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Article 1 - Conduct of The Game

1.1. The Field

A. Regulation Field

1. The OE8 field shall be 50 yards long by 30 yards wide. (Can be modified as needed by the OE8)
2. The end zones shall be a minimum of 7 yards and a maximum of 10 yards in depth. (Can be modified as needed by the OE8)
3. The field-of-play shall be marked every 5 yards with lines extending from sideline to sideline and parallel to the goal lines. (In some cases, the field may not be marked but the sidelines will be)
4. Line Markings
 - a. Hash marks are 12 inches in length and begin 5 feet from the center of the field. The hash marks are placed on both sides of the field every five yards perpendicular to the yard line.
 - b. When indoors, the dashers marking the sides of the field shall be named sidelines.
5. When indoors, the area bounded by sidelines shall be called the field-of-play.
6. When indoors, the wall 7 yards behind each goal line and parallel to it shall be named the end wall.
7. When indoors, nets extended from goal line to end walls shall be named the sidewalls of- goal.
8. When indoors, the area bounded by the goal line, the end wall and the sidewalls of- goal shall be named the goal area.
9. When indoors, the bounds shall be defined as the nets, sidelines of goal and end walls.

B. Team Box

The Team boxes should be on opposite sides of the field whenever possible.

C. The Ball

The ball being used must be regulation Highschool, College, or NFL. It cannot consist of rubber.

1.2. Length of Game

- A. Four quarters to be 15 minutes in length

- B. Halftime shall be 10 minutes in length
- C. Team time-outs shall be 1 minute in length
- D. 35 Point Optional Mercy Rule
 - 1. If the point differential is 35 points and both teams agree the clock will run continuous. If it goes back under 35 points it will go back to the regular clock.
 - 2. If the point differential reaches 50 points the Umpire to direct the clock to run continuously. If it goes back under 35 points it will go back to the regular clock.
- E. The 60-second warning shall be 1 minutes in length.
- F. Time between the 1st/2nd quarters and 3rd/4th quarters shall be no longer than 1 minute, unless extended by the Umpire discussions

****New mechanic – to speed up the game, after a XP try, the referee will time one minute. After the one minute, the Referees will start the game clock.****

1.3. Team Captains

- A. The captain shall be the sole communicator between the players and the officials (through the Umpire) and he may appeal to the Umpire only on questions of interpretation and application of rules. The captain may request the Umpire to call in the yardsticks to determine whether a first down has been made. A captain is entitled to an explanation of any decision, but no prolonged argument is to be allowed.

1.4. Starting and Timing

- A. Start of Game
 - 1. The game shall start promptly according to the published start time. If a team is late appearing on the field at the start of the first or third periods, the team shall be penalized for delay of game. Penalty: Delay of game, 5 yards – first scrimmage play. Delays longer than 5 minutes will result in more extreme penalties or possibly forfeiture of the contest.
 - 2. Coin Toss - the Referee shall toss a coin with the visiting team captain making the call. The captain of the team winning the coin toss has the following choices: Kick, Receive, or Defer to the 2nd half.
 - 3. The captain of the other team shall have first choice at the start of the second half.
 - 4. Goals shall be changed at the end of the first and third periods.
 - 5. The kickoff to start the second half shall take place exactly ten minutes after the conclusion of the first half.

6. 10-Second Subtraction from Game Clock

- a. When 60-seconds remaining in either half, an intentional penalty may result in a 10 second run off if that causes the clock to stop. The 10 second run off is the option of the offended team. The offended team may accept the yardage penalty and decline the 10- second subtraction. If the yardage penalty is declined the 10- second subtraction is declined by rule. If the fouling team has a timeout remaining, they MAY avoid the 10- second subtraction by using a timeout.
- b. The 10-second rule does not apply if the game clock is not running when the foul occurs or if the foul does not cause the game clock to stop (e.g., illegal formation).

B. Delay of Game

1. Consuming more than 40 seconds to put the ball in play after it is made ready for play is an illegal delay. d) If a Team B player intentionally interferes with the placement of the ball after the Referee has declared it ready for play, it is an illegal delay.

Penalty: Delay of Game - 5 yards, dead ball foul

1.5. Game Clock and Clock Stoppages

The OE8 has a running Clock. Clock stoppages consist of:

- A. On first downs after the 60-second warning to allow the chains to reset
- B. Injuries.
- C. Application of penalties if referee deems necessary.
- D. Any referee discussion that the Umpire feels will take more than 40 seconds.
- E. Any extra point downs.
- F. It will also stop at the 60 - second warning of each half.

Under the 60 second warning the clock will stop for:

- A. Incomplete pass.
- B. When a play ends out of bounds.
- C. If the leading team's offense does not gain positive yards on a play.
- D. Penalties, but will start immediately once the ref signals to start the clock.
- E. On first downs after the 60-second warning to allow the chains to reset

1.6. Overtime(s)

- A. Coin Toss

1. The team captains will meet the referees for a standard coin toss to determine initial possession in the first series.
2. Initial possession of the ball will alternate back and forth for all subsequent series.

B. Overtime Period(s)

An overtime period shall consist of two series with each team putting the ball in play by a snap on or between the hash marks on the 25-yard line. The team scoring the greater number of points during the overtime period (s) shall be declared the winner. Each team will have one time-out in each overtime period. If the score is tied at the end of the series, then the overtime period will be continued for as many series is required to declare a winner.

- 1.
2. Example

1.7. Out of Bounds

A. Field Definition(s)

1. Team A's free kick hits out of bounds/side wall at the 10-yard line. Ruling – B's ball at the 10-yard line. Free kick hits out of bounds/side wall at the 2-yard line. Ruling – B's ball at the 5-yard line.
2. Free kick hits side/back wall in the end zone and B recovers in the EZ but is tackled before advancing out of the EZ.
 - a. Ruling – The ball remains live and since team B did not get it out of the EZ, it is a Rouge (1 pt. for team A) team B's ball 1- 10 from the 5-yard line. AR – Free kick hits side/back wall in the end zone and B recovers in the EZ and runs to midfield.
 - b. Ruling – The ball remains live; the advance is legal. It will be team B's ball 1-10 from midfield. AR – Free kick hits side/back wall in the end zone and A recovers it in the EZ.
 - c. Ruling – TD for team A. AR – Free kick hits side/back wall in the end zone and bounces out to the 5-yard line where team A recovers it and runs into the EZ with the ball.
 - d. Ruling – The ball remains live when it hits the side/back wall in the EZ. It is a legal recovery by team A, but they cannot advance the ball. It will be A's ball 1-goal at the 5-yard line.

B. Indoor Specific Field Definition(s)

1. Sidewalls are in play until a ball carrier contacts the wall because of defensive contact and play is blown dead. If a loose ball (fumble, muff, forward or backward pass, bat or kick) touches a wall the ball is dead, and the play will be blown dead.
2. Exception: End zone walls are considered live during a free kick and after being touched by a Team B player on a scrimmage kick; receiving team/defensive players may recover and advance the ball and kicking team/offensive players may legally recover, but not advance the ball.

C. Kick Out of Bounds – Free Kick (Outdoor and Indoor)

1. Sidewalls are in play until a ball carrier contacts the wall because of defensive contact and play is blown dead. If a loose ball (fumble, muff, forward or backward pass, bat or kick) touches a wall the ball is dead, and the play will be blown dead.

