no first down possible).

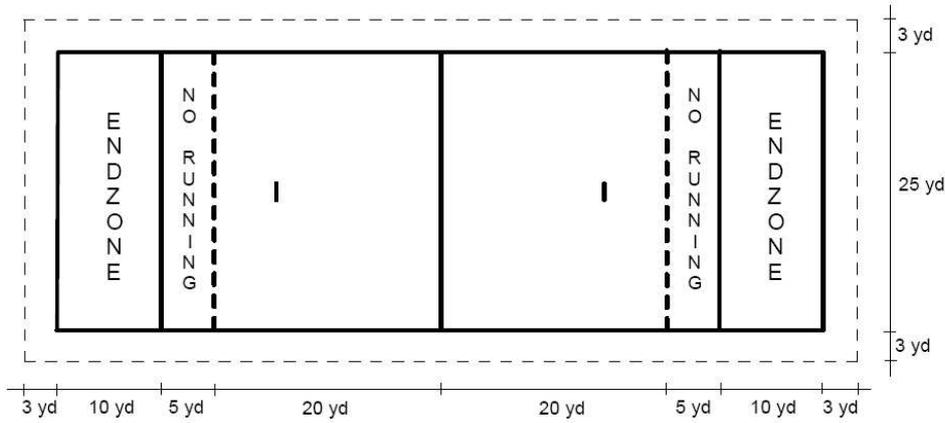
All other rules are conduct rules and may not be altered.

Diagram of Field

The field shall be a rectangular area with dimensions and lines as indicated in the diagram.

Field dimensions:

Field of play: length 50 yd (45,75 m), additional end zones 10 yd (9,15 m), width 25 yd (22,90 m).
 Total required space for one field including safety area is 76 yd (69,55 m) x 31 yd (28,40 m).



Measurements shall be from the inside edges of the lines (goal line is part of end zone), width of lines 4 inches (10 cm). The no-running lines should be dashed. The 2-point-try mark should be 1 yard (0,90 m) long with the mid-point 12 yards (11,00 m) from the middle of the goal line.

Safety area is 3 yd (2,75 m) outside the side lines and the end lines. The safety area need not be marked. If two fields are next to each other the minimum distance in between is 6 yd (5,50 m).

Field equipment:

Pylons or disk markers shall be placed at the corners of the 8 intersections of the side lines with the goal lines and end lines.

Disk markers can be placed at the intersections of the side lines with the middle line and no-running lines.

A down indicator shall be operated 2 yards outside of one side line.

A visible score board shall be operated near the field.

RULE 1**Game, Field, Ball and Equipment****SECTION 1. General Provisions****ARTICLE 1. The Game**

The game shall be played between 2 teams of not more than 5 players each, on a rectangular field and with a regulation ball. For details see Diagram of Field.

Team rosters consist of a maximum of 12 players (5 on the field with 7 substitutes). Teams may play with a minimum of 4 players. If less than 4 players are available, the game is forfeited by the side that is unable to field a team.

Teams can have only players of the same sex.

ARTICLE 2. Winning Team and Final Score

Each team shall be allowed opportunities to advance the ball across the other team's goal line by running or passing it. The teams shall be awarded points for scoring according to rule and the team having the larger score at the end of the game, including extra periods, shall be the winning team.

ARTICLE 3. Supervision

The game shall be played under the supervision of 2 or more officials.

ARTICLE 4. Team Captains and Coaches

Each team shall designate to the referee no more than 2 players as **its captains** and no more than 2 coaches.

SECTION 2. The Ball**ARTICLE 1. Specifications**

The ball shall be made of leather, new or nearly new, of regulation size, weight and pressure with no alterations. Each team may use its own legal ball.

ARTICLE 2. Special Sizes

For women games youth size balls (ex. TDY) should be used.

For youth games aged under 16 youth size balls (ex. TDY) should be used. Balls need not to be leather.

For youth games aged under 13 junior size balls (ex. TDJ) should be used. Balls need not to be leather.

SECTION 3. Equipment**ARTICLE 1. Mandatory Equipment**

Players of opposing teams shall wear jerseys of contrasting colors. If the teams are using similar jerseys, the home team has the option which team has to change jerseys.

- a. Players of a team shall wear jerseys of the same color, cut and style. The jerseys must be full-length and tucked into the pants with contrasting Arabic numerals at least 6 inches (15 cm) in height on back. All players of a team must have different numbers from 1 to 99. Jerseys must not be taped or tied in any manner.
- b. Players **of a team** shall wear shorts or pants of the same color, cut and style without pockets, press studs or clips. Players cannot tape or secure their shorts or pants to meet this regulation. **AR 1-3-2-1**
- c. **Players of a team shall wear tightly** fixed flag belts with sockets and 2 flags (pop-flags). Every effort must be made to keep one flag on each hip of the player. These flags by a size of 2 inch (5 cm) x 15 inch (38 cm) must not be altered or cut. The sockets must not be glued or changed in any way and placed to look downwards and outside. The flags must be clearly visible, hang down freely and must not be covered in any way by the player's uniform. The flags have to be in **the same** one color, **must be of contrasting color to the pants and should not match any color on** the pants. Players, who will deliberately manipulate their flags, will be ejected from the game.
- d. All players must wear an intra-oral mouthpiece of a visible color and with no part sticking out more than 0,5 inch (1,25 cm).

ARTICLE 2. Illegal Equipment

- a. Shoes with cleats longer than 0,5 inch (1,25 cm), sharp pointed as spikes or made of any metallic material.
- b. Any kind of shoulder pads, helmets or head wear (caps, hoods, bandannas, headbands or similar).
- c. Any kind of protectors which endanger other players (e.g. sharp edged knee braces).
- d. Glasses not medically **prescribed. Glasses that are not** made out of non-breaking material.
- e. Jewelry must be removed or covered up completely.
- f. Uniform attachments like towels or hand warmers.
- g. Adhesive material, paint, grease or any other slippery substance applied to equipment or on a players person, clothing or attachment that affects the ball or an opponent.
- h. Any electronic, mechanical or other signal devices for the purpose of communicating with a coach.

ARTICLE 3. Coaches Certification

Before the game the head coach shall give a roster to the referee and certify that all players have the mandatory equipment and have been informed what constitutes illegal equipment.

RULE 2**Definitions****SECTION 1. Areas and Lines****ARTICLE 1. The Field**

The field is the area within the safety area and the space above.

ARTICLE 2. Field of Play

The field of play is the area within the boundary lines (side lines and end lines) other than the end zones.

ARTICLE 3. End Zones

The end zones are the 10-yard areas at both ends of the field between the end lines and the goal lines.

ARTICLE 4. No-Running Zones

The No-Running Zones are the 5-yard areas at both ends of the field in front of the goal lines.

ARTICLE 5. Goal Lines

Goal lines, one for each team, shall be established at opposite ends of the field of play. The goal lines and goal line pylons are in the end zone. Each goal line is part of a vertical plane separating an end zone from the field of play when the ball is touched or is in player possession, the plane extends beyond the side lines. A team's goal line is the one it is defending.

ARTICLE 6. Middle Line

Midway between the goal lines is the middle line. The line to gain for a new series is the middle of the field of play (i.e. the middle of the middle line), hereafter called middle for short.

ARTICLE 7. In Bounds, Out of Bounds

The area enclosed by the side lines and end lines is in bounds and the area surrounding and including the side lines and end lines is out of bounds.

ARTICLE 8. Team Area

The team area is outside the safety area and between the no-running lines along the side line.

SECTION 2. Team and Player Designations**ARTICLE 1. Offense and Defense**

The Offense is the team which puts the ball in play by a snap, the Defense is the opposing team.

ARTICLE 2. Snapper

The snapper is the offensive player who snaps the ball.

ARTICLE 3. Quarterback

The quarterback is the offensive player who first gets possession of the ball after the snap.

ARTICLE 4. Passer

The passer is the offensive player who throws a legal pass.

ARTICLE 5. Runner

The runner is a player in possession of a live ball.

ARTICLE 6. Blitz

The blitz is a defensive player who lines up with all parts of his body 7 or more yards away from the scrimmage line at the snap and starts a rush towards the quarterback immediately after the snap.

Blitzers can get the right of way, if they raise one hand clearly above the head at least during the last second before the snap. There is no requirement for a player requesting right of way to blitz and a player may blitz without requesting it.

The rush has to be quick and straight to near the point where the quarterback receives the snap. If a blitz is rushing slowly, aiming at another spot or changing direction during the rush, he loses the right of way.

ARTICLE 7. Player Out of Bounds

A player or ball is out of bounds when any part of his body touches anything out of bounds.

ARTICLE 8. Disqualified Player

A disqualified player is one who is declared ineligible for further participation in the game.

ARTICLE 9. Home Team

If neither team is at its home venue or at tournaments (more than 2 teams) then the team listed first will be designated the home team. The second listed team will be the visiting team.

SECTION 3. Down, Scrimmage and Play Classification

ARTICLE 1. Down

A down is a unit of the game that starts with a legal snap after the ball is ready for play and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead. A play is the action between the 2 teams during a down.

ARTICLE 2. Scrimmage Line

When the ball is made ready for play the scrimmage line for each team is the vertical plane that passes through the point of the ball closest to its own goal line and extends to the side lines.

A player has crossed the scrimmage line if one part of his body has been beyond his scrimmage line.

ARTICLE 3. Forward Pass Play

A legal forward pass play is the interval between the snap and when a legal forward pass beyond the scrimmage line is completed or intercepted. Also any forward pass from behind the scrimmage line becoming incomplete or touched by the defense is considered as forward pass play.

ARTICLE 4. Running Play

A running play is any live ball action other than that during a legal forward pass play.

Passes completed behind the line of scrimmage are legal and are running plays.

SECTION 4. The Ball Live or Dead

ARTICLE 1. Live Ball

A live ball is a ball in play. A pass that has not yet touched the ground is a live ball in flight.

ARTICLE 2. Dead Ball

A dead ball is a ball not in play.

ARTICLE 3. When Ball Is Ready for Play

A dead ball is ready for play when the ball is placed on the ground and the referee blows his whistle.

SECTION 5. Forward, Beyond and Forward Progress

ARTICLE 1. Forward, Beyond

Forward, beyond or in advance of denotes direction toward the opposing team's end line. Backward or behind denotes the direction towards a team's own end line.

