

RULES AND REGULATIONS

TORONTO FLAG FOOTBALL LEAGUE

ANDREW CLARFIELD-HENRY AND JACOB PRAGER
FOUNDERS & COMMISSIONERS





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Rules and regulations governing both the adult
and youth leagues of the TFFL

TFFL RULES AND REGULATIONS

An SFL Book/published by arrangement with
Stein, Gurau and Cashman, Inc.

Printing History

Stein, Gurau and Cashman, Inc., edition published 2001
SFL edition / June 2002

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Originally published in Hebrew under the title **Rules what are they good for?**,
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For information address: Stein, Gurau and Cashman, Inc.,
33 Vesta Dr., Toronto, Ontario M5P 2Z6, 416-322-6450.

The Toronto Flag Football League World Wide Web site address is

[HTTP://WWW.TORONTOFLAGFOOTBALL.COM](http://www.torontoflagfootball.com)

ISBN: 0-416-44977-70

TFFL®

Camp Shalom Books are published by The Ari Pottens Publishing Group,
81 Brookshire Circle, Thornhill, Ontario L3T 7B4, 905-881-7500.

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Printed in the Heart of Gravenhurst, Ontario

Design by:  uomostudio.com

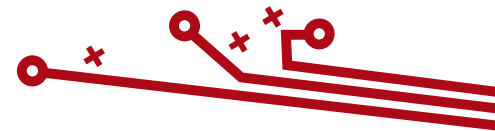


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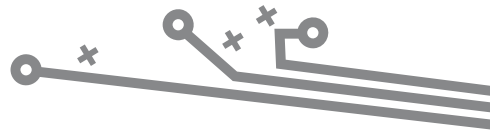
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ARTICLE 1: EQUIPMENT

Section 1.01 Ball & Tee **(ADULTS)**

- (a) Each team must bring their own football to every game. The football must be approved by the referee. No football will be provided by the Toronto Flag Football League (the "TFFL").
 - i. Both teams must make their ball available to the opposing team if they wish to use it.
 - ii. If a team does not have a football, they will be charged with a Major Unsportsmanlike Conduct penalty for Delay of Game.
- (b) Any team may appeal the approval of a game ball to the league convener. The league convener has final say as to whether a ball may be used during a game.
- (c) The offensive team is always responsible for retrieving the football between plays and/or throwing the football in to the field to start an offensive set.
 - i. The referee will not be responsible for the football.
 - ii. When the referee spots the LOS and rusher mark with the bean bags and signals the down the play clock is considered in and the offensive team will have 15 seconds to snap the ball, regardless of the location of the football. See Section 5.03.
- (d) Each team must bring their own kicking tee to every game. No kicking tee will be provided by the TFFL.
 - i. If a team does not have a kicking tee, they will have to utilize a player as a place-holder during any kickoff.
- (e) Any team that utilizes a kicking tee must remove the tee from the field immediately after the kickoff.
 - i. If the kicking tee is not removed prior to the first play after the kickoff, a Minor Unsportsmanlike Conduct penalty for Delay of Game may be assessed.

Section 1.02 Uniforms

- (a) All players must wear jerseys provided or approved by The Toronto Flag Football League.
- (b) Jerseys and/or t-shirts (tops) must be tucked in beneath the flag belt and beneath the players' shorts/pants. No article of clothing may cover any portion of the players' flags.
 - i. See Section 1.05 for further discussion on penalties regarding flags.
- (c) No belts, items of clothing, or accessories may be worn on the field that impede the removal of the flags. Devices that impede the removal of the flag will be penalized as outlined in Section 1.05.
- (d) Pants/shorts with pockets should NOT be worn.

Section 1.03 Footwear

- (a) Any flat soled shoes are acceptable footwear.
- (b) All metal cleats or spikes or any shoe that have steel or metal tips are prohibited.
- (c) Rubber cleats are permitted for players ages 17 or over.
- (d) All players must wear shoes.
- (e) A player/coach may challenge the compliance of any opposing player's footwear.
 - i. If the player is found to be in violation of the rules, a Major Unsportsmanlike Conduct penalty will be assessed.

Section 1.04 Protective Equipment

- (a) Protective mouth guards are strongly recommended.
- (b) The use of any unyielding hard substance cannot be used to protect injury without express permission from the league convener.
 - i. Casts may be permitted as long as the player has received full medical clearance from his/her doctor. Permission must be in writing and the player must also obtain permission from the league convener.
- (c) Any questions as to the legality of players' equipment shall be decided by the referee of that game.

Section 1.05 Flags

- (a) All players should wear 2, TFFL approved, flags.
 - i. Players must bring their own, TFFL approved flags to every game.
 - ii. The TFFL is not responsible for providing flags to any player at any time.
- (b) Any player not wearing 2, TFFL approved, flags may still play in the game; however, that player will be ruled down upon any possession of the football by that player.
- (c) Positioning:
 - i. The top of each flag must be able to be seen from both the front and the back.
 - ii. If the ball carrier's flags are deemed to have shifted out of position the referee may blow the play dead. No penalty yardage will be enforced.
 - iii. The top of the flag must be angled AWAY from the body (see Appendix I for further illustration)
 - 1) Any player/coach may challenge the compliance of any opposing player's flag positioning at any time.
 - 2) If a player is found to be in violation of this rule (i.e. his/her flags are pointing INWARD) a Major Unsportsmanlike Conduct penalty will be assessed.
 - 3) No play may be called back as a result of this violation. The responsibility lies with the players & coaches to discover the illegal obstruction, NOT the referee.
- (d) Players' shirts/jerseys must be tucked in on all sides. See Section 1.02(b)
 - i. If a player's shirt is pulled out during the play the referee may blow the play dead. No penalty yardage will be enforced.
 - ii. If the shirt is an obvious obstruction to the removal of the flag, and was not pulled out during the play, the referee will blow the play dead and have the following options:
 - 1) Assessment of a warning to the team; or
 - 2) assessment of a Minor Unsportsmanlike Conduct penalty from the point of infraction ("POI") if a warning has previously been assessed during the game.
- (e) The phrase "the referee may blow the play dead" shall be interpreted as follows:
 - i. The referee will blow the play dead when the flag is unintentionally obstructed in any manner if the player, at the referee's discretion, could have been de-flagged by an opposing player.