Exception: End zone walls are considered live during a free kick and after being touched by a Team B player on a scrimmage kick; receiving team/defensive players may recover and advance the ball and kicking team/offensive players may legally recover, but not advance the ball.

2. Team A's free kick hits out of bounds/side wall at the 10-yard line. Ruling – B's ball at the 10-yard line. Free kick hits out of bounds/side wall at the 2-yard line.

Ruling – B's ball at the 2-yard line.

3. Free kick hits side/back wall in the end zone and B recovers in the EZ but is tackled before advancing out of the EZ.

Ruling – The ball remains live and since team B did not get it out of the EZ, it is a Rouge (1 pt. for team A) team B's ball 1st and 10 from the 5-yard line.

4. AR – Free kick hits side/back wall in the end zone. and B recovers in the EZ and runs to midfield.

Ruling – The ball remains live; the advance is legal. It will be team B's ball 1st and 10 on the 20.

5. AR – Free kick hits side/back wall in the end zone and A recovers it in the EZ.

Ruling – TD for team A.

6. AR – Free kick hits side/back wall in the end zone and bounces out to the 5-yard line where team A recovers it and runs into the EZ with the ball.

Ruling – The ball remains live when it hits the side/back wall in the EZ. It is a legal recovery by team A, but they cannot advance the ball. It will be A's ball 1st and goal at the 5-yard line.

D. Loss of Possession Out of Bounds

7. Sidewalls are in play until a ball carrier contacts the wall because of defensive contact and play is blown dead. If a loose ball (fumble, muff, forward or backward pass, bat or kick) touches a wall the ball is dead, and the play will be blown dead.
8. Exception: End zone walls are considered live during a free kick and after being touched by a Team B player on a scrimmage kick; receiving team/defensive players may recover and advance the ball and kicking team/offensive players may legally recover, but not advance the ball.

E. Fumble Out of Bounds in Opponents Area

9. When a player fumbles the ball from the field of play over the opponent's goal line and the ball goes out of bounds in the goal area or otherwise becomes dead, it shall be ruled as a touchback.
10. When a player fumbles the ball from the field of play over the opponent's goal line where an opponent recovers it, the ball is declared dead in the goal area.

Ruling - it shall be ruled a touchback and awarded to the opponent's team at its 10-yard line.

If in attempting to run the ball out of the goal area the opponent's team commits an infraction the penalty shall be enforced from the 10-yard line.

F. Loss of Possession in Own Goal Area

When a player fumbles or passes the ball from the field of play into his own goal area where the ball is declared dead, a safety shall be awarded.

G. Fourth Down Fumble Rule

Before a change of possession on fourth down and on trees, when a Team A fumble is caught or recovered by a Team A player other than the fumbler, the ball is dead. Any defensive player may still recover and advance a fumble. (NCAA fourth down fumble rule)

1.8. Substitutions

- A. No substitute may enter the field of play at any time the ball is in play.

Penalty: Illegal Substitution – 5 yards, previous spot

- B. If the substitute enters the game to the extent that he can communicate with a teammate on the field he must remain in the game for at least one play.
- C. A player leaving the game shall proceed directly to the sideline on which his bench is located and then, outside the field of play to his bench.
- D. A team shall not be permitted to use player substitution as a means of deceiving the opponent. While in the process of substitution or simulated substitution, Team A is

prohibited from rushing quickly to the line of scrimmage with the obvious attempt of creating a defensive disadvantage. If the ball is ready for play, the officials will not permit the ball to be snapped until Team B has place substitutes in position and replaced players have left the field of play. Team B must react promptly with its substitutes.

Dead ball foul – Penalty: (1st offense) Delay of game on Team B for not completing its substitutions promptly, or delay of game on Team A for causing the play clock to expire - 5 yards (2nd and subsequent offenses) Unsportsmanlike conduct - 15 yards

- E. If Team A breaks its huddle with more than eight players or keeps more than 8 players in a formation for more than 3 seconds, it shall immediately be penalized for illegal substitution. Team B is allowed to briefly retain more than 8 players on the field to anticipate the offensive formation, but it may not have more than 8 players in its formation if the snap is imminent. Whether the snap is imminent or has just occurred, the officials shall stop the action.

Penalty: Illegal Substitution – 5 yards, dead ball foul

- F. If officials do not detect that a team has more than 8 players on the field until during the down or after the down, the infraction is treated as live ball.

Penalty: Illegal Substitution – 5 yards, previous spot

Article 2 - Scoring

2.1. Points for Scoring

- A. Touchdown – 6 points
- B. Extra Point by run from 3 yard line – 1 point
- C. Extra Point by pass from the 3 yard line – 2 points
- D. Extra Point return from the result of a turnover with no whistle – 2 points
- E. Safety – 2 points
- F. Rouge – Receiving team unable to advance free kick out of end zone (Rouge) 1 point (kicking team), Kicking team starts 1st and 10 on the 5 yard line

2.2. Types of Scoring

- A. Touchdown

1. A touchdown is scored when a player with the ball in his possession:

- a. Is in his opponent's goal area, or crosses or touches the plane of his opponent's goal line.
- b. The ball becomes dead at the instant of scoring a touchdown

B. Safety

A safety is scored when offense is tackled in their own end zone.

C. Rouge

1. If a receiving team player fails to advance a free kicked ball out of his own end zone, the kicking team shall be awarded one point.
2. The ball will next be put in play by the receiving team at their own 5-yard line.
3. If the kicking team commits a foul during the free kick play, the 1-point Rouge will not be awarded, and the play will be ruled a touchback.
4. When in question, it is a touchback, not a safety.

D. Point After Touchdown (PAT)

After scoring a touchdown, the offense will have an attempt to score again by either a run or pass from the 7-yard line.

E. Momentum rule

1. It is not a safety if a player between his five-yard line and his goal line:
2. Intercepts a pass or fumble; or recovers an opponent's fumble or backward pass; or catches or recovers a kick; and
3. His original momentum carries him into his own end zone; and
4. The ball remains behind his goal line and is declared dead in his team's possession there. This includes a fumble that goes from the end zone into the field of play and out of bounds. If conditions 1-3 are satisfied above, the ball belongs to this player's team at the 5-yard line.

Article 3 - Scrimmage

3.1. Lines of Scrimmage and Neutral Zone

The lines of scrimmage are imaginary lines that extend from sideline to sideline, parallel to the goal lines, and passing through the foremost and rear most points of the football. The area between the lines of scrimmage (the length of the football) is the neutral zone. The offensive line of scrimmage is on the offensive team's side of the football while the defensive line of scrimmage is on the defensive team's side of the football.

3.2. Alley

The alley is a zone designated by imaginary lines perpendicular to the outside shoulder Guard to Guard/Tight End, not to exceed five yards wide.