ARTICLE 2. Forward Progress

Forward progress is a term indicating the end of advancement by the ball carrier or airborne pass receiver of either team and applies to the most forward point of the ball when it becomes dead by rule between the end lines.

SECTION 6. Spots

ARTICLE 1. Enforcement Spot

An enforcement spot is the point from which the penalty for a foul is enforced.

ARTICLE 2. Dead Ball Spot

The dead ball spot is the point at which the ball becomes dead.

ARTICLE 3. Spot of the Foul

The spot of the foul is the point at which that foul occurs. If out of bounds, it shall be transmitted to the side line. If behind the goal line, the foul is in the end zone.

ARTICLE 4. Out-of-Bounds Spot

The out-of-bounds spot is the point at which the ball becomes dead because of being out of bounds.

SECTION 7. Foul, Penalty and Violation

ARTICLE 1. Foul

A foul is a rule infraction for which a penalty is prescribed. A flagrant foul is a rule infraction that places an opponent in danger of injury.

ARTICLE 2. Penalty

A penalty is a result imposed by rule against a team that has committed a foul and may include one or more of the following: loss of yardage, loss of down, automatic first down or disqualification. If the penalty involves loss of a down, the down shall count as 1 of the 4 in that series.

ARTICLE 3. Violation

A violation is a rule infraction for which no penalty is prescribed, it does not offset a foul.

ARTICLE 4. Loss of a down

"Loss of a down" is an abbreviation meaning "loss of the right to repeat a down".

SECTION 8. Shift, Motion

ARTICLE 1. Shift

A shift is a simultaneous change of position by 2 or more offensive players after the ball is ready and before the snap.

ARTICLE 2. Motion

A motion is a change of position by one offensive player after the ball is ready and before the snap.

SECTION 9. Handling of the ball

ARTICLE 1. Hand-off

Hand-off is successfully transferring player possession from one teammate to another without throwing. A fake hand-off is credible simulating of giving the ball to a nearby teammate. A faked (short/pump) pass is not a faked hand-off.

ARTICLE 2. Pass

A pass is any intentional act to throw the ball in any direction. A pass starts with the final release after firmly control during an intentional movement of the hand or arm.

A pass continues to be a pass until it is completed to a player or the ball becomes dead.

ARTICLE 3. Fumble

A fumble is any act other than passing or successful handing that result in loss of player possession.

A fumble can only occur after a player gains possession of a ball.

ARTICLE 4. Possession

Possession means the firmly holding or controlling a live ball.

ARTICLE 5. Batting

Batting the ball is intentionally striking it or intentionally changing its direction with the hands or arms.

ARTICLE 6. Kicking

Kicking the ball is intentionally striking the ball with the knee, lower leg or foot and is illegal.

SECTION 10. Passes

ARTICLE 1. Forward and Backward Pass

A forward pass is determined by the point where the ball first strikes anything beyond the spot of the pass. All other passes are backward passes, even if it is lateral (parallel to the scrimmage line).

A snap becomes a backward pass when the snapper releases the ball, even if it slips from the hand of the snapper.

ARTICLE 2. Crosses Scrimmage Line

A legal forward pass has crossed the scrimmage line when it first strikes anything beyond the scrimmage line inbounds.

ARTICLE 3. Catch, Interception

A catch is the act of firmly establishing and maintaining player possession of a live ball in flight. A catch of an opponent's pass is an interception. A player who leaves his feet to make a catch or interception must have the ball firmly in his possession when he first returns to the ground inbounds with any part of his body and maintain complete and continuous control of the ball throughout the process of contacting the ground to complete a pass. If the player loses control of the ball and the ball touches the ground before the process of the catch is complete then it is not a catch.

ARTICLE 4. Sack

A sack is the removal of a flag (flag pull) from the quarterback who is in possession of a live ball. A player is in possession of the ball until the ball is released.

SECTION 11. Holding, Blocking, Contact and Tackling

ARTICLE 1. Holding

Holding is grasping an opponent or his equipment and not releasing it immediately.

ARTICLE 2. Blocking

Blocking is obstructing an opponent without contact by moving into his way. A moving offensive player who impedes an opponent from getting to the runner or impedes a legal blitzer is guilty of blocking. A player standing still (with the right of place) is not blocking, even if he is in between the runner and the opponent or in the way of a blitzer.

ARTICLE 3. Contact

Contact is touching an opponent with impact. Touching without an effect is no contact.

ARTICLE 4. Flag Pull

A flag pull is the removal of one or more flags from an opponent with hand(s).

ARTICLE 5. Flag Guarding

Flag guarding is an attempt by the runner to avoid a flag pull by covering the flag with any part of the body (hand, elbow or leg) or with the ball. Flag guarding is also leaning the upper body forward (diving) or stretching out a hand, with or without the ball, towards the opponent to make it more difficult for the defender to reach the flag.

SECTION 12. Jumping, Diving, Spinning

ARTICLE 1. Jumping

Jumping is an attempt by the runner to avoid a flag pull by gaining extra height compared to regular running.

ARTICLE 2. Diving

Diving is an attempt by the runner to avoid a flag pull by the forward leaning the upper body, with or without jumping.

ARTICLE 3. Spinning

Spinning is an attempt by the runner to avoid a flag pull by rotation of the body along the vertical axis. Spinning is legal.

SECTION 13. Right of Place (RoP), Right of Way (RoW)

ARTICLE 1. Right of Place

Right of place is given to a standing player. Standing means to remain at the spot **with normal player posture** and make no lateral movement. Jumping vertically in order to throw or catch a pass or pulling a flag whilst standing still does not give up the right of place.

Right of place supersedes right of way when determining who is guilty of a foul.

ARTICLE 2. Right of Way

Right of way is given to a player by rule who has established a direction of movement **with normal player moves** and does not alter that direction.

A player with Right of Way has a higher priority when determining who is guilty of committing a foul than all players except those with right of place.

RULE 3**Periods and Timing****SECTION 1. Start of Each Period****ARTICLE 1. First Half**

Each team has to announce a maximum of 2 coaches and a maximum of 2 captains to the referee.

3 minutes before the scheduled starting time, the referee shall toss a coin at midfield in presence of the captains from each team, first designating the captain of the visiting team to call the coin toss.

The winner of the toss will have the option to put the ball in play first by a snap at its own 5-yard-line in the first half or in the second half. If the winner chooses the first half, the other team will elect which side to defend. If the winner chooses the second half, he will elect which side to defend and the other team will put the ball in play in the first half.

There are no kickoffs.

ARTICLE 2. Second Half

In the second half, the teams shall defend the opposite goal line to the one they defended in the first half. The team not starting with the ball in the first half, will put the ball in play by a snap at its own 5-yard-line.

ARTICLE 3. Overtime (Tiebreaker)

The tiebreaker system will be used when a game is tied after 2 halves and the competition mandates a winner must be determined.

- a. After a 2 minute intermission, the referee shall toss a coin at midfield as at the beginning of the game.
- b. The winner of the toss will choose to start each following period as Offense or as Defense. If the winner chooses to start with Offense, the other team will elect which end of the field they will defend. If the winner chooses to start with Defense, he will elect which end of the field they will defend.
- c. No charged team timeouts will be granted.
- d. The first extra period consist of 2 series with each team putting the ball in play by a snap at the middle line for one series of downs (no first down at middle), except when the defense scores during the first series other than on the try.
- e. Each team retains the ball during its series until it scores, including try downs (extra points for 1 or 2), or fails to score. The ball remains alive after a change of team possession until it is declared dead; the series is ended even if there is a second change of possession.
- f. If after the first period (with 2 series including tries) the score is still tied, the second and following periods consist of series with each team playing a 1-point-try from the 5-yard-line. The overtime ends when the score after a period is no longer a tie or the defense scores during the first series.
- g. The team scoring the greater number of points during the regulation and overtime shall be declared the winner.

ARTICLE 4. Tournament Tie breaker system

If 2 or more teams in a tournament have the same total percentage (win-tie-loss), the following procedure will decide the order of the teams step by step:

1. Head to head percentage, if all teams played each other.
2. Head to head net point differential, if all teams played each other.
3. Head to head points scored, if all teams played each other.
4. Total net point differential.
5. Total points scored.
6. Coin toss.

The organizer of a tournament has to decide the order of teams if the tie breaker system does not fit.

SECTION 2. Playing Time**ARTICLE 1. Length of Play and Intermission**

The total playing time shall be 40 minutes, divided into 2 halves of 20 minutes each, with a 2 minute intermission in between.

ARTICLE 2. Extension of Periods

A period shall be extended until a down has been played which is free from live ball fouls for which the penalty is accepted. If offsetting fouls occur during a down in which time expires, the down will be repeated.

No period shall end until the ball is dead and the referee declares the period ended. [S14]

ARTICLE 3. Timing Devices

Playing time and 25-Second-Clock shall be kept with a game clock that may be either a stop watch operated by an official or a game clock operated by an assistant under the direction of the appropriate official.

ARTICLE 4. When Clock Starts

When the game clock has been stopped by rule it shall be started when the ball is legally snapped.

Exception: The game clock will start at the ready-for-play when it was only stopped at referee's discretion.

AR 3-2-4-I to III

ARTICLE 5. When Clock Stops

The game clock shall be stopped when each period ends, for a charged team timeout, for an injury timeout or at referee's discretion.

Within the last 2 minutes of each period the clock shall stop:

1. To award a first down, also after a change of possession.
2. To complete a penalty.
3. When a ball or runner goes out of bounds.
4. When a pass or fumble strikes the ground.
5. When a score is made.
6. When a charged timeout is granted.

The game clock shall not run during a try within the last 2 minutes, during an extension of a period or during an extra period.

SECTION 3. Timeouts

ARTICLE 1. How Charged

The referee shall declare a timeout when he suspends play for any reason. Each timeout shall be charged to one of the teams or designated as an official timeout. [S3]

ARTICLE 2. Charged Team Timeouts

An official shall allow a charged team timeout when requested by any coach or inbound player when the ball is dead. Each team is entitled to 2 charged team timeouts per half. Unused timeouts may not be carried over to a subsequent period.

ARTICLE 3. Injury Timeout

In the event of an injured player any official may declare an official timeout, provided the player for whom the timeout is taken is removed from the game for at least one down.

ARTICLE 4. Length of Timeouts

A charged team timeout shall not exceed 90 seconds (this includes the 25 seconds after the ready for play).

The referee shall notify both teams 30 seconds before a charged timeout expires and 5 seconds later shall declare the ball ready for play (R 3-3-5).