- (f) Any intentional/premeditated obstruction to the removal of the flag may result in a Major Unsportsmanlike Conduct penalty (i.e. knots, belts).
- (g) A player who loses a flag during a play, or neglects to re-attach a flag prior to the play is still a LIVE player and can participate in the play.
 - i. *Once the player is in possession of the ball he is immediately deemed down.*
- (h) The flag cannot be pulled by an opposing player before the offensive player has touched the ball on any play.
 - i. *Personal Foul will be called for any violation.*
 - ii. *The referee will also have the option to award a score to the offense in the event the offensive player whose flag has been removed gains possession of the ball in behind the defense and there is no defender that can reasonably be expected to have de-flagged him. Otherwise, the player will be deemed down where he gains possession of the ball.*
- (i) If any player is juggling the ball his flag may be pulled as soon as contact with the ball is first made.
 - i. *The ball is spotted at the point the player was de-flagged NOT where the player gains possession of the ball.*
- (j) The front strap of the flag belt MUST be tucked in. A referee may blow the play dead at his/her discretion. If the referee blows the play dead he shall have the following options:
 - i. *Assessment of a warning to the team; or*
 - ii. *Assessment of a Minor Unsportsmanlike Conduct penalty from the POI if a warning has previously been assessed during the game.*
- (k) **Returning the Flag.**
 - i. *Once a player's flag is pulled it must be handed back to the opposing player, the opposing player's team, or given to the referee.*
 - ii. *A 5-yard penalty for Minor Unsportsmanlike Conduct will be assessed for failure to do so.*

ARTICLE 2: LENGTH OF GAMES AND TIME-OUTS

Section 2.01 Game Length

- (a) Games are approximately 1 hour long.
- (b) Each half is 25 minutes total. The last 30 seconds of each half are stop time. The remaining time is running time.
- (c) During stop time the clock stops after every play.
- (d) The clock will not stop if either team is ahead by 17 points or more in the second half.

Section 2.02 Weather

- (a) Games are played rain or shine.
- (b) Games will be suspended when there is a reasonable threat of lightning.

Section 2.03 Changing Ends

- (a) One team will be given the choice to receive, or choice of side at the beginning of each half – as outlined in Section 5.01.

Section 2.04 Half-time

- (a) Halftime is a minimum of 2 minutes long. Halftime may be extended at the discretion of the referee.

Section 2.05 Time-outs

- (a) Each team has one time-out per half.
 - i. *A time-out lasts one minute.*

- (b) **Chris Webber Rule** – If a team requests a time out when they have no time outs remaining, the referee shall have the option to ignore the request and continue to spot the ball or to whistle the play dead.
 - i. If the referee ignores the request he shall inform the team that they have no time-outs remaining. If the team then does not put the ball In Play within the allotted time a Minor Unsportsmanlike Conduct penalty will be called for Delay of Game.
 - ii. If the referee blows the play dead immediately, the referee will assess a Minor Unsportsmanlike Conduct penalty for Delay of Game.

Section 2.06 Referee Time-outs

- (a) A referee may use his/her judgment regarding game time allotted. Unforeseeable circumstances may force a game to be extended or condensed at the discretion of the referee.
 - i. A game that is drastically shortened or lengthened may be protested.
 - ii. If the coaches/captains do not agree with the decision made they must follow the procedure outlined in Section 6.05.
- (b) Referees may call time-outs at any time to resolve any on-field disputes.
- (c) A referee may call as many time-outs as are needed. The referee will determine whether game-time should be added/subtracted as a result.
- (d) No referee should be affiliated with any team within the division he/she is refereeing*.

**This rule remains subject to discretion of the convener of the TFFL.*

Section 2.07 Overtime

- (a) During the regular season all games that are tied at the end of regulation time will finish in a tie.
- (b) During the playoffs all games will be decided by the following format:
 - i. A Coin Toss / “Fing Fong Phooey” (Paper, Rock, Scissors) will be used to determine possession at the start of overtime. Refer to Section 5.01
 - ii. Each team will be given one (1) possession beginning at the opposing team’s 25-yard line to determine a winner.
 - iii. In the event that a winner is not determined both teams will be given one (1) possession beginning at the opposing team’s 10-yard line to determine a winner.
 - iv. In the event that a winner is not determined both teams will be given one (1) DOWN beginning at the opposing team’s 10-yard line to determine a winner. This format will continue until a winner is determined.
 - v. A winner is determined when one team scores, while the other team is prevented from scoring.

ARTICLE 3: SCORING

Section 3.01 Touchdowns

- (a) A touchdown is worth 6 points.
 - i. When any part of the football touches or is in-advance of the goal line, a touchdown is awarded. The football must break the plane of the end zone before the player is downed by any means.
 - ii. If a player is going out-of-bounds and manages to cross the plane of the end-zone with only the ball, this shall be called a touchdown.
 - iii. The plane of the end zone is considered to be crossed if any part of the football crosses over any part of the goal-line. The goal-line extends the width of the field to the farthest point of each sideline.
- (b) After scoring a touchdown, teams must elect one of the following two options:
 - i. receive a FREE extra point; or
 - ii. attempt a 2 point conversion.
- (c) If the team elects to go for a 2-point conversion the ball is placed on the 10-yard line and the team has one down to score.
 - i. If the ball is intercepted and brought outside of the end zone or downed the play is dead and the offensive team does not receive the 2 points. No points are ever awarded to the defensive team.

Section 3.02 Safety

- (a) A safety is worth 1 point.
- (b) A safety occurs where the offensive team carries the ball into their own end zone and:
 - i. they are de-flagged/downed by any means while inside; or
 - ii. the offensive team commits a foul inside the end zone (i.e. blocking, interference, guarding the flag, jumping).
- (c) If a change of team possession occurs between the five-yard line and the goal line due to an interception and the original momentum of the player catching the ball carries him into the end zone where he is downed by any means, the ruling will be a touchback and NOT a safety.