3.3. Box

- A. The box is a zone designated by imaginary lines perpendicular to the outside shoulder Guard to Guard/Tight End, not to exceed five yards wide, and five yards deep on either side of the line of scrimmage.
- B. No part of an offensive player in motion may be in the box at the snap. Penalty: Illegal Motion – 5 yards, previous spot

3.4. Offensive Alignments

A. Positioning

- 1. There shall be at least four offensive players (**center, guard, tight end, and split receiver**) set on the line of scrimmage at the snap; two of who are **ineligible** receivers. The ineligible receivers are the center and one guard who may be aligned on either side of the center. The tight end is on either side of the center and must raise his hand to declare his eligibility. All other eligible receivers who are set at the snap, must line up at least three yards outside of the nearest guard or tight end. Offensive players may be set in two, three, or four-point stances. To be considered on the line of scrimmage, offensive players must have their shoulders substantially parallel to the line of scrimmage. Offensive players are considered in the backfield when any part of their body does not intersect with an imaginary line drawn parallel to the goal lines, from sideline to sideline, through the waist of the center.
- 2. AR – As the offense breaks the huddle and comes to the line of scrimmage, neither guard raises his hand to declare himself as the tight end.

Ruling – Illegal formation (TE not declaring) 5 yards, previous spot

- 3. AR – On a short yardage play, team A puts a player in the offensive box behind and between the center and guard, but his head breaks the imaginary line through the waist of the center.

Ruling – illegal formation, 5 yards, previous spot (since his head is breaking the line through the waist of the center, he is a lineman, not a back. To be legal as a back, he must have daylight between his head/body and the waist of the center.)

- 4. Only two backs, including the quarterback, may be in the offensive box at the snap, both of whom must have been in a set position for at least one second prior to the snap. The snap must be received by a back or quarterback in the box.

Penalty: Illegal Formation – 5 yards, previous spot

B. Ineligible receivers downfield

On any legal forward pass play where the pass crosses the line of scrimmage, ineligible receivers may not be more than three yards downfield (expanded neutral zone) until the pass has crossed the line of scrimmage. Such restrictions end if a defensive player deflects the pass

Penalty: Ineligible Downfield – 5 yards, previous spot

3.5. Defensive Alignments

A. Positioning

1. There must be three defensive players on the line of scrimmage in the defensive box. Defensive linemen must be in 3 or 4-point stances. The defensive lineman covering the offensive center must be head-to-head with the center. The other two defensive linemen may be head-to-head with the guards or shaded to the outside. In determining whether the defensive player has covered the offensive guard, the officials shall use the outside foot of the offensive guards with the inside foot of the defensive lineman for the alignment.
2. There must be at least one and no more than two defensive linebackers in the alley behind the defensive box, between 5 and 6 yards from the line of scrimmage at the snap.
 - a. One linebacker may blitz but only through the A gap on either side of the nose guard.
 - b. When two-line backers are lined up in the alley, the blitzing linebacker must declare himself by raising his hand. Although a linebacker may declare his eligibility to blitz, he is not required to blitz.
3. AR- A linebacker in the alley is at 7 yards moving laterally prior to the snap.

Ruling- illegal defense, the linebacker is not within 5-6 yards of the line of scrimmage, live ball foul 5-yard penalty, previous spot.

4. AR- A linebacker moves one or two feet before the snap and enters the box prior to the snap

Ruling- illegal defense, live ball foul 5-yard penalty, previous spot.

5. AR – Two linebackers are in between 5-6 yards at the snap and one of them raises his hand to declare as the potential blitzer. Before the snap either linebacker moves and is out of the alley and 5 yards or more beyond the line of scrimmage at the snap. The other linebacker does not blitz.

Ruling – legal play (if the linebacker who stays in the alley between 5-6 yards is the one who raises his hand, he may blitz)

6. AR – Only one linebacker is between 5-6 yards at the snap. Before the snap he moves just outside of the guards outside shoulder, still at 5 – 6 yards from the line of scrimmage at the snap

Ruling – illegal defense for not having at least one linebacker in the alley at the snap. 5-yard penalty, previous spot.

7. When the line of scrimmage is at or inside the defending team’s 5-yard line, linebackers may align themselves on the goal line. Additionally, on any fourth-down play with less than 5 yards to gain, the linebackers may line up on the line to gain, however, they must have their feet behind the heels of the adjacent defensive linemen.

- a. Behind the heels is defined as daylight between the heel of the adjacent defensive lineman and the toe of the linebacker.
- b. On snaps inside the 5-yard line or on the fourth down in less than five yards, if two linebackers’ blitz (both crossing the line of scrimmage) and the quarter back is still inside the pocket, it is a foul for a blitz in fraction.

8. Defensive lineman may drop into pass coverage at the snap. They need not step forward or engage an offensive lineman

9. Defensive players may not stunt, which is defined as an intentional act involving two or more defensive linemen in which they maneuver around each other while rushing the line of scrimmage. “Individual twists and other individual defensive techniques are permitted, but at no time can the defensive linemen end up on the other side of each other unless the QB is out of the pocket or beyond the LOS and is a runner.

10. AR- Nose guard slants defensive end loops behind the nose guard and the quarterback is still in the pocket.

Ruling- Illegal defense, live ball foul 5-yard penalty, previous spot.

11. AR- Defensive end slants, nose guard loops behind the defensive end and the quarterback is still in the pocket.

Ruling- Illegal defense, live ball foul 5-yard penalty, previous spot.

12. AR - Nose guard bull rushes up-field and slightly to a side. The QB takes one step to the side opposite the nose guard but is still in the pocket and then steps up in the pocket looking to pass. The defensive end cuts inside and sacks the QB but the DE is now inside of where the nose guard is, live ball foul 5-yard penalty, previous spot.

Ruling- Illegal defense, live ball foul 5-yard penalty, previous spot.

13. AR- Nose guard slants defensive end loops behind the nose guard after the quarterback is outside the pocket.

Ruling- legal play

14. AR- Defensive end slants, nose guard loops behind the defensive end after the quarterback is outside the pocket.

Ruling- legal play

Note: Officials need to consider the circumstances which may have caused a defensive player, while mirroring the actions of an offensive player, to be in the box at the snap and may not allow the offense to generate penalties in this manner.

Clarification - On any running play, any defensive player, regardless of position, can come up and play run, including tackling an offensive player in the backfield. Also, as soon as the quarterback leaves the alley, he has become a runner, and any defensive player can play him as a runner. If he passes the ball while outside the alley, he has the normal protection an official would give any passer, but not the special protection of only one blitz, which he previously had in the alley.

15. AR- A corner blitzes off the edge and sacks the Quarterback while he is still in the alley

Penalty: Illegal Defense or Blitz Infraction– 5 yards, previous spot

3.6. Scrimmage Play

A. Scrimmage Snap

1. The offensive team may put the football into play by means of a scrimmage snap once the Referee has given the ready for play signal. A scrimmage snap is initiated by the center that shall take his position over the football facing his opponent's goal line. He shall put the ball in play by snapping it back between his legs in one continuous motion to another offensive player who is behind the line of scrimmage in the backfield. The ball must leave the center's hands and he shall not touch the ball again until it has been in possession of another player.

Penalty: Illegal Snap – 5 yards, dead ball foul

B. Illegal Movements

1. The center shall not fake a snap or, having assumed his stance over the ball, bob his head, move his shoulders, flex his knees, or make some other movement simulating a snap to draw the defense across its line of scrimmage.