Other timeouts shall be no longer than the referee deems necessary to fulfill the purpose for which they are declared.

ARTICLE 5. Referees Notification

Unless a visual game clock is the official timepiece, the referee shall inform all coaches when the ball becomes dead and 2 minutes or less (in case of a live ball) of playing time remain in each half. The clock will not be stopped just for the notification.

RULE 4

Live Ball, Dead Ball

SECTION 1. Live Ball - Dead Ball

ARTICLE 1. Dead Ball Becomes Alive

For the next down the ball shall be put in play at the spot midway between the side lines, laterally in line with the spot where the ball was when it became dead by rule, or at the spot where the ball has been placed following completion of an accepted penalty or to award a new series.

After a dead ball is ready for play, it becomes a live ball when it is legally snapped.

A ball snapped before it is ready for play or is illegally snapped remains dead.

A foul before the ball is snapped (delay of game, encroachment, false start, disconcerting signal, illegal blitz signal) will cause the ball to remain dead.

ARTICLE 2. Live Ball Becomes Dead

A live ball becomes dead and an official shall sound his whistle when:

- a. A ball touches anything out of bounds.
- b. The runner goes out of bounds.
- c. Any part of the runner's body, except his hand or foot, touches the ground.
- d. A runner simulates placing his knee on the ground.
- e. A pass or fumble strikes the ground.
- f. A teammate of the fumbler catches the ball.
- g. A player becomes in possession of the ball with fewer than 2 flags.
- h. The flags of a player in possession of the ball are not positioned correctly and the player himself is responsible for it.
- i. A touchdown, touchback, safety or successful try occurs.
- j. A foul which causes the ball to become dead (e.g. illegal kick or delay of pass) occurs.

On an inadvertent whistle by an official, the ball becomes dead and the team in possession may elect either to put the ball next in play where it was declared dead or to replay the down.

RULE 5**Series of Downs****SECTION 1. A Series: Started, Broken, Renewed****ARTICLE 1. When to Award Series**

A series of 4 consecutive scrimmage downs shall be awarded to the team that is next to put the ball in play by a snap at the **beginning** of each period and after a score, safety, touchback or change of team possession. [S8]

A new series shall be awarded to the offense if:

- a. It is in legal possession (**following the application of any accepted live ball penalty**) of the ball beyond the middle when the ball is declared dead and it is the first time in this series that has happened. If a subsequent play or penalty brings the ball back behind the middle and the ball is then advanced across the middle line for a second time during the same series, no new first down shall be awarded. *AR 5-1-1-I to II*
- b. An accepted penalty results in or mandates a first down.

A new series shall be awarded to the defense on its own 5-yard-line if the offense following 4th down has failed to score or earn a new first down.

A new series shall be awarded to the defense at the dead ball spot after an interception.

SECTION 2. Down and Possession after a Penalty**ARTICLE 1. Foul Before Change of Team Possession**

If a penalty is accepted for a foul that occurred during a down before any change of team possession, the ball belongs to the offense and the down shall be repeated, unless the penalty also involves loss of a down, mandates a first down, or leaves the ball beyond the middle.

ARTICLE 2. Foul After Change of Team Possession

If a penalty is accepted for a foul that occurred during a down after change of team possession, the ball belongs to the team in possession when the foul occurred. The next down shall be a first down.

ARTICLE 3. Penalty Declined

If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

ARTICLE 4. Foul Between Downs

If a foul occurs between downs, the number of the next down shall be the same as that established before the foul occurred, unless enforcement of the penalty leaves the ball beyond the middle or the penalty mandates a first down.

ARTICLE 5. Fouls by Both Teams

If offsetting fouls occur during a **down**, the previous down shall be repeated.

RULE 6

Kicks**SECTION 1. Kicking****ARTICLE 1. Illegal Kick**

A runner must not intentionally kick the ball, this foul causes the ball to become dead. *AR 6-1-1-1*

PENALTY - 5 yards enforced from the spot of foul, administer as dead ball foul. [S19]

RULE 7**Snapping and Passing the Ball****SECTION 1. The Scrimmage****ARTICLE 1. Ball Ready for Play**

a. No player shall put the ball in play before it is ready for play. [S1]

Note: The officials shall stop every play when they are not ready to watch it and replay the down.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

b. The ball shall be put in play within 25 seconds after the referee has declared the ball ready for play.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S21]

ARTICLE 2. Starting With a Snap

After the snapper touches the ball, the snapper may not lift the ball, move it forward or simulate the start of the snap.

Before the snap, the long axis of the ball must be at right angles to the scrimmage line.

A legal snap is handing or passing it backward from its position on the ground with a quick and continuous backward motion of the hand or hands and actually leaving the hand or hands in this motion. The snap need not to be between the snapper's legs.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

ARTICLE 3. Offensive Team Requirements

There is no minimum number of players at the line of scrimmage.

a. After the snapper touches the ball and before the ball is snapped all players must be inbounds and behind their scrimmage line.

b. No offensive player shall make a false start or make a movement that simulates the beginning of a play.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

c. All players of the offensive team must come to an absolute stop and remain stationary in their positions for at least 1 full second before the ball is snapped or a motion starts.

d. When the snap starts, one player may be in motion, but not in motion toward his opponent's goal line.

e. The quarterback cannot run with the ball past the line of scrimmage, unless he has released the ball and it has been returned to him. *AR 7-1-3-I to III*

f. When the ball is snapped on or inside the 5-yard-line going towards the opponent's end zone (no-running-zone), the offense has to make a forward pass play. If the quarterback or runner get deflagged behind the scrimmage line before a forward pass play has happened, it is no penalty for a run play within the no-running-zone. *AR 7-1-3-IV*

PENALTY - 5 yards, enforced from the scrimmage line. [S19]

g. The quarterback has 7 seconds to throw or hand-off the ball after the snap. If this limit exceeded the ball becomes dead at the scrimmage line.

PENALTY - Loss of down at the scrimmage line. [S21 + S9]

ARTICLE 4. Defensive Team Requirements

a. Before the ball is snapped all players must be inbounds and behind their scrimmage line. *AR 7-1-4-I*

b. After the ball is declared ready for play no defense player may touch the ball until after the snap is complete.

c. No player shall use words or signals that disconcert opponents when they are preparing to put the ball in play.

d. A maximum of 2 blitzers can ask for the right of way. If a blitzer is giving an invalid signal or if more than 2 players simultaneously keep their hand raised it is an illegal signal. *AR 7-1-4-II to IV*

e. A player who is less than 7 yards away from his scrimmage line cannot raise his hand to simulate being a blitzer. *AR 7-1-4-V*

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S18]

f. All blitzers are allowed to cross the scrimmage line while the ball is live and before the quarterback has released the ball. All other defensive players have to stay behind their scrimmage line until the ball has been handed off, faked handed off or passed from the quarterback.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the scrimmage line. [S18]

ARTICLE 5. Handing the Ball

The Offense may hand the ball off multiple times behind the line of scrimmage.

a. No player may hand the ball to a teammate except an offense player who is behind his scrimmage line.

b. No snapper may receive a forward hand-off

PENALTY - 5 yards, enforced from the basic spot. [S19]

SECTION 2. Passes and Fumbles

ARTICLE 1. Backward pass

A runner may pass the ball backwards provided they are behind the scrimmage line when they do so and it is prior to any change of possession. *AR 7-2-1-1 to II*

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul. [S35]

ARTICLE 2. Complete Pass

Any pass or fumble caught by an eligible player touching the ground inbounds is completed and the ball continues in play unless completed in the opponent's end zone or a teammate of the runner catches the fumble. *AR 7-2-2-1 to VII*

ARTICLE 3. Incomplete Pass

Any pass is incomplete if the ball touches the ground when not firmly controlled by a player. It also is incomplete when a player leaves his feet and receives the pass but first lands on or outside a boundary line. [S10]

When a forward pass is incomplete, the ball belongs to the passing team at the previous scrimmage line, this is the dead ball spot.

When a backward pass is incomplete, the ball belongs to the passing team at the spot of the last possession, this is the dead ball spot.

ARTICLE 4. Fumble

When a fumble hits the ground or is touched by a teammate of the runner (fumbler), the ball is dead and belongs to the fumbling team at the spot of the last possession, this is the dead ball spot. *AR 7-2-4-1*

ARTICLE 5. Illegal Touching

All inbound players are eligible to touch, bat or catch a pass. The quarterback is only allowed to catch a pass after it has been touched by another player.

No offense player who goes out of bounds by himself during a down shall touch a pass inbounds or while airborne.

If an offense player is forced out of bounds and immediately returns to the field of play or end zone, he is still eligible.

PENALTY - Loss of down at the scrimmage line. [S9]

SECTION 3. Forward Pass

ARTICLE 1. Legal Forward Pass

A team may make one forward pass during each scrimmage down before team possession changes, provided the pass is thrown from a point behind the scrimmage line. *AR 7-3-1-1 to IV*

ARTICLE 2. Illegal Forward Pass

A forward pass is illegal:

- a. If thrown by an offense player who is beyond the scrimmage line when he releases the ball.
- b. If thrown after a runner has gone beyond the scrimmage line.
- c. If it is the second forward pass by the offense during the same down.
- d. If thrown after team possession has changed during the down.

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul. [S35]

ARTICLE 3. Pass Interference

Pass interference rules apply only during a legal forward pass play up to the point where the pass is completed or falls incomplete. Physical contact is required to establish interference.

Pass interference is contact that interferes with an opponent whilst the ball is in the air. It is the responsibility of the defensive players to avoid the opponents.

It is not pass interference when 2 or more eligible players are making a simultaneous and fair attempt to touch, bat or catch the pass. Eligible players of either team have equal rights to the ball.

PENALTY - 10 yards, enforced from the basic spot. Loss of down for fouls by Offense. [S33] Automatic first down for fouls by Defense. [S33]

Note: Contact on a pass play before the pass has been thrown or if the pass does not cross the scrimmage line, is a contact foul (R 9-1-1).

RULE 8**Scoring****SECTION 1. Value of Scores****ARTICLE 1. Scoring Plays**

The point value of scoring plays shall be:

- Touchdown 6 Points. [S5]
- Successful Try from 5 yd - 1 Point. [S5]
- Successful Try from 12 yd - 2 Points. [S5]
- Defense Touchdown on a Try - 2 Points. [S5]
- Safety - 2 Points (points awarded to opponent). [S6]
- Safety on a Try - 1 Point (points awarded to opponent). [S6]

SECTION 2. Touchdown**ARTICLE 1. How Scored**

A touchdown shall be scored when:

- a. The ball in possession of a runner advancing from the field of play penetrates the opponent's goal line (plane).
- b. A player catches a pass in the opponent's end zone.