ARTICLE 4: PLAYERS AND SUBSTITUTIONS

Section 4.01 Players

- (a) A maximum of seven (7) players are allowed on the football field per team for any play.
 - i. Any violation will result in a Minor Unsportsmanlike Conduct penalty.
- (b) A team may field no less than 5 players at any time.
 - i. A forfeit is declared when a team cannot field 5 players by 15 minutes after the designated game time.
 - ii. Extenuating circumstances leave this rule open for flexibility.
 - iii. When a team can only field 5 players the opposing team may only field a maximum of 6 players.
 - iv. (YOUTHS ONLY) During post-season play all teams must field the same number of players as the opposing team.
- (c) (YOUTHS ONLY) Notwithstanding Section 4.01(a), if the convener of the league rules, teams may field eight (8) players per side to limit the amount of players sitting off.
 - i. Other rules referencing a maximum of 7 players will be deemed to reference 8 players in the event this rule is implemented in any game.
- (d) (ADULTS ONLY) Teams may use any eligible non-original-roster player during any regular season game as long as that player does not play on any other team in the TFFL.
- (e) (ADULTS ONLY) Teams may use a maximum of 3 eligible non-original-roster players that play on other TFFL teams in other divisions. If an eligible non-original-roster player that plays on another TFFL team in another division has played in at least 3 games with that team, they will be considered an original-roster player for that team.
 - i. These players will count towards a team's minimum number of player requirement outlined in Section 4.01(b)

- (f) (ADULTS ONLY) If an eligible non-original-roster player plays on another TFFL team in the same division, the opposing team's captain must give their approval to their addition to the roster for any regular season game.
 - i. If approval from the opposing captain is received, the player is eligible to play; however, the player will NOT count towards a team's minimum player requirement outlined in Section 4.01(b).
- (g) A game that is forfeited is recorded as 28-0.
- (h) All persons are eligible to play in the TFFL if they have signed up for the league with the league convener prior to kickoff and completed a TFFL waiver.
- (i) If any player plays one down and has not signed up with the league or filled out a waiver, the team shall forfeit that game, unless that player receives express permission from the convener of the TFFL
- (j) (ADULTS ONLY) A player must have played in at least 5 regular season games to be eligible for the playoffs.

Section 4.02 Substitutions

- (a) Substitutions are allowed at the completion of every play.
- (b) A team may only have a maximum of 7 players in their huddle at any time.
 - i. Any violation will result in a Minor Unsportsmanlike Conduct penalty.
- (c) Players being substituted for must be off the field prior to the next snap OR they must be out of the area of play and departing the field in haste.
 - i. Any violation will result in a Minor Unsportsmanlike Conduct penalty.
- (d) "Sleepers" on substitutions will not be allowed:
 - i. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or was on the field of play during the previous play and did not leave the field of play.
 - ii. Any violation will result in a Minor Unsportsmanlike Conduct penalty..

Section 4.03 Participation (YOUTHS)

- (a) All players must participate in the game. The league is primarily for fun and therefore everyone must be given a fair and reasonably equal amount of playing time.
- (b) An effort must be made by all coaches/teams to involve each player on his/her team.
- (c) A referee may deduct a Sportsmanship Point from any team failing to adhere to the spirit of the league. See Section 7.02 for more details.

ARTICLE 5: PLAYING REGULATIONS

Section 5.01 Coin Toss or “Fing Fong Phooey”

- (a) **(ADULTS ONLY)** At the beginning of the game the captain/player from the home team will be asked to call “heads” or “tails” prior to a coin toss. The referee will indicate which side of the coin will represent each call. The coin will be tossed in the air and either caught or allowed to fall to the ground. If the side facing up matches the call by the captain/player they will be deemed to be the winner, and if not, the loser.
- (b) **(ADULTS ONLY)** In the event there is no coin available to the referee, players shall abide by the Youth Division Rule (see Section 5.01(c))
- (c) **(YOUTHS ONLY)** At the beginning of the game one captain (player) from each team will engage in a best two-out-of-three ‘rock-paper-scissors’ game.
 - i. The throw will be ON “scissors” and not after.
- (d) The winner will have choice of the following options for the first half:
 - i. To receive;
 - ii. Side of play; or
 - iii. Defer choice to the second half.
- (e) If the winner elects to receive or chooses a side of play the loser will have choice of the remaining option in the first half. The loser will then get first choice of the options for the second half. The winner will have choice of the remaining option in the second half.
- (f) If the winner elects to defer choice to the second half, the loser will have first choice of the options for the first half. The winner will then get first choice of the options for the second half. The loser will have choice of the remaining option in the second half.

Section 5.02 Kickoff

- (a) Kickoffs occur **ONLY** at the beginning of each half and during stop time of each half.
 - i. If a touchdown is scored at any other point in the game, the opposing team will automatically begin with the ball on their own:
 - 1) **ADULT: 25-yard line.**
 - 2) **FRESHMAN: 33-yard line.**
 - 3) **SOPHOMORE: 33-yard line.**
 - 4) **JUNIOR: 10-yard line.**
 - 5) **SENIOR: 10-yard line.**
- (b) Kickoffs must be made from the team’s own:
 - 1) **ADULT: 25-yard line.**
 - 2) **FRESHMAN: 33-yard line.**
 - 3) **SOPHOMORE: 33-yard line.**
 - 4) **JUNIOR: 10-yard line.**
 - 5) **SENIOR: 10-yard line.**
- (c) On any kickoff, the ball must be placed in between the hash marks, or at least 15 yards in from the nearest sideline.
- (d) No player from the kicking team may be in front of the kicker at the time the ball is kicked on any kick-off, unless they are the place-holder.
 - i. Offside will be called if a player from the kicking team is in advance of the ball at the time that it is kicked.
 - ii. 5-yard penalty to be assessed after the kickoff.
- (e) No player from the receiving team may be in front of mid-field at the time the ball is kicked on any kick-off.
 - i. Offside will be called if a receiving player is in advance of mid-field at the time that it is kicked.
 - ii. 5-yard penalty to be assessed after the kickoff.
- (f) The ball must remain in the field of play on the kickoff.
 - i. *Illegal Procedure* will be called if the ball goes out-of-bounds.
 - ii. **(ADULTS ONLY)** The receiving team will be given the following choice:
 - 1) **The ball is spotted 35 yards downfield from the kick; or**
 - 2) **The ball is spotted where the ball left the playing field.**
 - iii. **(YOUTHS ONLY)** The receiving team will be given the following choice:
 - 1) **The ball is spotted at midfield; or**
 - 2) **The ball is spotted where the ball left the playing field.**