Penalty: False Start– 5 yards, dead ball foul

2. After the neutral zone is set, no Team A player may encroach on it. Penalty: Encroachment—5 yards, dead ball foul

3. No Team B player may contact an opponent or the ball prior to the snap. Penalty: Offside—5 yards, dead ball foul
4. No Team B player be in the neutral zone when the ball is snapped. Penalty: Offside—5 yards, live ball foul

C. Rulings:

1. Defensive player jumps in neutral zone, gets back with no contact with the offense, and returns to his three of four- point stance. No foul.
2. Defensive player jumps through neutral zone with no contact with the offense, ball is not snapped. Unabated to the QB. Stop play, Offside on the defense.
3. Defense jumps in neutral zone, adjacent offensive player flinches or makes contact. Offside on the defense.
4. Defense jumps in neutral zone, no contact but the ball is snapped. Offside defense; the snap is played, and offense gets choice of accepting the result of the play or replaying with penalty.
5. The offensive team may have two player(s) in forward motion toward their opponent's goal-line at the scrimmage snap if:
 - a. They clearly started in motion while being in their backfield.
 - b. The players must be at or behind the line of scrimmage at the snap of the ball.
 - c. They are not in the box at the scrimmage snap.
 - d. An offensive player in motion and in the box at the scrimmage snap is illegally in motion, and not eligible to receive a hand off or a pass. Players deeper than 5 yards may take a hand off or receive a forward or backward pass.

With exception of the offensive players in motion, all other offensive players shall remain motionless for a period of at least one second prior to the scrimmage snap.

Penalty: Illegal Motion – 5 yards, previous spot Penalty: Illegal touching (motion back in the box receiving a handoff) – 5 yards from the spot of foul

6. No offensive player on the line of scrimmage may make any motion which simulates the start of the play prior to the scrimmage snap. No offensive player in motion may run forward to the line of scrimmage and stop abruptly with the intent of drawing a defender into the neutral zone (Freeze Motion). It is not a foul if done simultaneously with the snap.

Penalty: False Start – 5 yards, dead ball foul

7. No offensive player in the backfield shall simulate the start of the play prior to the scrimmage snap. This includes the quarterback, having assumed his position under the center, bobbing his head, moving his shoulders or flexing his knees, making any quick movement, or any other movement or signal which an attempt is to simulate the start of the play prior to the scrimmage snap.

Penalty: False Start – 5 yards, dead ball foul

8. All offensive players must block above the waist. Initial contact must be above the waist. Penalty: Illegal Block Below the Waist, – 15 yards, live ball foul

3.7.Series of Downs

A. Downs

1. The offensive team shall have a series of four downs to gain ten yards. A down may be repeated following the application of a penalty. If in a series of four downs the offensive team has not gained the required ten yards, the ball shall be awarded to the opponent at the point where the ball became dead. If the required ten yards are gained, a new series is awarded to the offensive team. A series of downs may be interrupted:
 - a. When the offensive team does not make its ten yards for a new series;
 - b. When the offensive team kicks the ball out of bounds or across the line scrimmage;
 - c. When the ball is intercepted or recovered by the defense.
2. No drive shall start inside a team's 5-yard line unless the enforcement of a penalty leaves it there.
3. After a free kick, the ball may only be moved to start the series anywhere between the hashes if it ends up being a rouge. Otherwise the ball will be placed where it is dead between the hashes or on the nearest hash if it is outside of a hash.
4. AR – KO ends in a rouge. Team A gets one point. Team B puts the ball in play from the 5-yard line and can start the series on a hash, or anywhere between the hashes.
5. AR – KO is returned to the 8-yard line outside the right hash. Team B will have 1st and 8 from the right hash.
6. AR – KO is returned to the 10-yard line between the hashes. Team B will have 1st and 10 from the spot the ball became dead.
7. If a scrimmage kick ends in a touchback, team B can start their series from anywhere between the hashes.

B. Measurement

1. The offensive or defensive team captain or on-field coach may request the Referee at any time for a measurement of distance required for an offensive team's new series of downs to be awarded. The umpire, in his discretion, may grant the request or not, but he may at any time make such a measurement himself.
2. If the offensive team has failed to make a new series by advancing the ball ten yards at the end of the four downs, the ball is not moved, and its rear end becomes the forefront for the new series awarded the former defensive team, which has become the offensive team.

Exception: When the 4th down is inside the 5-yard line, the ball will be moved to the 5-yard line to start the next series.

Clarification – Team A could start a series inside of team B's 5-yard line.

Article 4 – Kicking Definitions

4.1. Kicked Ball

- A. A kicked ball is the intentional striking of the ball by a player's foot or leg below the knee.
- B. If a ball accidentally strikes a player's foot or leg, it shall not be ruled a kick.

4.2. Free Kick

- A. Spot of Free Kick
 1. The ball shall be kicked off by a place kick or drop kick from any point between the sidelines on the kicking team's goal line at the beginning of each half of the game, after a touchdown, PAT, and after a safety.
 2. All free kicks must occur from the goal line. Any penalty which requires enforcement on a succeeding play will be enforced on the first scrimmage play following the free kick.
- B. Rules of Free Kick
 3. The ball, unless touched by a member of the receiving team, must be kicked more than 10 yards towards the opponent's goal line before it may be legally touched by a member of the kicking team.
 4. Penalty: Kicking Team Touching Violation – Receiving team may take possession of the ball at the spot the ball was first touched by a kicking team player. If there is an accepted penalty for a live ball foul by either team, or if there are off-setting fouls, the illegal touching privilege is canceled.
 5. For kicks out of bounds, see Rule 1.10-C.

6. If the kicked ball is simultaneously recovered by players from each team or simultaneously touched by players from each team before going out of bounds, the ball belongs to the receiving team:
7. At the spot of recovery, or
8. At the spot of last touching, or
9. At the spot where the ball went out of bounds.

C. Offside on Free Kicks – Kicking Team

During a free kick, when the ball is kicked, no player of the kicking team shall be in advance of the ball, except the kicker and a teammate who may be holding the ball for the free kick.

Penalty: Offside – Re- kick or 10 yards from the succeeding spot

D. Offside on Free Kicks – Receiving Team

During a free kick, when the ball is kicked, all players of the receiving team must be a minimum of 10 yards from the kicking team's free kick line.

Penalty: Offside – Re-kick or 5 yards from the succeeding spot

E. Blocking by the Receiving Team

During a free kick, a player of the receiving team may block an in-bounds opponent commencing from the moment the ball is kicked, provided that the contact is made legally above the waist of the opponent and from the front or side.

Penalty: Illegal Block Below the waist or Clipping – 15 yards at the spot of foul or at the end of the run, option provided

F. Blocking by the Kicking Team

1. Before gaining possession, while the ball is loose from the kick, a player of the kicking team shall not be permitted to block an opponent until his team is eligible to touch the kicked ball.

Penalty: Illegal Block – Re-kick or 5 yards from the succeeding spot

2. After gaining possession:

By the receiving team, any kicking team member may block opponents in accordance with the rules above the waist.

By the kicking team, the ball is immediately dead so there would be no continuation of play including blocking. If the kicking team recovers a fumbled kick return, it may advance the ball and may block opponents in accordance with the rules above the waist.

Article 5 – Passing

5.1. Backwards Pass

A. Definition

A backward pass is one thrown by a player parallel to or in the direction of his own end line.

B. Determinants of a Backward Pass

The point at which the ball is caught, strikes another player, an official, or the ground, or goes out of bounds is the factor, which determined whether it is a backward pass, regardless of the direction in which it goes afterwards.

C. Pass Striking the Ground

A backward pass striking the ground is not dead and may be recovered by either team without penalty and advanced.