SECTION 3. Try Down**ARTICLE 1. How Scored**

The points shall be scored according to the point values if the try results in what would be a touchdown or safety.

ARTICLE 2. Opportunity to Score

A try is an extra down with the opportunity for either team to score 1 or 2 points.

- a. The ball shall be put in play by the team that scored a 6-point touchdown. If a touchdown is scored during a down in which time expires, the try shall be attempted. The scoring team has to decide if it will go for 1 or 2 points before the ready for play.
- b. The try begins when the ball is ready for play.
- c. The snap will be midway between the side lines on the opponent's 5-yard (1 point) or 12-yard (2 points) line.
- d. The try ends when either team scores or the ball is dead by rule.
- e. Penalties will require repeating the try or results in a score or end the try.
 - If the try will be repeated after a penalty, it is still worth the same value as before. No change of decision (1 or 2 points) will be made before the try ends. *AR 8-3-2-I to V*

ARTICLE 3. Next Play

After a try, the ball shall be put in play by the opponent on its own 5-yard-line.

SECTION 4. Safety**ARTICLE 1. How Scored**

It is a safety when:

- a. The ball becomes dead behind a goal line, except from an incomplete pass from outside the end zone, and the defending team of this goal line is responsible for the ball being there.
- b. An accepted penalty for a foul leaves the ball on or behind the offending team's goal line. *AR 8-4-1-I to IV*

ARTICLE 2. Snap After a Safety

After a safety, the ball shall be put in play by the scoring team at its own 5-yard-line.

SECTION 5. Touchback**ARTICLE 1. When Declared**

It is a touchback when:

- a. The ball becomes dead behind a goal line, except from an incomplete pass from outside the end zone, and the attacking team of this goal line is responsible for the ball being there.
- b. A defense player intercepts a pass between his 5-yard-line and the goal line and the original momentum carries him into the end zone.

ARTICLE 2. Snap After a Touchback

After a touchback, the ball shall be put in play by the defending team at its own 5-yard-line.

RULE 9**Conduct of Players****SECTION 1. Contact Fouls****ARTICLE 1. Initiating Contact**

- a. No player shall intentionally contact an opponent or official.
- b. No player may step, jump or stand on another player.
- c. No player may hold another player.
- d. All stationary players have the right of place and opponents must avoid contact.
- e. The runner has no right of way and is charged with avoiding contact with opponents.
- f. All offense players have the right of way as long as a legal forward pass is still possible and defense players must avoid contact. When the forward pass is in the air all players have the right to play the ball, but not by targeting (playing through) the opponent.
- g. All eligible blitzers who have made a legal signal have the right of way and offense players have to avoid contact.

Note: If there is no contact, it still could be a block by the offense player.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense. [S38]

AR 9-1-1-R-1 to VIII, AR 9-1-1-B-1 to XIV

ARTICLE 2. Targeting an Opponent

- a. Even with the right of way no player shall target an opponent and contact him.
- b. No player shall try to attack a ball in possession or take away the ball from the runner.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense. [S38]

ARTICLE 3. Game Interference

- a. No substitute or coach may contact or interfere in any way with the ball, a player or an official during the game.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by Defense. [S38]

SECTION 2. Non-contact Fouls**ARTICLE 1. Unsportsmanlike Acts**

- a. Use of abusive, threatening or obscene language or gestures, or engaging in such acts that provoke ill will or are demeaning. *AR 9-2-1-1*
- b. If a player is neither returning the ball to the next spot nor leaving it near the dead ball spot.
- c. If a player is neither immediately returning a pulled flag to the opponent nor leaving it near the spot where it has been pulled. The players should prefer to return the flag to the opponent.

PENALTY - 10 yards, enforced from the dead ball spot, administer as dead ball foul. [S27]

ARTICLE 2. Unfair Acts

- a. No player shall block an opponent.

PENALTY - 5 yards, enforced from the basic spot. [S43]

- b. No runner shall jump or dive.

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul. [S51]

- c. No runner shall commit flag guarding. *AR 9-2-2-1 to VI*

PENALTY - 5 yards, also loss of down if by offense before team possession changes, enforced from the spot of foul. [S52]

- d. No player shall pull a flag from an opponent other than the runner or an opponent who simulates being the runner.

AR 9-2-2-VII to IX

PENALTY - 5 yards, enforced from the basic spot. [S52]

- e. No player shall intentionally kick a pass. This foul does not change the status of the pass.

PENALTY - 5 yards, enforced from the basic spot. [S19]

- f. Participation by 6 or more players is illegal.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the basic spot. [S22]

- g. Coaches and substitutes may not be outside the team area during a down.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the scrimmage line. [S27]

- h. No player wearing illegal equipment or missing mandatory equipment shall be permitted to play. A player with a bleeding wound must leave the field.

Players have to leave the field immediately after being ordered to do so by an official.

VIOLATION - Charged timeout. [S3] Penalty - 5 yards, if no timeout left. [S21]

SECTION 3. Substitutions

ARTICLE 1. Substitution Procedures

- a. Any number of legal substitutes for the offense team may enter the game to replace a teammate after the ball is dead and before the snapper touches the ball.
- b. Any number of legal substitutes for the defense team may enter the game to replace a teammate after the ball is dead and before the ball is snapped.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the scrimmage line. [S22]

RULE 10**Penalty Enforcement****SECTION 1. General****ARTICLE 1. Flagrant Fouls**

A flagrant foul is a foul which endangers a player to injury and requires disqualification. [S47]

A disqualified player **or coach** has to leave the team area **and stay out of view of the field**.

ARTICLE 2. Unfair Tactics

If a team refuses to play or repeatedly commits fouls that can be penalized only by halving the distance or commit an obviously unfair act not specifically covered by the rules, the referee may take any action he considers equitable, including assessing a penalty, disqualify a player or coach, awarding a score, or suspending or forfeiting the game.

SECTION 2. Penalties Completed**ARTICLE 1. How and When Completed**

A penalty is completed when it is accepted, declined or canceled. Any penalty may be declined by a team captain or coach, but a disqualified player must leave the game.

When a foul is committed, the penalty shall be completed before the ball is declared ready for play.

Only team captains and coaches may ask the referee questions about rule clarification.

ARTICLE 2. Simultaneous With Snap

A foul that occurs simultaneously with a snap is considered as occurring during that down, the spot of foul is the scrimmage line.

ARTICLE 3. Live Ball Fouls by the Same Team

When 2 or more live ball fouls by the same team are reported to the referee, the referee shall explain the alternative penalties to the field captain of the offended team, who then may elect only one of these penalties.

ARTICLE 4. Offsetting Fouls

If live ball fouls by both teams are reported to the referee, the fouls offset and the down is replayed.

Exceptions:

1. When there is a change of team possession during a down, and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and thereby retain possession after completion of the penalty for its foul.
2. When a live ball foul is administered as a dead ball foul, it does not offset and is enforced in order of occurrence.

AR 10-2-4-I to IV

ARTICLE 5. Dead ball Fouls

Penalties for dead ball fouls are administered separately and in order of occurrence.

ARTICLE 6. Interval Fouls

Penalties for fouls that occur between the periods are enforced from the spot of the next series.

SECTION 3. Enforcement Procedures**ARTICLE 1. Basic Spot**

The basic spot is the scrimmage line.

Exceptions:

1. For offense fouls behind the scrimmage line, the basic spot is the spot of the foul.
2. For defense fouls when the dead ball spot is beyond the scrimmage line, the basic spot is the dead ball spot.
3. For fouls after a change of possession the basic spot will be the dead ball spot. Only if the foul is on the last related run from the team ending with possession and **its** behind the dead ball spot, the basic spot is the spot of foul.

AR 10-3-1-O-1 to VI, AR 10-3-1-D-1 to VIII, AR 10-3-1-C-1 to VI

ARTICLE 2. Procedures

The enforcement spot for live ball fouls is the previous scrimmage line if not otherwise mentioned in the penalty.

The enforcement spot for dead ball fouls is the next scrimmage line.

Dead ball fouls by both teams offset and the down counts.

Fouls during or after a touchdown or try:

1. Fouls with 10 yard penalty by the no scoring team during a touchdown, enforced on the try. Other fouls are declined by rule.
2. Fouls after a touchdown and before the ball is ready for play on the try, enforced on the try.
3. Fouls with 10 yard penalty by the no scoring team during a try, enforced on the next snap. Other fouls are declined by rule.
4. Fouls after a try, enforced on the next snap.

AR 10-3-2-1 to VIII

ARTICLE 3. Half-Distance Enforcement

No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line.

AR 10-3-3-I to III

Philosophy of Enforcement

A quick guideline helping to understand the rules. The exact enforcement has be done by rule.

Fouls prior to the snap keep the ball dead and are enforced from the dead ball spot (scrimmage line).

Illegal snap, delay of game, encroachment, false start, disconcerting signal, illegal blitz, illegal blitzer signal

Technical fouls are enforced from the scrimmage line.

Delay of pass, illegal touch, illegal motion, illegal run play, offside, illegal blitz, side line interference, illegal substitution.

Fouls which can be made only by the runner are spot fouls and include loss of down.

Illegal (forward and backward) pass, jumping, diving, flag guarding

An illegal kick by the runner makes the ball dead and the penalty is enforced as dead ball foul.

Fouls during the play will be enforced from the basic spot.

Illegal hand-off, blocking, illegal flag pull, intentionally kicking a pass, pass interference, illegal contact, targeting, game interference, illegal participation.

The basic spot will be the worst of the scrimmage line and the spot of the foul for offense fouls and the worst of the scrimmage line and the dead ball spot for defense fouls.

Unsportsmanlike acts will be enforced as dead ball foul.

Live ball fouls by both teams during the play will offset and the down will be replayed.

Exception: The team last in possession can decline offsetting penalties and keep the ball if it has not fouled before getting the ball. The foul of the team last in possession will be enforced. ("clean hands principle")

Fouls after a change of possession will be enforced from the dead ball spot. The worst spot principle between spot of foul and dead ball spot will be used only on the last run.