- (g) The ball is not live until the receiving team has touched it. All fumble rules apply.
- (h) If a Lateral is attempted by the receiving team on a kickoff return and fumbled, this results in a **TURNOVER**. See Section 5.18(g)(ii)
- (i) If a touchback is called the ball will be placed at the:
 - 1) **ADULT: 25-yard line.**
 - 2) **FRESHMAN: 33-yard line.**
 - 3) **SOPHOMORE: 33-yard line.**
 - 4) **JUNIOR: 10-yard line.**
 - 5) **SENIOR: 10-yard line..**
- (j) If the kick goes out the back or sides of the end zone a touchback will be called.
- (k) If the ball is downed inside the end zone a touchback will be called.

Section 5.03 Play Clock In/Ball In Play/Dead Ball

- (a) Play Clock In: The play clock will start when the referee spots the LOS, and, for adults, the rusher mark, with bean bags and signals down.
- (b) **(ADULTS ONLY)** Ball In Play: A team must snap the ball to begin each play. This is defined as putting the ball “In Play”.
 - i. *The player who snaps the ball is considered the center.*
 - ii. *To snap the ball it must begin on the ground and in one continuous movement be directed straight back.*
 - 1) *A snap does not have to go between the center’s legs.*
 - iii. *A snap that is directed diagonally backwards must remain within the eligible pocket. The eligible pocket is defined as 2 yards on either side of the initial spot of the LOS with the yellow bean bag.*
 - 1) *Any violation will result in a 5-yard penalty for Illegal Procedure, to be assessed from the LOS.*
 - iv. *The play officially begins on the first movement of the ball.*
- (c) **(ADULTS ONLY)** If the ball is snapped before the referee puts the Play Clock In, the referee may blow the play dead.
- (d) **(ADULTS ONLY)** When the center approaches the ball with the Play Clock In, 4 players must be on the line (including the center).
 - i. *Any violation will result in a 5-yard penalty for Illegal Procedure, to be assessed from the LOS.*

- (e) **(ADULTS ONLY)** Once the center has lowered his head over the ball the QB Rusher can no longer change sides of the rusher mark.
 - i. *5-yard penalty for Illegal Procedure, to be assessed from the LOS*
- (f) **(YOUTHS ONLY)** Ball In Play: The QB on the offensive team must call out “HUT” to begin each play. This is defined as putting the ball “In Play”.
- (g) **(YOUTHS ONLY)** If “HUT” is called prior to the referee putting the Play Clock In, the referee may blow the play dead.
- (h) **(YOUTHS ONLY)** There must be 4 players on the LOS when the QB calls “HUT”, including the QB.
- (i) A Dead Ball is defined as the time after any play ends and before the referee puts the Play Clock In.
- (j) The offense has a maximum of 15 seconds from the time the referee puts the Play Clock In to put the ball In Play.
 - i. *Minor Unsportsmanlike Conduct penalty for Delay of Game*
- (k) The offense need not use the full play clock and may begin the play immediately after the referee puts the Play Clock In. Defense must be ready for this hurry-up offense.
- (l) The referee can only put the Play Clock In once the defense is onside. The defense must make a reasonable effort to get back onside after every play.
 - i. *Minor Unsportsmanlike Conduct penalty for Delay of Game may be called.*
- (m) If Delay of Game is called twice against a team that is in the lead during the last 10 minutes of a game, the clock will stop on the second violation and the team will be charged with a timeout. If the team does not have a timeout, a Major Unsportsmanlike Conduct penalty will be assessed. The clock will restart when the ball is put In Play.

Section 5.04 The QB

- (a) Only one player on the offensive team may approach the ball once the referee has put the Play Clock In.
 - i. *All other players on the LOS must be at least 2 yards from the LOS spot.*
 - ii. *All other players in the backfield must be at least 2 yards off of the LOS.*
 - iii. *Any violation will result in a 5-yard penalty for Illegal Procedure, to be assessed from the LOS.*
- (b) **(YOUTHS ONLY)** The player who approaches the ball once the referee has put the Play Clock In is considered the QB.

- (c) **(YOUTHS ONLY)** Only the QB may call “HUT” to signal the start of the play.
- (d) **(YOUTHS ONLY)** If the QB calls “HUT” and immediately moves the ball to another player a Backfield Play will be deemed to have started.
- (e) **(ADULTS ONLY)** The player who receives the snap is the QB.
 - i. More than one player may line up in the eligible pocket to receive a snap.
 - ii. Neither player need declare themselves as the QB.
 - iii. Either player may direct the center when to snap the ball.
 - iv. The player who receives the snap is considered the QB and the player who does not receive the snap cannot in any way block the path to the QB.
- (f) **(ADULTS ONLY)** The QB must be at least 5 yards behind the LOS and he must be within the eligible pocket.
 - i. Any violation will result in a 5-yard penalty for Illegal Procedure, to be assessed from the LOS.

Section 5.05 First Downs

- (a) **(YOUTHS ONLY)** There will be two first down lines on each field. It will be marked at each 33-yard line.
- (b) **(ADULTS ONLY)** There will be three first down markers on each field at the 25, 50, and 75-yard lines.
- (c) A team has four downs to advance the ball beyond the first down marker directly downfield of where they gain possession of the ball or where they were awarded a first down. If they do so, they will be awarded a first down.
- (d) If a team gains possession of the ball or are awarded a first down in advance of every first down marker on the field they will have four downs to advance the ball into the end-zone.
- (e) If a team loses yardage to fall behind a first down marker, they cannot gain a first down by advancing the ball beyond that first down marker; rather, they must still advance the ball beyond the originally designated first down line directly downfield from where they originally gained possession of the ball.

Section 5.06 Punts

- (a) Punts must be communicated to the referee and to the opposing coach before the play.
 - i. If no communication occurs before the play, the referee may order the play to be redone.