D. Pass Out of Bounds

When a backward pass goes out of bounds in the field of play, the ball shall be put in play by scrimmage snap at the outer hash mark perpendicular from the point where the ball went out of bounds.

5.2. Forwards Pass

E. Definition

A legal forward pass is one thrown by any offensive player from a point behind the line of scrimmage, towards the opponent's end line, to any eligible receiver. The location of the passer's entire body determines whether the player passing the ball is behind or beyond the line of scrimmage.

F. Legal Forward Pass

The offense shall make only one forward pass during a scrimmage down and it must be thrown from behind the line of scrimmage.

G. Penalty: Illegal Forward Pass – 5 yards from spot of foul and loss of down

H. Possession

During a forward pass, the ball is in possession of the offense until the pass is ruled complete or incomplete.

I. Eligibility of the Passer

The offensive player who throws a forward pass is called the passer

The passer does not need to be the first player to receive the ball (scrimmage snap) from the center.

J. Eligibility of Receivers

1. Any offensive player who, at the scrimmage snap, is occupying an end position on the line of scrimmage or is in the offensive backfield is considered an eligible receiver.
2. Eligible offensive players who can receive forward passes shall be identified by formation or by declaring eligibility by raising his hand as he approaches the line of scrimmage. Before every snap one of the two offensive guards must raise his hand to declare eligibility as the tight end.

Penalty: Failure to declare eligibility – 5 yards, previous spot

- a. Clarification – never will an eligible receiver be covered up by another receiver.
 - b. All defensive players are eligible to touch or catch a forward pass.
 - c. If a forward pass is touched by, or touches a defensive player, all players of both teams become eligible receivers.
3. No originally ineligible offensive player may be downfield more than 3 yards (expanded neutral zone) until a legal forward pass play that crosses the line of scrimmage has been thrown.

Penalty: Ineligible Downfield - 5 yards, previous spot

K. Illegal Touching

No originally ineligible player shall deliberately touch or catch a legal forward pass until it has touched an opponent.

Penalty: Illegal touching – 5 yards, previous spot

L. Complete Forward Pass

1. A pass is completed under the following conditions:
2. When caught by an eligible receiver, or by two or more such receivers simultaneously.
3. When caught by a defensive player or, simultaneously, by defensive players or when such a pass is touched by or touches a defensive player and then is caught by any other player.
4. When caught simultaneously by players of both teams who maintain possession until the play is dead. The ball shall be awarded to the offense.

5. If a receiver of either team catches a pass while off the ground and if contacted or not ends up over the wall and out of bounds in possession of the ball demonstrates possession to an official, the pass shall be ruled complete where he crossed the wall.

EXCEPTION: The player who catches the ball cannot use the wall to his advantage by climbing on top of it or using it to jump off.

M. Incomplete Forward Pass

1. A forward pass shall be declared incomplete and the ball will next be put in play at the point of last scrimmage snap, with downs continuing:
2. When the ball strikes the ground or any overhead obstruction, flag, etc.
3. When the ball goes out of bounds, even if touched by a player in the field of play.
4. When the passer has commenced his forward passing motion with the ball moving forward and because of contact with an opponent, the ball leaves the passer's hand and strikes the ground.
5. When the ball first contacts a sidewall or end wall before being caught. No pass completion can occur on a ricochet off a side wall or end wall.

N. Intentional Grounding

If an offensive passer deliberately, in the official's opinion, throws the ball out of bounds or to an area in which there is not an eligible receiver for avoiding loss of yardage, his team shall be penalized.

Penalty: Intentional Grounding – loss of down at spot of foul (point at which pass was thrown). If pass is thrown from the goal area, a safety shall be awarded to the defense subject to the options provided.

It is not intentional grounding if the quarterback is outside the alley and throws the ball so that it first touches the ground or goes out of bounds beyond the line of scrimmage.

O. Pass Interference

1. Offensive pass interference is when contact by an offensive team player interferes with a defensive team player beyond the line of scrimmage. Offensive team players contacting defensive team players within 1 yard of the line of scrimmage shall not be deemed as offensive pass interference.
2. Any offensive player may interfere with an opponent anywhere in bounds after the pass has been touched.
3. Prior to the pass being completed or declared incomplete, an offensive player may interfere with an opponent anywhere in bounds provided that the pass is thrown to a receiver behind the line of scrimmage.

Penalty: Offensive Pass Interference – 15 yards, previous spot

4. Defensive pass interference is contact by a defensive player on an eligible offensive player beyond the line of scrimmage. Such interference must be ruled as intent by a defensive player to impede an eligible offensive player from receiving a catchable forward pass. Defensive pass interference occurs only after a legal forward pass is thrown.

Prior to a pass being thrown beyond the defensive line of scrimmage, a defensive player occupying a position beyond the line may use his hands or arms to ward off an opponent who threatens his defensive position as a potential blocker. Once an offensive receiver reaches the same yard line as the defensive player, he is no longer a threat to block the defensive player.

PENALTY—Team A’s ball at the spot of the foul, first down, if the foul occurs fewer than 15 yards beyond the previous spot. If the foul occurs 15 or more yards beyond the previous spot, Team A’s ball, first down, 15 yards from the previous spot. When the ball is snapped on or inside the Team B 17-yard line and outside the Team B two-yard line, and the spot of the foul is on or inside the two-yard line, the penalty from the previous spot shall place the ball at the two-yard line, first down. No penalty enforced from outside the two-yard line may place the ball inside the two-yard line. If the previous spot was on or inside the 2-yard line, first down halfway between the previous spot and the goal line.

5. A defensive player may contact an offensive team eligible receiver with which he is aligned on in the first five (5) yards off the line of scrimmage, provided that defensive player is pressing the offensive receiver.
 - a. A defensive player may not contact (“chuck”) an eligible receiver who is more than five (5) yards beyond the defensive line of scrimmage and is not a potential blocker.
 - b. Also, a defensive player may not initiate contact with an eligible receiver with which they are not aligned inside of the belt (Ricochet Motion). This is regardless whether the passer is in the alley or not. The fact the ball is not thrown in that direction has no bearing on this foul.

Penalty: Illegal contact--5 yards, previous spot, automatic first down

6. Pass interference shall not be penalized if, in the judgment of the official:
 - a. During the pass, offensive and defensive players make contact in a simultaneous attempt to catch or bat the ball, or
 - b. During the pass, the ball has been touched by an eligible player, or
 - c. The pass is clearly uncatchable
7. Interception in the Goal Area

- a. An intercepted ball that is fumbled in the defensive goal area may be legally recovered by the offense for a touchdown.
- b. For any rough play fouls (personal fouls) by the offensive team in the field of play or in the defensive goal area after the defense intercepts a pass in its own goal area where the ball is ruled dead, the penalty will be administered from the defensive team's 5-yard line.
- c. A pass intercepted by a defensive player in the field of play between the 5-yard line and the goal line and his momentum carries him into his end zone where the ball is declared dead, the ball will be placed at the 5-yard line.

5.3. Hand-Off

A. Definition—A hand off on a scrimmage play is made when the ball is handed by one offensive team player to another behind the offensive line of scrimmage. There is no restriction on the number of hand-offs that can be made on a scrimmage play.

B. Ineligible to Receive Hand-Off

No originally ineligible offensive receiver or lineman may receive a hand-off.