RULE 11**Officials' Duties****SECTION 1. General Duties****ARTICLE 1. Jurisdiction of Officials**

The officials' jurisdiction begins with the coin toss and ends when the referee declares the score final. [S14]

ARTICLE 2. Number of Officials

The game shall be played under the supervision of 2 (R and FJ), 3 (R, FJ and LM) or 4 (R, FJ, LM and SJ) officials.

ARTICLE 3. Responsibilities

- a. Each official has specific duties as prescribed in the IFAF Flag Football Officials' Manual but each has equal responsibility and jurisdiction in matters of judgment.
- b. All officials shall wear a uniform and equipment prescribed in the IFAF Flag Football Officials Manual.

SECTION 2. Referee (R)**ARTICLE 1. Position**

The initial position of the referee is behind and to the side of the FJ in the offensive backfield.

On a 2-man crew, the referee is positioned and working like a Linesman.

ARTICLE 2. Basic Responsibilities

- a. The referee has general oversight and control of the game, is the sole authority for the score and his decisions upon rules and other matters pertaining to the game are final.
- b. The referee shall inspect the field and report irregularities to game management, coaches and other officials.
- c. The referee has jurisdiction over player equipment.
- d. The referee shall indicate that the ball is ready for play, shall direct the clock, shall time the 25-second-count, count the number of charged timeouts, award new series of downs and administer penalties.
- e. The referee shall notify both head coaches of any disqualifications.
- f. The referee shall count the number of offense players.
- g. After the snap, the referee shall be responsible for ruling on the play behind the scrimmage line around the ball. The referee is responsible for coverage of the quarterback.

SECTION 3. Linesman (LM)**ARTICLE 1. Position**

The initial position of the linesman is on the scrimmage line at the side line with the down indicator.

ARTICLE 2. Basic Responsibilities

- a. The linesman is responsible for the operation of the down indicator.
- b. The linesman shall count the number of offense players and keeps count of the downs.
- c. The linesman has jurisdiction over the scrimmage line and his sideline.
- d. Once the ball has crossed the scrimmage line on his side of the field, the linesman shall be responsible for ruling on the play around the ball. The linesman indicates forward progress on his side to the referee.

SECTION 4. Field Judge (FJ)**ARTICLE 1. Position**

The initial position of the field judge is 7 yards deep at the side line opposite to the down indicator.

ARTICLE 2. Basic Responsibilities

- a. On a 3-man crew the field judge is responsible for timing the game or supervising the game clock operator.
- b. The field judge shall count the number of defense players.
- c. The field judge has jurisdiction over his sideline.
- d. Once the ball has crossed the scrimmage line on his side of the field, the field judge shall be responsible for ruling on the play around the ball. The field judge indicates forward progress on his side to the referee.

SECTION 5. Side Judge (SJ)**ARTICLE 1. Position**

The initial position of the side judge is 7 or more yards deep at the side line with the down indicator.

ARTICLE 2. Basic Responsibilities

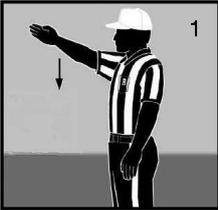
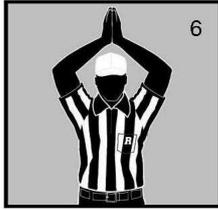
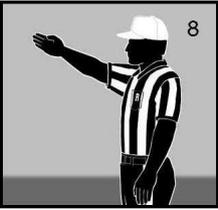
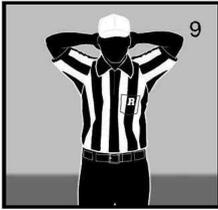
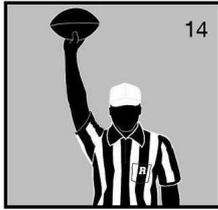
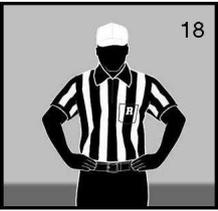
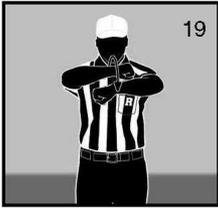
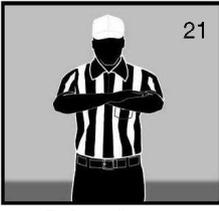
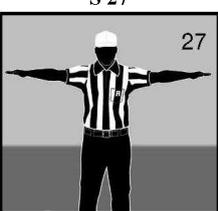
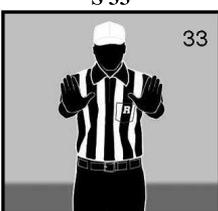
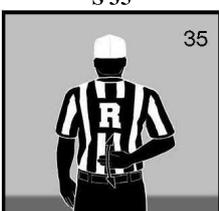
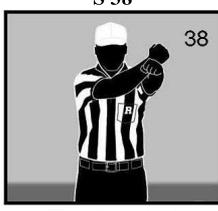
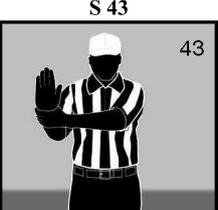
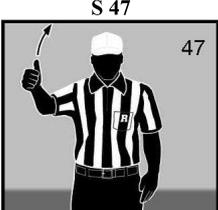
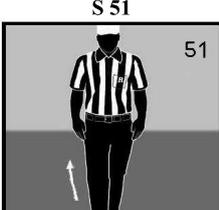
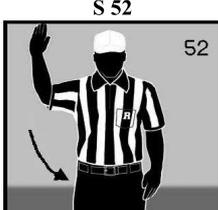
- a. The side judge is responsible for timing the game or supervising the game clock operator.
- b. The side judge shall count the number of defense players.
- c. The side judge shall be responsible for observing receivers on deep routes and for ruling on long passes and the status of the ball in his area. The side judge indicates forward progress on deep plays to the referee.

Summary of Penalties

LEGEND: “O” refers to officials signal number; “RSA” is the rule with section and article number, E refers to the enforcement spot.

	O	R-S-A	E
AUTOMATIC FIRST DOWN (AFD)			
Defensive pass interference [also 10 yards]	33	7-3-3	BS
Illegal contact by Defense [also 10 yards]	38	9-1-1	BS
Targeting by Defense [also 10 yards]	38	9-1-2	BS
Game interference by Defense [also 10 yards]	38	9-1-3	BS
LOSS OF A DOWN (LOD)			
Delay of pass	21	7-1-3	SL
Illegal backward pass [also 5 yards]	35	7-2-1	SF
Illegal touching	9	7-2-4	SL
Illegal forward pass [also 5 yards]	35	7-3-2	SF
Offensive pass interference [also 10 yards]	33	7-3-3	BS
Jumping or Diving [also 5 yards]	51	9-2-2	SF
Flag guarding [also 5 yards]	52	9-2-2	SF
LOSS OF 5 YARDS			
Illegal kick by runner	19	6-1-1	DB
Illegal snap	19	7-1-1	DB
Delay of game	21	7-1-1	DB
Illegal snap	19	7-1-2	DB
Encroachment, False start, Illegal shift	19	7-1-3	DB
Illegal motion, Illegal run play	19	7-1-3	SL
Encroachment, Disconcerting signals, Illegal blitz signal	18	7-1-4	DB
Offside, Illegal blitz	18	7-1-4	SL
Illegal hand-off	19	7-1-5	BS
Illegal backward pass [also LOD]	35	7-2-1	SF
Illegal forward pass [also LOD]	35	7-3-2	SF
Blocking	43	9-2-2	BS
Jumping or Diving [also LOD]	51	9-2-2	SF
Flag guarding [also LOD]	52	9-2-2	SF
Illegal Flag pull	52	9-2-2	BS
Illegal kicking a pass	19	9-2-2	BS
Illegal participation	22	9-2-2	BS
Side line interference	27	9-2-2	SL
Illegal Substitution	22	9-3-1	SL
LOSS OF 10 YARDS			
Offensive pass interference [also LOD]	33	7-3-3	BS
Defensive pass interference [also AFD]	33	7-3-3	BS
Illegal contact [also AFD if by Defense]	38	9-1-1	BS
Targeting [also AFD if by Defense]	38	9-1-2	BS
Game interference [also AFD if by Defense]	38	9-1-3	BS
Unsportsmanlike acts	27	9-2-1	DB
CHARGED TIMEOUT			
Player with wearing illegal equipment not leaving field	3	9-3-2	DB
Player with missing mandatory equipment not leaving field	3	9-3-2	DB
Player with bleeding wound not leaving field	3	9-3-2	DB
LOSS OF HALF DISTANCE			
If distance penalty exceeds half the distance to the goal line		10-2-3	

Official Flag Football Signals

<p>S 1</p>  <p>1</p> <p>Ready for play</p>	<p>S 3</p>  <p>3</p> <p>Stop the clock</p>	<p>S 5</p>  <p>5</p> <p>Touchdown</p>	<p>S 6</p>  <p>6</p> <p>Safety</p>
<p>S 8</p>  <p>8</p> <p>First Down</p>	<p>S 9</p>  <p>9</p> <p>Loss of down</p>	<p>S 10</p>  <p>10</p> <p>Incomplete pass</p>	<p>S 14</p>  <p>14</p> <p>End of period</p>
<p>S 18</p>  <p>18</p> <p>Offside Defense Illegal Blitz</p>	<p>S 19</p>  <p>19</p> <p>False start Illegal procedure</p>	<p>S 21</p>  <p>21</p> <p>Delay of game Delay of pass</p>	<p>S 22</p>  <p>22</p> <p>Illegal participation Illegal substitution</p>
<p>S 27</p>  <p>27</p> <p>Unsportsmanlike conduct</p>	<p>S 33</p>  <p>33</p> <p>Pass Interference</p>	<p>S 35</p>  <p>35</p> <p>Illegal forward pass Illegal backward pass</p>	<p>S 38</p>  <p>38</p> <p>Illegal contact</p>
<p>S 43</p>  <p>43</p> <p>Illegal block</p>	<p>S 47</p>  <p>47</p> <p>Disqualification</p>	<p>S 51</p>  <p>51</p> <p>Jumping Diving</p>	<p>S 52</p>  <p>52</p> <p>Flag guarding Illegal Flag pull</p>

INTERPRETATIONS

A rule interpretation, or approved ruling (AR), is an official decision on a given statement of facts. It serves to illustrate the spirit and application of the rule.

AR 1-3-2 / Illegal Equipment

I. One or more players of a team are using very wide pants or skirts.

RULING: Illegal equipment. This kind of pants or skirts is not necessary for playing. It is obvious that the players are trying to gain an advantage.