- (b) **(YOUTHS ONLY)** Once a team communicated to the referee that they will be punting, the punter may take the ball from the LOS and back up with it.
 - i. The play will begin only when the ball has been kicked by the punter.
 - ii. The punter does not need to call “hut” or make any signal to start the play. It will only start once the ball has been kicked.
 - iii. The offensive team cannot cross the LOS until the ball has been kicked.
- (c) **(YOUTHS ONLY)** The receiving team must back up at least 5 yards off the line of scrimmage once a punt is declared.
 - i. Offside is a 5-yard penalty, to be assessed from the LOS, if any player is within 5 yards at the time the ball is kicked.
- (d) A punt may go out-of-bounds with no penalty. The ball will be spotted where it left the playing area.
- (e) A punt is not live until the receiving team touches it.
- (f) The punting team may down the ball.
 - i. The ball is downed if it is directed away from the LOS or touched on the ground.
 - ii. The ball is not downed if it is directed towards the LOS in the air.
- (g) No fake punts are allowed.
- (h) **(ADULTS ONLY)** Only one defensive player may rush the punter immediately.
 - i. He must stand 10-yards behind the LOS
 - ii. If a punt is deflected such that it changes direction to move toward the kicking team’s end zone, the ball is DEAD and the non-kicking team gains possession where the player first made contact with the ball.
 - iii. If a punt is deflected such that it does not change direction and continues to move toward the non-kicking team’s end zone, the ball remains LIVE and the non-kicking team may advance the ball.

Section 5.07 Huddle

- (a) There is a maximum of 7 players allowed in a huddle.
 - i. Any violation will result in a Minor Unsportsmanlike Conduct penalty.

Section 5.08 Motion

- (a) A maximum of 3 players are allowed to be in motion at the snap. Movement must be parallel or away from the LOS and must be continuous. The player cannot begin this motion after coming set on the LOS.
 - i. 5-yard penalty, no loss of down, for Illegal Procedure.

- (b) No offensive player may go directly into motion, move forward, or flinch forward once they have set themselves on the LOS, unless the movement is clearly backwards and away from the LOS.
 - i. 5-yard penalty for False Start.
- (c) No offensive player can cross the LOS before the ball is snapped.
 - i. 5-yard penalty for False Start.

Section 5.09 Offside

- (a) A defensive player will be called Offside if he crosses the LOS before the ball has been put In Play, and does not return behind the LOS before the ball is put In Play.
 - i. Offside is a 5-yard penalty, to be assessed from the LOS.

Section 5.10 Steamboats (YOUTHS)

- (a) In the Freshman Division there will be 5 steamboats per down.
- (b) In the Sophomore Division there will be 4 steamboats per down.
- (c) In the Junior Division there will be 4 steamboats per down.
- (d) In the Senior Division there will be 3 steamboats per down.
- (e) The referee will shout the steamboats out.
- (f) The full steamboat must be heard BEFORE the counter may rush the QB.
 - i. If the steamboat counter crosses the LOS before the referee completes the final steamboat he is deemed offside.
- (g) After the final steamboat the QB is still live. The QB may run, scramble and/or throw the ball until he is de-flagged or downed by any other means.
- (h) A steamboater must be clearly assigned to the quarterback. He must be:
 - i. In the vicinity of the QB;
 - ii. Focused on the QB; and
 - iii. Not included in any zone defense.
 - iv. Failure to do so results in a 5-yard penalty, no loss of down, for Illegal Procedure.
- (i) Roughing the Passer will be called when the rusher, if while attempting to de-flag the quarterback or block the pass, makes any contact with the passer including striking the passer's arm when in a forward motion.
 - i. The onus is on the defensive player to avoid contact with the QB. The defensive player is responsible for their momentum and will be called even if the contact is accidental and minor.
 - ii. Personal Foul is the penalty for Roughing the Passer.

Section 5.11 QB Rusher /Blitzing Rusher (ADULTS)

- (a) One player, hereafter referred to as the QB Rusher, may rush the QB unabated each play.
- (b) A secondary QB rusher, hereafter referred to as the Blitzing Rusher, is allowed to rush the QB on each play, but is not given right of way.
- (c) A player must indicate to the referee that he will be the QB Rusher for the next play by holding one (1) hand up after the referee puts the Play Clock In and before the ball is put In Play.
 - i. If the QB Rusher indicates late, in the discretion of the referee, he will be designated as a Blitzing Rusher and not receive an unabated path.
- (d) A player must indicate to the referee that he will be the Blitzing Rusher for the next play by holding up two (2) hands after the referee puts the Play Clock In and before the ball is put In Play.
 - i. If two players raise one (1) or two (2) hands, both players will be designated as Blitzing Rushers, and no player will be designated as the QB Rusher.
 - ii. If more than two players raise any combination of 1 or 2 hands, Illegal Procedure will be called on the Defense.
- (e) The QB Rusher and/or Blitzing Rusher, collectively referred to as the Rushers, must be at least 5 yards away from the LOS and within 5 yards laterally of the initial spot of the ball.
- (f) Offside will be indicated if any part of a Rusher's body is in advance of the marker prior to the snap and the Rusher does not retreat before the ball is snapped.
- (g) Offside will be indicated by the referee raising his arm.
 - i. Offside will only be called if the Rusher crosses the LOS with the referee's hand raised. A 5-yard penalty will be assessed.
 - ii. If the Rusher returns behind the bag he is again eligible to cross the LOS in pursuit of the QB.
- (h) The QB Rusher is entitled to a straight line at the QB and any interference with this path, subject to the following express exceptions, is considered blocking.
 - i. The line the QB Rusher takes MAY NOT initially lead through the center. The QB Rusher must move laterally to either side to establish an initial right of way.
 - 1) The QB Rusher cannot line up directly in front of the center. If he does so he will lose his right of way.
 - ii. The center may always remain stationary. If contact results, no penalty will be assessed on the center if he/she did not move.
 - 1) No penalty will be called even if the stationary position of the center is used as a pick by the QB.