Penalty: Illegal handing – 5 yards, previous spot

Article 6 – Fouls and Penalties

6.1. Illegal Tactics

C. Holding

1. Holding is using the hands and/or arms to grasp, encircle, or hinder an opponent, except the ball carrier. Holding hands or interlocking arms during any play is prohibited.

Penalty: Holding – 10 yards

2. During a legal forward pass play in which the pass crosses the neutral zone, if before the pass is touched there is holding by Team B beyond the neutral zone against an eligible receiver (other than pass interference), the penalty includes an automatic first down.”

Penalty: Holding – 10 yards

D. Clipping

Clipping is a block against an opponent in which the force of the initial contact is from behind and at or below the waist.

Penalty: Clipping – 15 yards

E. Block in the Back

1. A block in the back is blocking an opponent, except the ball carrier, from the rear in such a manner that the player contacts the opponent's back, above the waist. The application of a penalty is determined by the initial contact, which must be observed by the official, and shall not be called, if, in the official's judgment:
2. The block occurs in the area between the offensive guards, within 2 yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area, or
3. The initial contact is made on the side of the opponent, or
4. The opponent could see the blocker approaching and deliberately turned his body to be contact from behind.

Penalty: Block in the back - 10 yards

F. Crack Back Blocking

An offensive player is not permitted to move toward the original position of the ball at the snap and contact an opponent unless the block is in front and above the waist. An offensive player in motion at the snap is not permitted to move toward the original position of the ball at the snap and contact the defensive end. Any split receiver may contact the defensive linebackers. A stationary split receiver or running back may block the defensive end.

Penalty: Illegal Crack back Block – 15 yards

G. Chop Blocking

Chop Blocking is contacting an opponent below the waist at the time another player is already engaging that opponent above the waist or vice versa.

Penalty: Chop Block – 15 yards

H. Cut Blocking (Block below the Waist)

Cut Blocking is contacting an opponent at or below the waist

Penalty: Illegal Cut Block (Block below the Waist)– 15 yards

I. Tripping

A player shall not use his leg below the knee to hinder the progress of an opponent, except the runner.

Penalty: Tripping – 15 yards

J. Aiding the Runner

It is illegal to assist the forward progress of a ball carrier by grasping, pulling or lifting him.

Penalty: Aiding the Runner– 5 yards

K. Personal Fouls or Unnecessary Roughness

5. A player shall be penalized for any personal foul or act of unnecessary roughness against an opponent except if that contact, in the opinion of the officials, is caused by the movement of the opponent. Personal fouls/acts of unnecessary roughness include, but are not limited to:
6. Piling on by a player who falls or jumps on the ball carrier after the play has terminated.
7. Contacting an opponent out of bounds in any manner
8. Contacting the passer unnecessarily
9. Contacting the kicker, holder, or snapper less than one second after he has snapped the ball, during a scrimmage kick.
10. Grasping and twisting, turning or pulling an opponent's face mask or helmet opening.
11. All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the ball carrier down. This does not apply to a ball carrier, including a potential passer, who is inside the offensive box.
12. Using the helmet to butt, ram, or spear an opponent.
13. Continuous contact of an opponent above the shoulders
14. Targeting. No player shall target and initiate contact to the head or neck area of a defenseless opponent with the helmet, forearm, hand, fist, elbow or shoulder. 15 yards and automatic first down.

Note 1: There is no automatic ejection for a targeting foul. However, a suspension could be imposed following a video review by the league office.

Note 2: "Targeting" means that a player takes aim at an opponent for purposes of attacking with an apparent intent that goes beyond making a legal tackle or a legal block or playing the ball. Some indicators of targeting include but are not limited to:

- a. Launch—a player leaving his feet to attack an opponent by an upward and forward thrust of the body to make contact in the head or neck area
- b. A crouch followed by an upward and forward thrust to attack with contact at the head or neck area, even though one or both feet are still on the ground
- c. Leading with helmet, forearm, fist, hand or elbow to attack with contact at the head or neck area
- d. Lowering the head before attacking by initiating contact with the crown of the helmet

15. Defenseless players:

- a. A player in the act of or just after throwing a pass -a receiver attempting to catch a pass, or one who has just completed a catch and has not had time to protect himself or has not clearly become a ball carrier -a kicker in the act of kicking or just after kicking a ball, or during the kick return -a kick returner attempting to catch or recover a kick -a player on the ground -a player obviously out of the play - a player who receives a blind side block -a ball carrier whose forward progress has been stopped -a quarterback any time after a change of possession
- b. Any other act of roughness or unfair play.

Penalty: Personal Foul or Unnecessary Roughness – 15 yards if by the offense, and 15 yards and automatic first down if by the defense. If the infraction is flagrant in the judgment of the official, the player shall be ejected from the contest.

L. Roughing the Passer

Because the act of passing often puts the quarterback (or any other player attempting a pass) in a position where he is particularly vulnerable to injury, special rules against roughing the passer apply. The Referee has principal responsibility for enforcing these rules. Any physical acts against passers during or just after a pass which, in the Referee's judgment, are unwarranted by the circumstances of the play will be called as fouls. The Referee will be guided by the following principles:

- a. Roughing will be called if, in the Referee's judgment, a pass rusher clearly should have known that the ball had already left the passer's hand before contact was made; pass rushers are responsible for being aware of the position of the ball in passing situations; the Referee will use the release of the ball from the passer's hand as his guideline that the passer is now fully protected; once a pass has been released by a passer, a rushing defender may make direct contact with the passer only up through the rusher's first step after such release (prior to second step hitting the ground); thereafter the rusher must be making an attempt to avoid contact and must not continue to "drive through" or otherwise forcibly contact the passer; incidental or inadvertent contact by a player who is easing up or being blocked into the passer will not be considered significant.
- b. A rushing defender is prohibited from committing such intimidating and punishing acts as "stuffing" a passer into the ground or unnecessarily wrestling or driving him down after the passer has thrown the ball, even if the rusher makes his initial contact with the passer within the one-step limitation provided for in (1) above. When tackling a passer who is in a virtually defenseless posture (e.g., during or just after throwing a pass), a defensive player must not unnecessarily or violently throw him down and land on top of him with all or most of the defender's weight. Instead, the defensive player must strive to wrap up or cradle the passer with the defensive player's arms.
- c. In covering the passer position, Referees will be particularly alert to fouls in which defenders impermissibly use the helmet and/or facemask to hit the passer, or use hands, arms, or other parts of the body to hit the passer in the head, neck, or face (see also the other unnecessary roughness rules covering these subjects). A defensive player must not use his facemask or other part of his helmet against a passer who is in a virtually defenseless posture — for example:
 - a. Forcibly hitting the passer's head, neck, or face with the helmet or facemask, regardless of whether the defensive player also uses his arms to tackle the passer by encircling or grasping him
 - b. Lowering the head and violently or unnecessarily making forcible contact with the "hairline" or forehead part of the helmet against any part of the passer's body. This rule does not prohibit incidental contact by the mask or non-crown parts of the helmet during a conventional tackle on a passer.
- d. A defensive player must not "launch" himself (spring forward and upward) into a passer, or otherwise strike him in a way that causes the defensive player's helmet or facemask to forcibly strike the passer's head, neck, or face—even if the initial contact of the defender's helmet or facemask is lower than the passer's neck.