AR 3-2-4 / Playing Time

I. During the last 2 minutes of a half the clock has been stopped to award a first down.

RULING: Clock will start on the snap.

II. The pass is incomplete, the ball rolls far away from the field, and no player helps the officials to get the ball back to the scrimmage line.

RULING: The referee shall stop the clock at his discretion and the clock will start on the ready.

III. In a close game with 4 minutes on the clock, the leading offense makes delay of game by purpose for several times to consume time.

RULING: The referee shall stop the clock at his discretion and order the clock to start on the next legal snap.

NOTE: If the offense continues to consume time by unfair tactics, the referee will give them a warning to make use of R 10-1-2 and will stop the series of downs and award the ball to the opponent at their 5-yd-line.

AR 5-1-1 / New Series

I. 2 & middle at the 19-yd-line, the run is stopped at the middle line. The ball is spotted with its nose reaching 1 inch into the 4 inch wide middle line.

RULING: No first down, the middle of the field of play is at the middle of the middle line. Should the ball reach 3 inches into the middle line, it would be a first down.

II. 1 & goal at Bs 19-yd-line, the quarterback gets sacked at As 23-yd-line.

RULING: 2 & goal at As 23-yd-line, no new first down possible.

Next play: Team A completes a pass at Bs 13-yd-line.

RULING: 3 & goal at Bs 13-yd-line, no new series will be awarded.

AR 6-1-1 / Illegal Kick

I. 4 & middle at the 9-yd-line, the quarterback makes a punt to get the ball away.

RULING: Penalty for illegal kick. The ball becomes dead, the series ends by downs and the penalty will be enforced at the next scrimmage line. 1 & middle for the opponent at the 10-yd-line.

AR 7-1-3 / Illegal Run

I. 2 & middle at the 24,5-yd-line, the quarterback makes a step forward and stretch the ball over the middle before he get deflagged.

RULING: No First Down. Penalty for illegal run. 2 & middle at the 19,5-yd-line.

NOTE: Same ruling applies at the goal line. Technically it would be an illegal run play in the no-running zone too.

II. 2 & middle at the 19-yd-line, the quarterback makes a roll out and steps forward just beyond his scrimmage line and get deflagged before he throws a pass by a defender positioned less than 7 yd from the scrimmage line at the snap.

RULING: Penalty for illegal run, no penalty for illegal blitz. When the quarterback has crossed the scrimmage line (R 2-3-2) all defenders have the right to pull the flag of the runner. 2 & middle at the 14-yd-line.

NOTE: A technically crossing of his scrimmage line by the defender at the flag pull will be ignored.

III. 2 & goal at the 4-yd-line, the quarterback throws a pass which is deflected by a defense player behind the scrimmage line. The quarterback catches the ball and runs into the end zone.

RULING: Touchdown, no illegal run. A pass touched by the defense is considered as a forward pass play (R 2-3-3).

IV. 2 & goal at the 4-yd-line, the quarterback throws a pass which is completed at the 5-yd-line and advanced into the end zone.

RULING: Penalty for illegal run. A forward pass has to cross the scrimmage line to be considered as a forward pass play (R 2-3-3). 2 & goal at the 9-yd-line (outside the no-running-zone), no forward pass play needed.

AR 7-1-4 / Offside and Blitz

I. A defender reacts on the count of the quarterback and jumps over the scrimmage line.

RULING: No play. Penalty for encroachment (5 yd) as dead ball foul.

NOTE: When the defender contacts a receiver with impact (receiver has to replace himself), it will be an illegal contact (10 yd) additionally.

II. A defense player, positioned 7 yd away from the scrimmage line, raises his hand for a split second or raises his hand before the snapper touches the ball or raises his hand just at shoulder level.

RULING: It is an invalid signal, whistle to remain the ball dead.

NOTE: Inform the player before the next down to give a clear signal to get the RoW.

III. 3 or more blitzers are giving simultaneously a clear signal for getting the RoW.

RULING: Penalty for illegal blitzer signal, whistle to remain the ball dead.

IV. 2 blitzers are giving simultaneously a clear signal for getting the RoW. Before the snap one of them drops his hand and afterwards another defender, positioned 7 yd away from the scrimmage line, raises his hand for a clear signal and holds it through the last second before the snap.

RULING: No penalty for illegal blitzer signal. The 2 blitzers last giving the signal get the RoW.

V. A defense player (#46), positioned 6 yd away from the scrimmage line, raises his hand.

RULING: Penalty for illegal blitzer signal, whistle to remain the ball dead.

NOTE: Try to inform the player before the foul with: "Number 46 you are just 6 yd away from the scrimmage line."

If the player is adjusting his position before the snap, there will be no penalty.

AR 7-2-1 / Backward pass

I. 2 & middle at the 3-yd-line. The quarterback throws a backward pass from his end zone out of bounds to avoid a sack.

RULING: No penalty, but it is a safety.

II. 2 & middle at the 3-yd-line. The quarterback throws a backward pass from the 1-yd-line out of bounds to avoid a sack.

RULING: No penalty. Next play 3 & middle at the 1-yd-line.

AR 7-2-2 / Complete pass

I. Two opposing players get in possession of a pass while both are off the ground, and both players return simultaneously to the ground inbounds.

RULING: Simultaneous catch, the ball is awarded to the passing team (R 2-10-3).

NOTE: If opposing players do not return to the ground simultaneously, the player first touching the ground inbounds with possession is awarded the completion.

II. An airborne player receives a pass. He grasps the ball firmly in his hands, and as he is returning toward the ground, the nose of the football touches the ground before any part of his body. He retains firm control of the ball as he returns to the ground inbounds and the ball does not come loose.

RULING: Completed pass.

III. An airborne player receives a pass. He grasps the ball firmly in his hands and any part of his body touches the ground inbound. Immediately upon hitting the ground, the ball comes loose and in a second effort the receiver still being inbounds regains control of the ball.

RULING: Complete pass.

IV. An airborne player receives a pass. He grasps the ball firmly in his hands and the ball or any part of his body touches the ground inbound. Immediately upon hitting the ground, the ball comes loose and touches the ground.

RULING: Incomplete pass. An airborne receiver must maintain control of the ball if going to the ground in the process of completing a catch.

V. An offense player catches the ball in the air and before he returns to the ground a defense player contacts him and he lose control of the ball. The ball falls to the ground.

RULING: Incomplete pass and defense pass interference. The pass was not completed (R 2-10-3) and the foul occurred while the ball was in the air.

VI. An offense player on the right side of the field gets contacted by a defender before the ball has been thrown by the quarterback. The pass falls incomplete on the left side of the field.

RULING: Illegal contact by the defense. It is a foul to contact an opponent whether the ball is thrown towards him or not.

VII. An offense player catches the ball in the air and still in the air makes a backward pass to another offense player. The second offense player advances the ball for further yardage.

RULING: Legal play. The pass was caught but not completed and the status of the ball will be still the first pass (R 2-9-2). The pass is completed with the second catch and the contact with the ground (R 2-10-3).

NOTE: It would be the same ruling if the pass is just touched and the ball bounce forward or backward.

AR 7-2-4 Fumble

I. 2 & middle at the 13-yd-line. The runner loses control of the ball (fumble) at the 20-yd-line and the ball hits the ground at the 16-yd-line.

RULING: Ball is dead, no penalty. Next play 3 & middle at the 20-yd-line.

NOTE: It would be the same ruling if the ball hits the ground at the 24-yd-line (forward fumble). Also it will be the same ruling if a teammate of the fumbler catches the ball.

AR 7-3-1 Forward pass

I. 2 & middle at the 3-yd-line. The quarterback throws a forward pass from his end zone to the ground to avoid a sack.

RULING: No penalty, there is no intentional grounding in Flag Football. Next play 3 & middle at the 3-yd-line.

II. 2 & middle at the 7-yd-line. The quarterback throws a high forward pass from behind the scrimmage line and catches his own pass for a 10 yd completion.

RULING: Penalty for illegal touching, the quarterback can catch his own pass only after another player has touched it (R 7-2-5). Next play 3 & middle at the 7-yd-line.

III. 2 & middle at the 7-yd-line. The quarterback throws a forward pass from behind the scrimmage line, the ball is deflected by another player (defense or offense) and returns to the quarterback's hands.

RULING: No penalty for illegal touching, the quarterback can advance the ball (R 7-2-5).

IV. 2 & middle at the 15-yd-line. The quarterback scrambles to avoid the blitzer runs to the 17-yd-line and throws a complete pass to the 23-yd-line.

RULING: Penalty for illegal run, 5 yards from the scrimmage line (R 7-1-3). Penalty for illegal forward pass, 5 yards from the spot of foul and a LOD. Defense has the option for 2 & middle at the 10-yd-line (illegal run) or 3 & middle at the 12-yd-line (illegal pass).

AR 8-3-2 Penalty on a Try

I. On a 1-point try there is an accepted penalty and the try will be repeated from the 10-yd-line.

RULING: Offense can make a pass or run play for 1 point.

II. On a 2-point try there is an accepted penalty and the try will be repeated from the 7-yd-line.

RULING: Offense can make a pass or run play for 2 points.

III. On a 1-point try there is an accepted penalty and the try will be repeated from the 2,5-yd-line.

RULING: Offense can make only a pass play for 1 point.

IV. On a 2-point try there is an accepted penalty and the try will be repeated from the 2-yd-line.

RULING: Offense can make only a pass play for 2 points.

V. During a try the runner commits a flag guarding at the 3-yd-line and scores.

RULING: Penalty for flag guarding with LOD. No score, the try ends.

AR 8-4-1 / Safety

I. 2 & middle at the 7-yd-line. A blitzer grabs the pants of the quarterback in the end zone. The quarterback throws an incomplete forward pass.

RULING: Penalty for illegal contact (holding) enforced from the 7-yd-line. Next play 1 & middle at the 17-yd-line.

II. 2 & middle at the 7-yd-line. The quarterback in the end zone holds the ball in front of the flag as the defender tries to pull it. The defender misses the flag and then the quarterback throws a complete pass for a 14 yd gain.

RULING: The penalty for flag guarding will be enforced in the end zone, resulting in a safety.

III. 3 & goal at the 21-yd-line. A defense player intercepts the ball on the 7-yd-line and his speed carries him into his own endzone. After avoiding a flag pull by covering the flag with the ball an other offense player deflags him in the endzone.