- (i) The center is responsible for any interference with the direct path to the QB. This includes when the QB moves laterally and changes the direct path.
 - i. *If the QB does not move laterally, the center will be allowed to move in a direction away from the side the QB Rusher chose prior to the snap. Any movement (or leaning) towards the side the QB Rusher chose prior to the snap will be called Blocking on the Center. Dipping the shoulder is considered movement.*
 - ii. *Blocking on the Center is a , 5-yard penalty.*
- (j) The Blitzing Rusher is always responsible for any contact with the center. Responsibility does NOT rest with the center to avoid contact with a Blitzing Rusher.
 - i. *The center cannot intentionally block the progress of a Blitzing Rusher, but is given right of way on his receiving route.*
 - ii. *Blocking, 5-yard penalty*
- (k) All other defensive players may line up at the line of scrimmage - they may also cross the line after the play has begun.
 - i. *These players cannot de-flag OR pressure the QB in the backfield until he has crossed or is crossing the LOS.*
 - ii. *10-yard penalty from LOS for Illegal Procedure on the Defense for an illegal man in the backfield.*
- (l) Pressuring the QB is defined as pursuit of the QB well behind the LOS.
 - i. *Pressuring the QB within close proximity of the line of scrimmage is allowed.*
 - ii. *If another offensive player is in the vicinity of the QB and the defensive player's pursuit can be attributed to making a play on that other offensive player then no penalty will be called.*
- (m) Roughing the Passer will be called when the rusher, if while attempting to de-flag the quarterback or block the pass, makes any contact with the passer including striking the passer's arm when in a forward motion.
 - i. *The onus is on the defensive player to avoid contact with the QB. The defensive player is responsible for their momentum and will be called even if the contact is accidental and minor.*
 - ii. *Personal Foul is the penalty for Roughing the Passer.*

Section 5.12 De-flagging

- (a) The ball carrier is deemed to be down and the ball is dead when either flag is detached from the ball carrier's waist or when any part of the ball carrier's body other than a hand or foot touches the ground.

- (b) When a defensive player pulls the ball carrier's flag he must return it to the de-flagged player, the de-flagged player's team, or give it to the referee. See Section 1.05(k).
- (c) Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm and directing the ball carrier to the ground. The following penalties may be assessed at the discretion of the referee:
 - i. *A 5-yard penalty for Minor Contact;*
 - ii. *A 10-yard Personal Foul penalty with an automatic first down; or*
 - iii. *If the contact is excessive and/or flagrant, a 15-yard penalty for Major Contact shall be assessed, with an automatic first down and ejection of the player from the game.*
- (d) Pushing a player out-of-bounds is prohibited. The following penalties may be assessed at the discretion of the referee:
 - i. *A 5-yard penalty for Minor Contact;*
 - ii. *A 10-yard Personal Foul penalty with an automatic first down; or*
 - iii. *If the contact is excessive and/or flagrant, a 15-yard penalty for Major Contact shall be assessed, with an automatic first down and ejection of the player from the game.*
- (e) Holding is prohibited.
 - i. *The penalty for Holding will be a Personal Foul*
 - ii. *Grabbing the ball carrier's clothing will be considered holding.*
 - iii. *An unintentional hold of a player's clothing or flag belt will be penalized as Minor Contact as long as the clothing is released immediately.*
- (f) The intended receiver of either a pass or a Lateral may be de-flagged after first touching the ball – even while fumbling or bobbling the ball and before possession is established.
 - i. *The receiver is considered down at the point he was de-flagged, NOT at the point he gains control of the ball.*
- (g) If an offensive player's flag is pulled prior to contact with the football Personal Foul will be called.
 - i. *The referee will also have the option to award a score to the offense in the event the offensive player whose flag has been removed gains possession of the ball in behind the defense and there is no defender that can reasonably be expected to have de-flagged him. Otherwise, the player will be deemed down where he gains possession of the ball.*
- (h) If the QB's arm is in forward motion (passing) while his flag is pulled, the pass is allowed.

Section 5.13 Ball Carrier

- (a) The responsibility of avoiding contact rests primarily with the ball carrier. He must make every effort to avoid contact.
- (b) The ball carrier cannot uncontrollably or deliberately run or dive into a defensive player.
 - i. 5-yard penalty for Minor Contact; or
 - ii. 10-yard Personal Foul penalty, automatic first down.
- (c) When a defensive player has established position to de-flag the ball carrier, the ball carrier CANNOT run into him. The defender is entitled to a stationary effort at the flag.
 - i. It is expected of the ball carrier to slow down and stop if otherwise he cannot avoid making contact with the stationary defender.
 - ii. 5-yard penalty for Minor Contact; or
 - iii. 10-yard Personal Foul penalty, automatic first down.
- (d) A ball carrier may spin but must take responsibility for his momentum. If contact occurs during a spin the offensive player will be automatically penalized.
 - i. 5-yards from POI for Minor Contact.
- (e) Players must keep at least one foot on the ground during any spin (at the discretion of the referee).
 - i. 5-yard penalty will be assessed for jumping, from the POI. See Section 5.14.

Section 5.14 Jumping

- (a) Players cannot leave their feet to avoid being de-flagged.
 - i. Players may leave their feet to de-flag a player or to attempt to catch the ball.
 - ii. The play will be blown dead and a 5-yard penalty assessed from the POI for jumping.

Section 5.15 Guarding the Flag

- (a) The ball carrier cannot protect his flags by blocking with his hand, arm, head, shoulder or the ball.
 - i. It is an infraction regardless of whether the player guards their flags intentionally or unintentionally. The onus is on the ball carrier to keep the path to their flags free from any obstruction.
 - ii. 5-yard penalty for Guarding the Flag marked from the POI.
 - iii. The play will be blown dead upon infraction.

Section 5.16 Fumble

- (a) The ball is DEAD on any fumble.
- (b) The ball shall be spotted at the point where the player lost possession of the ball.
- (c) On a muffed snap, if the QB fields the ball cleanly & immediately the play is allowed to continue.
 - i. If the ball is snapped over the head of the QB, or it is not fielded cleanly & immediately the play shall be blown DEAD.
 - ii. If the QB makes contact with the ball on the snap, and the ball is subsequently fumbled, the spot of the ball will be where the QB made contact with it, and NOT where the ball first landed.
- (d) On a kickoff if the ball is muffed the play shall be blown DEAD immediately.