Examples:

- a. A defender buries his facemask into a passer's high chest area, but the defender's trajectory as he leaps into the passer causes the defender's helmet to strike the passer violently in the head or face;
- b. A defender, using a face-on posture or with head slightly lowered, hits a passer in an area below the passer's neck, then the defender's head moves upward, resulting in strong contact by the defender's mask or helmet with the passer's head, neck, or face (one example of this is the so-called "dip and rip" technique).
- e. A rushing defender is prohibited from forcibly hitting, in the knee area or below, a passer who has one or both feet on the ground, even if the initial contact is above the knee. It is not a foul if the defender is blocked (or fouled) into the passer and has no opportunity to avoid him.
- f. The Referee must blow the play dead as soon as the passer is clearly in the grasp and control of any tackler behind the line, and the passer's safety is in jeopardy.
- g. A passer who is standing still or fading backwards after the ball has left his hand is obviously out of the play and must not be unnecessarily contacted by the defense through the end of the play or until the passer becomes a blocker, or until he becomes a runner upon taking a hand-off or backward pass from a teammate or picking up a loose ball, or, in the event of a change of possession on the play, until the passer assumes a distinctly defensive position. An opponent may not unnecessarily initiate helmet-to-helmet contact to the quarterback at any time after the possession changes.
- h. When the passer goes outside the pocket area and either continues moving with the ball (without attempting to advance the ball as a runner) or throws while on the run, he loses the protection of the one-step rule provided for in (1) above, but he remains covered by all the other special protections afforded to a passer in the pocket (Numbers 2, 3, 4, 5, 6, and 7), as well as the regular unnecessary-roughness rules applicable to all player positions. If the passer stops behind the line and clearly establishes a passing posture, he will then be covered by all the special protections for passers.

Penalty: Roughing the Passer: 15 yards from the succeeding spot and automatic first down; disqualification if flagrant

The penalty is added to the end of the last run when it ends beyond the neutral zone and there is no change of team possession during the down.

Note: When in question about a roughness call or potentially dangerous tactic on the quarterback, the Referee should always call roughing the passer.

M. Coaches on the Field

1. During a time out, ONLY ONE coach is allowed on the field in the team huddle. If the team comes to the sideline in front of the team box, there is no limit to the number of coaches who may confer with the team
2. During live play, one coach from each team is allowed on the field; however, he must be behind the offensive team after the ready for play has sounded until the down ends. During the down he must be against the sidewall and at least 15 yards behind the line of scrimmage.
3. Coaches shall remain on their own team's sideline if teams are on different sides
4. If both team boxes are on the same sideline, the home team shall determine the side of the field the home team coach shall use
5. Coaches are allowed on the field for the purpose of coaching, not complaining to officials. If coaches address officials in a professional manner, officials may respond to questions and offer explanations.
6. Coaches MUST stay outside the numbers, (like a coaching box). A coach who comes inside the numbers may require a warning if it is inadvertent, but in no circumstances may he cross the numbers to consult with players or protest an official's call.

Penalty Sideline violation 5 yards for the 1st time, 15 yards each time after, - succeeding spot

7. Unsportsmanlike conduct on a coach is 15 yards but does not cause the team to lose the privilege of having a coach on the field on offense or defense."

Penalty: Unsportsmanlike conduct —15 yards and Automatic First Down

N. Illegal Interference

No substitute, coach, authorized attendant or any person subject to the rules, other than a player or official, may interfere in any way with the ball or a player while the ball is in play.

Penalty: Unsportsmanlike conduct —15 yards

6.2. Unsportsmanlike Conduct

The Commissioners have declared their total abhorrence of rough play and unnecessary roughness. Officials are instructed that no tolerance is to be given to this type of play. Unsportsmanlike fouls are enforced as dead ball fouls.

A. General Application

1. The penalty for an unsportsmanlike foul is always applied at the spot where the ball would next be put in play:

2. If the foul occurs during a scoring play, the score shall count, and the penalty shall be applied at the spot where the ball would next be put on play. The non-offending team can choose the following spots:
3. After a touchdown, it may be penalized on the point after touchdown or on the first scrimmage play after the subsequent kickoff
4. After a successful point after touchdown, penalize on the first scrimmage play after the subsequent kickoff.
5. All kickoffs shall be from the goal line, and any penalty which would move the kickoff to another yard line shall be enforced on the first scrimmage play after the kickoff.

B. Rough Play (Fighting)

A player shall be penalized and disqualified from any further game participation for any act of rough play against an opponent. Fouls for rough play, whether during a live ball or during a dead ball are enforced as dead ball fouls. These include, but are not limited to:

- a. Striking or swinging at an opponent with a fist, hand, knee, or elbow in any manner whether physical contact is made, or
- b. Kicking or kicking at an opponent whether physical contact is made, or
- c. Any act or action considered by the Referee to warrant disqualification.

Penalty: Personal Foul – 15 yards

C. Unsportsmanlike Conduct

Any player or coach may be penalized for any act, which, in the opinion of the officials, is objectionable conduct. Objectionable/Unsportsmanlike Conduct fouls are enforced as dead ball fouls. This includes, but is not limited to:

- d. Foul or demeaning language, including vulgarities, abusiveness, and racial slurs, objectionable gestures, or spitting, directed at opponents, officials, or spectators.

Note: If an official in his normal position along the out of bounds or sidewall can hear any of this, it is assumed that the fans can hear it as well. This type of behavior has no place in a fan friendly setting and should be penalized as unsportsmanlike conduct.

- e. Throwing the ball at an opponent, official, an occupant in the opponent's bench area. Visiting team players may not throw or hand the ball into the stands or take the ball into the bench area.
- f. Interfering with the placement of the official's flag marking the spot of a foul.
- g. Continued objectionable conduct after a penalty has been applied
- h. Artificial Arena Noise. The Arena PA systems MUST STOP being used once the offensive team has broken the huddle or comes to the line of scrimmage if no huddle is used. The coach and administration will be warned one time and then all subsequent penalties for unsportsmanlike delay of game will be administered against the head coach or subsequent coaches.
- i. Gesturing and taunting from the players on the field to players in the bench, and from bench players to players on the field is a problem and it incites future problems. These must be called without warning and every time they occur.

Penalty: 15 yards and automatic first down if by the defense – enforce as a dead ball foul and can be banked if on or after a scoring play.

- j. AR – After scoring at TD, Team A player runs by the team B bench and taunts players in the bench area.

Penalty: UNS on A88 is enforced on the try or banked and enforced after the kick-off return. (Team B chooses to bank the foul and they return the ball to the 10-yard line on the KO. Now enforce the 15yard penalty and it will be B-1-10 at the 25.)

- k. AR - After scoring at TD, Team B player yells racial slurs at a team A player.

Penalty: UNS on B player is enforced on the try or banked and enforced after the kick-off return. (Team A chooses to bank the foul and team B returns the ball to the 25-yard line on the KO. Now enforce the 15yard penalty and it will be B 1st and 10 at the 10-yard line.)

Clarification – Players on the field will be charged individually with a UNS and two UNS fouls of a player results in disqualification of that player.

Clarification – Any UNS called on a player or coach in the bench area and not on the field will not be charged to a specific player or coach, but to the bench. They will not go towards a disqualification of a player.

Clarification – Any player or coach could be disqualified from the game with their first UNS at the discretion of the officials.