RULING: Safety, whether the penalty for flag guarding is accepted or declined. The play itself results in a safety, because the momentum rule will only apply at an interception behind the 5-yd-line (R 8-5-1-b).

NOTE: If the defense player is able to leave the endzone before the play is stopped, the enforcement spot for the foul is the spot of foul in the endzone. Accepting the penalty will result in a safety.

IV. 3 & goal at the 21-yd-line. A defense player intercepts the ball on the 3-yd-line and advance it to the 14-yd-line. A teammate hits an offense player during the return in the endzone.

RULING: Safety, the enforcement spot for the foul (illegal contact) is the spot of foul in the endzone as the basic spot (R 10-3-1 Except 3).

AR 9-1-1-R / Right of Place, Right of Way

I. A defense player is lining up close to the scrimmage line in front or next to a receiver (man coverage).

RULING: The receiver has to avoid contact for the first steps, because the defender has the RoP. When the defender starts to move he loses the RoP and has to avoid contact with the receiver and give room for the pass route.

II. A defense player is lining up close to the scrimmage line in front of a receiver. At the snap he moves immediately inside and collides with the receiver also going towards the middle.

RULING: Illegal contact foul by the defense. As the defender moved he lost the RoP and is charged with avoiding contact. The receiver has to avoid the place where the defender stands at the snap, but not to anticipate where defender will move.

III. A defender lines up right in front of a receiver and stretches the arms sideways to block the receiver. After the snap the defender does not move and the receiver is trying to pass him but contacts the hand of the defender.

RULING: Targeting by the defender. Even with RoP the defender has not to seek contact by a not needed way of acting.

NOTE: The same ruling will apply to a snapper who is blocking a blitzer by stretching the arms sideways.

IV. A defense player is in zone coverage and looking at the quarterback. An offense player is running across the field and hits him from behind on purpose.

RULING: Targeting by the offense. Even with right of way, an offense player is not allowed to target and hit an opponent. (R 9-1-2)

V. A defense player is squeezing the runner towards the side line. The runner tries to stay inbounds by keeping his lane and contacts the defender.

RULING: Illegal contact by the runner. The runner has to avoid contact, he has no RoW.

VI. Two defense players squeeze the runner in between them. The runner tries to hit the gap between the both defenders and contacts the defender(s).

RULING: Illegal contact by the runner. The runner has to avoid contact even when this stops the play.

VII. A defender running towards the runner slips and falls right in the front of the runner. The runner has to jump over the defender to avoid contact. The defender still tries to reach the flag for a pull but miss it and the runner continues his run.

RULING: Jumping by the runner. A runner is in charge to avoid any conflict with a defender, even when he has to run around a player on the ground.

VIII. A receiver makes a catch standing with his back to the defender, who closes in to make the flag pull and stops, establishing his RoP due to his now being stationary. After the catch the receiver turns around at the spot and wants to run for extra yardage. In the act of making the turn the receiver contacts the defender. The receiver then runs away from the defender and after gaining some extra yardage the receiver is deflagged.

RULING: No penalty for illegal contact. The receiver does not lose his RoP by turning. (R 2-13-1)

NOTE: An extra movement of the receiver (or the defender) which caused contact to be initiated would result in a foul for targeting.

AR 9-1-1-B /Blitzer

I. After the snap a blitzer, who has given a clear signal, is running quickly towards the quarterback and a receiver running an in route has to alter direction to avoid him.

RULING: No penalty. A receiver has to give the blitzer the RoW. If the blitzer had not made a signal to gain RoW it would have been a defense foul for blocking.

II. After the snap a blitzer, who has given a clear signal, is running quickly towards the quarterback and a receiver running an in route blocks or contacts him.

RULING: Penalty for blocking (5 yd) or illegal contact (10 yd) against the offense. The offense players have to avoid the blitzers' rushing lane(s).

III. After the snap a blitzer, who has given a clear signal, is running slowly towards the quarterback and a receiver running an in route is blocked or contacts him.

RULING: Penalty for blocking (5 yd) or illegal contact (10 yd + AFD) against the defense. A blitzer has the RoW only if he rushes quickly (R 2-2-6) and the offense players have the chance to calculate the blitzers' rushing lane(s).

IV. A blitzer, who has given a clear signal, is rushing towards the quarterback and as the quarterback starts to roll out the blitzer changes his direction.

RULING: The blitzer loses RoW when he changes direction. He has to take care not to block a receiver after altering the direction of his rush.

V. A blitzer, who has given a clear signal, contacts the stationary snapper.

RULING: Penalty for targeting (10 yd + AFD) against the defense. The RoP is more worth than the RoW (R 2-13-2).

VI. A blitzer lines up straight ahead of the snapper and gives a clear signal. After the snap he is rushing straight towards the quarterback, but the snapper does not leave his spot and use his RoP. The blitzer changes his lane to avoid contact with the snapper. Immediately afterwards the snapper starts a pass route right in front of the blitzer and both collide.

RULING: Penalty for targeting (10 yd) against the offense. The blitzer loses RoW when he changes direction, but this will not give the snapper the right to provoke a collision.

NOTE: There will be no penalty if the blitzer has room to change his direction for a second time and it is just a blocking by the snapper.

VII. A blitzer, who has given a clear signal, is rushing towards the scrimmage line but stops before he crosses it.

RULING: No penalty. The blitzer does not have to cross the scrimmage line, but he loses the RoW when he stops and will have to avoid the offense players thereafter.

VIII. A receiver is crossing the lane of the blitzer, who has given a clear signal. The blitzer tries to avoid contact but still runs into the receiver.

RULING: Penalty for **targeting** (10 yd) against the offense.

IX. A receiver is crossing the lane of the blitzer, who has given a clear signal. The blitzer does not try to avoid contact and runs into the receiver.

RULING: Penalty for blocking (5 yd) against the offense and penalty for targeting (10 yd + AFD) against the defense, the fouls will offset.

X. A receiver is crossing the blitzers lane but not blocking him, the blitzer hits the receiver with the extended arm as he passes him.

RULING: Targeting by the blitzer. Even with the RoW there is no need for seeking contact.

XI. The blitzer stops in front of the quarterback after the ball is released and touches him with the hands at the hip.

RULING: No penalty for the touch, because contact has to have an impact.

XII. The blitzer stops in front of the quarterback after the ball is released and pushes him with the hands at the hip, the quarterback has to make 2 steps to regain balance.

RULING: Penalty for illegal contact defense.

XIII. The blitzer stops as the quarterback releases the ball, the natural throwing movement with a step forward brings the quarterback in contact with the blitzer.

RULING: No penalties for the contact, both players are standing and have the RoP in the meaning of R 2-13-1.

XIV. The blitzer jumps straight in the air as the quarterback starts to release the ball, the quarterback makes 3 steps forward after he has thrown and contacts the blitzer.

RULING: Penalty for illegal contact offense. The blitzer has the RoP even if he jumps. If the momentum of the jump would carry the blitzer into the quarterback, it would be a defense foul.

XV. The blitzer jumps forward to deflect the ball as the quarterback starts to release the ball and touches the ball before it leaves the hand of the quarterback or touches the arm of the quarterback after the ball left his hand.

RULING: Penalty for targeting, because the point of attack was a ball in possession of a runner (R 9-1-2).

AR 9-2-1 / Unsportsmanlike acts

I. The quarterback throws an interception and the defender runs back for an easy touchdown. Before he crosses the goal line, he is taunting the quarterback by words or gestures.

RULING: Touchdown, Penalty for Unsportsmanlike. The penalty will be enforced on the try, 1-point from 15-yd-line or 2-point from 22-yd-line.

AR 9-2-2 / Flag pulling

I. A runner is waving his hands near his hips as a close defender tries a flag pull. There is no contact but the defender misses the flag.

RULING: Penalty for flag guarding. There does not have to be contact in order to disadvantage the defense. A hand (or ball) waving in front of the flag makes it more difficult to reach.

II. A runner is waving his hands near his hips as a far defender tries a desperate flag pull **by a jump**. There is no contact and the defender misses the flag by a distance.

RULING: No penalties. There has to be a serious attempt to make the action of the runner to a foul. **Jumping of a defender is legal.**

III. A runner is running towards a defender and before they meet he bends his upper body forward.

RULING: Offense penalty for diving (R 2-12-2). The defender has to avoid the head and body of the runner and the runner's actions in this instance make it more difficult for him.

IV. A runner is running towards a defender and just before they meet he stretches out the ball forward to gain extra yardage before get deflagged.

RULING: Penalty for flag guarding. The defender has to avoid contact with the ball in player possession and the runner's actions in this instance make it more difficult for him.

V. A runner is chased by a defender and just before he gets caught he stretches out the ball forward to gain extra yardage before getting deflagged.

RULING: No penalty. As the flag pull is from behind the extension of the ball does not obstruct the defender.

VI. A runner spins to avoid a flag pull from a defender. At his spin he contacts the defender with his elbow at the shoulder.

RULING: Illegal contact by the runner. A runner is in charge to avoid any conflict with a defender, even when he has to stop the run.

VII. A blitzer pulls the flag of the quarterback just a split second after the ball has been thrown. He keeps the flag and starts to move toward the receiver in order to help his teammates to stop the play.

RULING: No penalty for illegal flag pull as the defense has the right to make a serious attempt. However, there is a penalty for an unsportsmanlike act for keeping the flag. The blitzer has to hand over the flag immediately or put it on the ground before he starts to run towards the receiver.

VIII. After the quarterback has thrown the ball, the blitzer continuous his rush and pulls the flag of the quarterback.

RULING: Penalty for illegal flag pull. This prevents the quarterback from running with the ball should he get it back later on a trick play.

IX. The defender pulls the flag right at the moment as the receiver touches the ball. The receiver muffs the ball and makes the completion at the second attempt.

RULING: No penalty for illegal flag pull. The defender may anticipate the completion that would turn the receiver to a runner and need not to wait for the catch.

NOTE: In this case the runner may not advance the ball because it is dead if a runner has fewer than 2 flags. (R 4-1-2-g) Even when there is an illegal flag pull (before the touching of the ball), the runner may not advance the ball but will get extra yards by penalty.

AR 10-2-4 / Offsetting fouls

I. 2 & middle at the 7-yd-line. The quarterback throws a complete pass or interception to As 15-yd-line. Before the catch the snapper blocks the blitzter at the 10-yd-line and a defender contacts a receiver at the 20-yd-line.