Section 5.17 Running

- (a) The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on to any degree.
- (b) A Running Play is defined as a play where the ball crosses the LOS on the ground.
- (c) A Backfield Play is defined as any play where the ball is not in possession of the QB.
- (d) **(YOUTHS ONLY)** There is ONLY ONE Running Play per set of downs.
- (e) **(YOUTHS ONLY)** All Backfield Plays (and as many as you want) are allowed as long as the ball does not cross the LOS on the ground.
 - i. If the ball crosses the LOS on the ground, this shall be considered a Running Play.
 - ii. If the ball crosses the LOS on the ground and the offensive team has already used their Running Play this constitutes Illegal Procedure.
 - iii. 5-yard penalty, assessed from POI, and a loss of down for Illegal Procedure.
- (f) **(YOUTHS ONLY)** The QB is only allowed to run the ball after the completion of the steamboat count.
 - i. If the ball is handed-off, the team may run the ball immediately.
 - ii. 5-yard penalty, assessed from POI, and a loss of down for Illegal Procedure.
- (g) **(YOUTHS ONLY)** Once a Backfield Play has begun the referee will STOP counting steamboats. Defensive players may cross the LOS at this time to de-flag to QB.

- (h) **(YOUTHS ONLY)** There is a no-running zone located 5 yards from each end zone and each first down line. This is designated to avoid short-yardage situations.
 - i. If the ball is on the 1-yard line the QB cannot reach over the line with the ball, as this is considered a Running Play.
 - ii. 5-yard penalty, assessed from POI, and a loss of down for Illegal Procedure.
- (i) **(ADULTS ONLY)** There are unlimited running plays.
- (j) **(ADULTS ONLY)** The QB is allowed to run the ball at any time during the play.
- (k) **(ADULTS ONLY)** Once a backfield play has begun all players may de-flag the QB.

Section 5.18 Passing

- (a) There can be only one forward pass per play.
- (b) If the football is past the LOS when it is released, an illegal forward pass has occurred. The spot is judged by the release of the ball, NOT the feet of the QB.
 - i. A 5-yard Illegal Procedure penalty and a loss of down is assessed for an illegal forward pass.
 - ii. Illegal forward passes shall be marked from the POI.
 - iii. Any play where an illegal forward pass occurs is also considered a Running Play, as the ball crossed the LOS on the ground.
- (c) Once the ball has crossed the LOS it cannot be passed forward even if the ball is first returned back across the LOS.
- (d) Intentional Grounding occurs when the QB has not moved laterally and he intentionally and obviously throws the ball to where no receiver has a chance at it.
 - i. This does not include passes that are thrown downfield past everyone.
 - ii. If the QB obviously and immediately spikes the ball at the LOS this shall be ruled an incomplete pass.
 - iii. The ball shall be spotted at the POI with a loss of down
 - v. If the QB is in his own end-zone then the result is a safety.
- (e) A Lateral is defined as any pass thrown overhand or underhand perpendicular or away from the direction of advancement of the team in possession.
- (f) A forward underhand pass is not a lateral and constitutes an illegal forward pass unless initiated from behind the LOS, in which case it is a legal forward pass.

- (g) A Lateral may be attempted at any point on the field.
 - i. Any Lateral initiated from behind the LOS that is fumbled is DEAD at the spot it first strikes the ground.
 - ii. Any Lateral initiated from in advance of the LOS that is fumbled results in a TURNOVER from the spot the Lateral is initiated.

Section 5.19 Receiving

- (a) A reception occurs when a player catches and controls the ball with at least one foot in-bounds.
- (b) All offensive and defensive players are eligible receivers if they are on the playing field when the ball is snapped.
- (c) If a receiver fully and clearly steps out-of-bounds, without being illegally forced out by an opposing player, and returns to catch a pass thrown to him, the receiver is ruled to be ineligible and the pass is ruled incomplete.
 - i. No penalty yardage on the play. Loss of down.
- (d) If a player steps out-of-bounds by a small margin (at the discretion of the referee) they will remain eligible.
- (e) A receiver is considered eligible if he is illegally forced out-of-bounds by a defender and immediately returns to the field of play.
- (f) A defender cannot force an offensive player out-of-bounds by way of any positive action. Incidental contact is not considered to be a positive action.
- (g) If a receiver catches the ball with one foot in-bounds and one foot out-of-bounds simultaneously, the pass is incomplete.
- (h) When a receiver jumps to make a catch, both of the receiver's feet must have started in-bounds and the first foot to touch the ground after the reception must land in-bounds for the pass to be ruled complete.
- (i) The lines marking the sidelines and the extreme end of the end-zones shall be considered out-of-bounds if stepped on to any degree.
- (j) A double reception always goes to the offense.

Section 5.20 Pass Interference

- (a) After the pass is in the air neither receiver nor defender may deliberately touch the other until either of them touches the ball.

- (b) Incidental contact is defined in this circumstance as contact resulting from attempts at the football. This type of contact is permitted.
- (c) Positional advantage can only be used to make an attempt at the football.
- (d) If contact occurs as a result of the receiver’s attempt at the ball, and the defender is making NO attempt at the ball, this shall be considered Defensive Pass Interference.
 - i. *When a defender uses their positional advantage to impede the receiver without making an attempt at the ball contact is attributed to the defender.*
- (e) If contact results from the receiver’s attempt at the ball, and the defender has positional advantage and is making an attempt at the ball, this shall be considered Offensive Pass Interference.
 - i. *When a defender is using their positional advantage to catch the football contact is attributed to the receiver.*
- (f) Defensive Pass Interference occurs when the defender makes deliberate contact with the offensive player to impede the catching of the ball. This is also referred to as taking away any positional advantage through contact.
 - i. *The ball is spotted at the point of interference and an automatic first down is awarded.*
 - ii. *If the interference occurs in the end zone the ball is spotted at the 1-yard line and an automatic first down is awarded.*
- (g) An attempt to catch the ball that results in unintentional contact is NOT Pass Interference, unless one player had established a positional advantage.
- (h) When no positional advantage has been established by either player, the onus is on both the offensive and defensive player to avoid contact with the other player.
- (i) Offensive Pass Interference occurs when the offensive player makes deliberate contact with the defensive player at any point to gain a positional advantage in order to catch the ball or hinder the defensive players’ ability to catch it and/or guard him.
 - i. *“Pushing off” to free up space is considered offensive Pass Interference.*
 - ii. *A 10-yard penalty will be assessed from the LOS with a loss of down.*