Penalty: Unsportsmanlike Foul – 15 yards

D. Disqualifications

1. Any player may be disqualified, and substitution permitted, for any act of rough play, or excessive objectionable or unsportsmanlike conduct.
2. A player shall be disqualified for a second foul in the same game for rough play or excessive objectionable or unsportsmanlike conduct. A coach shall be disqualified for a second unsportsmanlike conduct foul
3. Any player who is ejected the first time during the season for fighting will be fined. If he is ejected for fighting again during the remainder of the season he will be suspended for the remainder of the season. Substitution will be permitted in both cases.

Note: The definition of fighting is the swinging at and hitting or the swinging at and missing of an opponent. Penalty: Excessive Misconduct or Unsportsmanlike Infraction – 15 yards plus disqualification

4. Any player or coach disqualified from the game must leave the bench area and shall not return. Failure to do so will result in forfeit of the game for the offending team.

Article 7 – Application of Penalties

7.1. Definitions

A. Loss of Down

In any penalty “loss of a down” means that the down upon which the foul occurred is not repeated.

B. Spots

The enforcement spots are: the previous spot, the spot of the foul, the succeeding spot and the spot where the run or scrimmage kick ends.

C. Enforcement Spots

1. Dead ball—the enforcement spot for a foul committed when the ball is dead is the succeeding spot
2. Snap—the enforcement spot for fouls occurring simultaneously with a snap is the previous spot

3. Free kick—the enforcement spot for fouls occurring simultaneously with the free kick, or penalties carried over from a touchdown or point after attempt is the spot where the ball will next be put in play following the free kick.
 4. Running plays—the basic enforcement spots for fouls that occur during a running play in the field of play or end zone are as follows:
 - a. When the run ends beyond the neutral zone, the basic enforcement spot is the end of the related run (Exceptions: Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team’s goal line.)
 - b. When the run ends behind the neutral zone before a change of team possession, the basic enforcement spot is the previous spot (Exceptions: Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team’s goal line.)
 - c. When there is no neutral zone, the basic enforcement spot is the end of the related run.
 5. Pass play—the basic enforcement spot for fouls during a legal forward pass play is the previous spot. Exceptions:
 - a. Roughing the passer enforcement on a completed forward pass from the end of the last run when that run ends beyond the neutral zone, and there is no change of team possession during the down.
 - b. Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team’s goal line.
- D. Kick plays—The basic enforcement spot for fouls that occur during a legal free kick play before possession is gained or regained or the ball is declared dead by rule is the succeeding spot. The offended team shall also have the option to re- kick instead. Exceptions:
1. Interference with the opportunity to make a catch—spot foul
 2. Post scrimmage kick enforcement: The enforcement spot is the spot where the scrimmage kick ends when Team B fouls occur
 3. During a scrimmage kick play in which the ball crosses the neutral zone.
 4. Before the end of the kick;

5. When team A does not have possession of the ball when the down ends. Team B fouls behind the post scrimmage kick spot are spot fouls.

E. Behind the goal line

1. The enforcement spot is the 5-yard line for fouls by the opponents of the team in possession after a change of team possession (not on a try) in the field of play when the run ends behind the goal line.
2. The basic enforcement spot is the 5-yard line for fouls that occur after a change of team possession (not on a try) in the end zone and the ball remains in the end zone where it is declared dead.
3. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession in the end zone (not on a try) when the run ends behind the goal line and any subsequent loose ball is recovered in the field of play.

F. Fouls during or after a touchdown or try

1. Dead ball or unsportsmanlike fouls on a successful touchdown or after the touchdown and before the ball is ready for play on the try may either be enforced on the succeeding try or the first scrimmage play following the subsequent kick-off; if there is no kick-off, the penalty is enforced on the try;
2. Defensive pass interference fouls on the try are penalized half the distance to the goal line, or if the try is successful the penalty is declined;
3. Live ball fouls on scoring plays will be penalized by rule. To accept a score, the penalty must be declined.
4. Personal fouls and unsportsmanlike fouls during and after a try are penalized on the first scrimmage play following the subsequent kick-off;

G. Half the Distance Enforcement Procedures

- H. No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line. Exception: Defensive pass interference.

I. Penalty Enforcement Fundamentals

1. Any penalty may be declined, but a disqualified player must be removed.
2. When a foul is committed, the penalty shall be completed before the ball is declared ready for play for the next down.
3. A foul that occurs simultaneously with the snap or free kick is considered as having occurred during that down.

4. When two or more live-ball fouls are committed by the same team, the referee shall explain the alternative penalties to the field captain of the offended team, who may then elect to accept only one of the penalties.
5. If live ball fouls are committed by both teams, each such foul is an offsetting foul, the penalties cancel each other, and the down is replayed. (Exception: When there is a change of possession during the down, the team last gaining possession may decline offsetting fouls and thereby retain possession after completion of the penalty for its infraction if it had not fouled before its last gaining possession.)
6. When Team B's foul calls for post scrimmage kick enforcement, Team B may decline offsetting fouls and accept post scrimmage kick enforcement.
7. Any dead ball fouls, or a live ball foul which is administered as a dead-ball foul, do not offset and all such dead ball or live ball fouls are administered enforced separately and in their order of occurrence. Exception: When dead ball unsportsmanlike or personal fouls by both teams are reported to the referee and before any of the penalties have been completed, the fouls offset, the number or type of down established before the fouls occurred is unaffected, and the penalties are canceled, except that any disqualified player must leave the game.
8. When a live ball is committed by one team and one or more dead ball fouls are committed by either team, both the live ball and dead ball fouls are enforced, in the order of their occurrence, provided that the live ball is enforced first.
9. For any penalty enforcement not covered in this rule book refer to the current NCAA rule book.

OE8 Summary of Penalties

Loss of Downs

Illegal forward pass or handing
Intentional grounding
Illegal kicking
Illegal batting

Automatic First Downs

Defensive pass interference or illegal contact with an eligible receiver
Holding against an eligible receiver and the ball crosses the line of scrimmage
Unnecessary roughness/personal foul on defense, including:

- Striking, kicking, kneeing, elbowing, etc.
- Piling on, late hit
- Facemask
- Illegal helmet contact (spearing, butt blocking, face tackling)
- Illegal contact to the head/helmet

Roughing the passer/kicker/holder/snapper
Unsportsmanlike conduct (defense)
Personal fouls on defense

Five (5) Yard Penalties

Coach interference /Coach Sideline violation	Illegal Substitution
Illegal motion	Offensive motion man in the box at the snap
Blitzing infraction	Illegal defense
Illegal twist	Illegal contact of a receiver past 5 yards
Illegal formation	Aiding the runner
Snap infraction	False start
Offside	Encroachment
Illegal forward pass/handing	Ineligible receiver downfield
Illegal touching	Any equipment violations
Running into the kicker/holder	Delay of game
Tight End not declaring	

Ten (10) Yard Penalties

Holding
Block in the Back
Illegal Kicking
Illegal Batting

Fifteen (15) Yard Penalties

Block below waist (cut block)	Chop block
Clipping	Crack back block
Defensive Pass Interference	Face Mask
Hurdling	Horse-collar tackle
Illegal contact out of bounds	Illegal contact above the shoulders
Illegal contact with snapper	Kick Catch Interference
Offensive pass interference	Personal fouls
Roughing the passer	Roughing kicker/holder
Roughing the snapper	on
Pyramiding	Unnecessary Roughness or fighting
Unsportsmanlike Conduct	Contact with an official