RULING: Offsetting fouls, the down will be replayed.

II. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 15-yd-line which is returned to the 6-yd-line. Before the catch the snapper blocks the blitzter at the 10-yd-line and on the return the blitzter blocks (5 yd) the snapper at the 12-yd-line.

RULING: The defense can decline offsetting fouls and keep the ball after enforcement of their penalty. Basic spot is the spot of foul, 1 & goal from the 17-yd-line.

III. 2 & middle at the 7-yd-line. The quarterback throws a pass which is intercepted at As 15-yd-line and returned to the 6-yd-line. Before the catch a defender contacts a receiver at the 10-yd-line and on the return the snapper holds (illegal contact) the runner at the 12-yd-line.

RULING: Offsetting fouls, the down will be replayed.

IV. 3 & middle at the 23-yd-line. The runner commits flag guarding at Bs 17-yd-line, therefore the defender holds the runner to get to the flag. The play is finally stopped at Bs 12-yd-line. Team As coach wants to decline team Bs penalty and earn a first down after enforcing the penalty for flag guarding from the SF.

RULING: Offsetting fouls, the down will be replayed. The fouls - not the penalties - will offset, the coach will not get asked to decline a penalty.

AR 10-3-1-O / Basic Spot Enforcement Offense fouls

I. 2 & middle at the 7-yd-line. The quarterback drops back and is sacked in the end zone. The snapper blocks the blitzter at the 10-yd-line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd-line, 2 & middle at the 3,5-yd-line. Declining will result in a Safety.

II. 2 & middle at the 7-yd-line. The quarterback drops back and is sacked at the 1-yd-line. The snapper blocks the blitzter in the end zone.

RULING: The basic spot is in the spot of foul. The penalty will be enforced in the end zone, resulting in a Safety. Declining will bring up 3 & middle at the 1-yd-line.

III. 2 & middle at the 7-yd-line. The quarterback drops back and is sacked at the 1-yd-line. The snapper blocks the blitzter at the 5-yd-line.

RULING: The basic spot is the spot of foul. The penalty will be enforced from the 5-yd-line, 2 & middle at the 2,5-yd-line. Declining will bring up 3 & middle at the 1-yd-line.

IV. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass to As 15-yd-line. The snapper blocks the blitzter at the 5-yd-line.

RULING: The basic spot is the spot of foul. The penalty will be enforced from the 5-yd-line, 2 & middle at the 2,5-yd-line. Declining will bring up 3 & middle at the 15-yd-line.

NOTE: The same enforcement will apply on an incomplete pass. Declining will bring up 3 & middle at the 7-yd-line.

V. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass to As 15-yd-line. The snapper blocks a defender at the 20-yd-line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd-line, 2 & middle at the 3,5-yd-line. Declining will bring up 3 & middle at the 15-yd-line.

NOTE: The same enforcement will apply on an incomplete pass. Declining will bring up 3 & middle at the 7-yd-line.

- VI. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass which is advanced for a touchdown. The snapper blocks a defender in the opponents end zone during the run and before the score is made.
RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd-line, 2 & middle at the 3,5-yd-line.

AR 10-3-1-D / Basic Spot Enforcement Defense fouls

- I. 2 & middle at the 7-yd-line. The quarterback drops back and is sacked in the end zone. A defender blocks the snapper at the 10-yd-line.
RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd-line, 2 & middle at the 12-yd-line.
NOTE: The same enforcement will apply when the quarterback throws an incomplete pass to avoid the sack.
- II. 2 & middle at the 7-yd-line. The quarterback drops back and is sacked at the 1-yd-line. A defender blocks the snapper at the 5-yd-line.
RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd-line, 2 & middle at the 12-yd-line.
- III. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass to As 15-yd-line. A defender blocks the snapper on a screen route in As end zone.
RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 15-yd-line, 2 & middle at the 20-yd-line.
- IV. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass to As 15-yd-line. A defender blocks another receiver at As 20-yd-line.
RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 15-yd-line, 2 & middle at the 20-yd-line.
- V. 2 & middle at the 7-yd-line. The quarterback drops back and completes a pass which is advanced for a touchdown. A defender blocks the snapper at the 10-yd-line before the pass is made.
RULING: The basic spot is the dead ball spot (opponents goal line). The penalty is declined by rule (R 10-3-2-1) and the score counts.
NOTE: If instead the foul is illegal contact, the penalty will be enforced on the try.
- VI. 2 & middle at the 7-yd-line. A blitzing grabs the pants of the quarterback behind the scrimmage line, but the quarterback still throws a complete pass at As 12-yd-line.
RULING: Penalty for illegal contact (holding), the basic spot is the dead ball spot. The penalty will be enforced from the 12-yd-line plus AFD. Next play 1 & middle at the 22-yd-line.
- VII. 4 & middle at the 9-yd-line. A defense player kicks the ball to prevent a completion and the pass falls incomplete.
RULING: Penalty for illegally kicking a pass, the basic spot is the scrimmage line. The penalty will be enforced from the 9-yd-line. Next play 4 & middle at the 14-yd-line.
- VIII. 4 & middle at the 9-yd-line. A defense player kicks the ball to prevent a completion and the ball is caught by the Offense and advanced to the 22-yd-line.
RULING: Penalty for illegally kicking a pass, the basic spot is dead ball spot. The penalty will be enforced from the 22-yd-line. Next play 1 & goal at Bs 23-yd-line.

AR 10-3-1-C / Basic Spot Enforcement Change of Possession

- I. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the return ends at the 12-yd-line. After the change of possession, the snapper holds (illegal contact) the runner at the 18-yd-line.
RULING: The basic spot is in the dead ball spot. The penalty will be enforced from the 12-yd-line, 1 & goal at the 6-yd-line.
- II. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the return ends at As 12-yd-line. After the change of possession, a teammate of the returner blocks the snapper at As 18-yd-line.
RULING: The basic spot is in the spot of foul. The penalty will be enforced from the 18-yd-line, 1 & goal at the 23-yd-line.

III. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the return ends at As 12-yd-line. After the change of possession, a teammate of the returner blocks the snapper at As 10-yd-line.

RULING: The basic spot is in the dead ball spot. The penalty will be enforced from the 12-yd-line, 1 & goal at the 17-yd-line.

IV. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the returner fumbles at As 12-yd-line, the snapper catches the ball and runs to As 20-yd-line. After the first change of possession, a teammate of the snapper holds the returner at As 18-yd-line.

RULING: Penalty for illegal contact (holding), the Defense will keep the ball (R 10-2-4), the basic spot is the dead ball spot (R 10-3-1 Except 3), 1 & goal at As 10-yd-line.

V. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the returner fumbles at As 12-yd-line, the snapper catches the ball and runs to As 20-yd-line. After the second change of possession, a teammate of the snapper blocks an opponent at As 18-yd-line.

RULING: Penalty for blocking, the Offense will keep the ball (R 10-2-4), the basic spot is the spot of foul (R 10-3-1 Except 3 last related run), 1 & middle at As 13-yd-line.

VI. 2 & middle at the 7-yd-line. The quarterback throws an interception at As 21-yd-line and the returner fumbles at As 12-yd-line, the snapper catches the ball and runs to As 20-yd-line. After the first change of possession, a teammate of the returner blocks an opponent at As 18-yd-line. After the second change of possession, a teammate of the snapper hits an opponent at As 15-yd-line.

RULING: The Offense will decline offsetting penalties and regain the ball with enforcement of the illegal contact (R 10-2-4). The basic spot is the spot of foul (R 10-3-1 Except 3 last related run), 1 & middle at As 7,5-yd-line.

AR 10-3-2 / Procedures

I. 3 & goal at the 19-yd-line. 3 blitzers giving a blitzer signal.

RULING: Illegal blitzer **signal**. The penalty will be enforced from the 19-yd-line, 3 & goal at the 14-yd-line.

II. 2 & middle at the 15-yd-line. The runner commits a flag guarding foul at the opponents 22-yd-line.

RULING: The penalty brings back the ball behind the middle, 3 & middle at As 23-yd-line.

III. 4 & middle at the 9-yd-line. A defense player is hit by the pass at the lower leg and the pass falls incomplete.

RULING: No penalty for illegal kicking because the contact is unintentional. Turnover on downs (series ends), 1 & middle for the opponent at the 5-yd-line.

IV. 2 & goal at the 10-yd-line. The pass is completed for a touchdown. Defense was offside at the snap.

RULING: Touchdown, the penalty is declined by rule.

V. 2 & goal at the 10-yd-line. The pass is completed for a touchdown. Defense commits pass interference.

RULING: Touchdown, the penalty will be carried over to the try .

VI. Try at the 5-yd-line. The pass is completed in the end zone. Defense commits an illegal contact foul during the play.

RULING: The try is good (Touchdown), the penalty will be carried over to the next snap. 1 & middle at the 2,5-yd-line.

VII. In overtime (Extra Periods) Team A has scored a touchdown. Try at the 5-yd-line. The pass is completed for a touchdown. Defense commits an illegal contact foul during the play.

RULING: The try is good (Touchdown 1 point), the penalty will be carried over to the next snap (R 10-2-6). 1 & goal for Team B from its own 15-yd-line.

In overtime no first down at the middle will be awarded, only a penalty can bring an AFD.

NOTE: Team A cannot accept the penalty and repeat the Try from the 6-yd-line for 2 points. (R 8-3-2-e)

VIII. In overtime (Extra Periods) Team A has scored a touchdown and the Try for 1 point. Team B has also scored a touchdown. Try at the 5-yd-line. The pass is completed for a touchdown. Defense commits an illegal contact foul during the play.

RULING: The try is good (Touchdown 1 point), the game is tied and a new period will be played, the penalty will be carried over to the next snap (R 10-2-6). 1 & goal for Team A from As 15-yd-line.

AR 10-3-3 / Half-Distance Enforcement

I. 2 & middle at the 7-yd-line. The offense commits a false start.

RULING: Penalty enforced from the 7-yd-line, 2 & middle at the 3,5-yd-line.

II. 3 & goal at the 9-yd-line. The defense commits an offside, the pass is incomplete.

RULING: Penalty enforced from the 9-yd-line, 3 & goal at the 4,5-yd-line.

III. 4 & goal at the 3-yd-line. The defense commits a pass interference in the end zone, the pass is incomplete.

RULING: Penalty enforced from the 3-yd-line plus AFD, 1 & goal at the 1,5-yd-line.