Section 5.21 Illegal Use of Hands

- (a) No defender may make deliberate contact with a receiver to impede his route at any point.
 - i. *5-yard Interference penalty for illegal use of hands.*

Section 5.22 Interference

- (a) Any offensive player not making a play for the ball (or running a pattern) who deliberately impedes any defensive player’s ability to cover his man shall be called for Interference .
 - i. *A 10-yard Interference penalty with no loss of down.*

Section 5.23 Blocking

- (a) No offensive player may impede a defensive players path to the ball carrier unless they are clearly stationary.
 - i. *Offensive players will be called for Blocking when the ball crosses the LOS, if they are within the vicinity of the ball, ahead of the ball, and moving.*
 - 1) 10-yard penalty will be assessed from the POI.**
 - ii. *To avoid being called for blocking, offensive players should only move when they are behind the ball.*

Section 5.24 Quick Whistle

- (a) If the official whistles the play dead prematurely, AND the outcome of the play is in doubt, the offense shall have the choice of:
 - i. *Accepting the ball where it was whistled dead; or*
 - ii. *replaying the down.*
- (b) If the outcome of the play is NOT in doubt, the result of the play may be left to stand at the discretion of the referee.
- (c) If there is an interception on the play the team with possession of the ball shall be considered the offence.

ARTICLE 6: PENALTIES

Section 6.01 General

- (a) All penalties are subject to the non-penalized team's choice to accept or decline the penalty.
- (b) All live ball penalties (fouls which occur while the play is in progress), with the exception of the plays enumerated in Section 6.01(c), will be indicated by the referee tossing a penalty flag on the field. The play will be allowed to continue to its completion and the penalty will subsequently be subject to the non-penalized team's choice of whether to accept or decline the penalty.
- (c) The following penalties on the offense will be blown dead at the moment of infraction:
 - i. *Jumping - Section 5.14;*
 - ii. *Guarding the Flag - Section 5.15.*
- (d) Offsetting fouls occur when both the offense and the defense are penalized on the same play. It is irrelevant if the penalties have different yardage amounts.
 - i. *Offsetting fouls result in the down being played over.*
 - ii. *If two penalties occur against one team on the same play, only a single penalty may be enforced. The choice is given to the opposing team as to which foul to be enforced.*
 - iii. *If a foul occurs during a play and after the play a dead ball foul occurs, both fouls will be enforced, even if they are both against the same team. They do not offset, even if they are against both teams.*
 - iv. *If a distance penalty, enforced from a specific spot between the goal lines, would place the ball more than half the distance to the offender's goal line, the penalty is half the distance from that spot to the goal line.*

Section 6.02 Contact

- (a) **Minor Contact:**
 - i. *Incidental contact or unintentional contact that can be attributed to one player. See the following Sections:*

- 1) *Contact on the Offense - Section 5.13(b),(c)*
- 2) *Holding - Section 5.12(e)*
- 3) *Pushing - Section 5.12(d)*
- 4) *Spinning - Section 5.13(d)*
- 5) *Tackling - Section 5.12(c)*

ii. *5-yard penalty, no loss of down.*

- (b) **Personal Foul:**

- i. *Deliberate contact with another player. See the following Sections:*

- 1) *Contact on the Offense - Section 5.13(b),(c)*
- 2) *Holding - Section 5.12(e)*
- 3) *Pushing - Section 5.12(d)*
- 4) *Roughing the Passer - Section 5.10(i)*
- 5) *Tackling - Section 5.12(c)*
- 6) *Premature Flag Pull - Section 1.05(h), 5.12(g)*

- ii. *10-yard penalty, automatic first down.*

- (c) **Major Contact:**

- i. *Deliberate and flagrant contact with another player. See the following Sections:*

- 1) *Pushing - Section 5.12(d)*
- 2) *Tackling - Section 5.12(c)*

- ii. *In the judgment of any referee, if any player commits any of the following acts deliberately and/or flagrantly, the player or players involved shall called for Major Contact:*

- 1) *Using fists, kicking, or kneeing.*
- 2) *Illegal use of hands, forearms, or elbows*
- 3) *Tackling*
- 4) *Any deliberate and flagrant act which could cause injury*

- iii. *15-yard penalty, automatic first down, and ejection of the player or players from the game.*

- iv. *(YOUTHS ONLY) A Sportsmanship Point will be automatically deducted from the team.*

Section 6.03 Unsportsmanlike Conduct

- (a) **Minor Unsportsmanlike Conduct:**

- i. *Utilized by the referee as a warning to the player that their conduct is unacceptable. Any ensuing conduct of a similar nature may result in a Major Unsportsmanlike Conduct penalty being assessed. See the following Sections:*

- 1) Banter - Section 6.04
- 2) Delay of Game (O)- Section 2.05(b), Section 5.03(j)
- 3) Delay of Game (D)- Section 5.03(l)(i)
- 4) Front Strap Obstruction - Section 1.05(j)
- 5) Returning the Flag - Section 1.05(k)
- 6) Shirt Obstruction - Section 1.05(d)

ii. 5-yard penalty, no loss of down.

(b) Major Unsportsmanlike Conduct:

i. This penalty shall be called if in the judgment of any referee a player engages in:

- 1) Abusive, profane, or insulting language to any person on the field or in the vicinity of the field;
- 2) Any act of unfair play;
- 3) Harassment of officials or other players;
- 4) Profanity;
- 5) Baiting and/or taunting of an opponent; and/or
- 6) any other unsportsmanlike act that is excessive.

ii. See the following Sections:

- 1) Banter - Section 6.04
- 2) Delay of Game, Off.- Section 5.03(m)
- 3) Flag Obstruction - Section 1.05(f)
- 4) Footwear - Section 1.03(i)
- 5) Reverse Flag Belt - Section 1.05(c)(iii)

iii. 10-yard penalty, no loss of down.

iv. (YOUTHS ONLY) A Sportsmanship Point may be deducted from the team at the discretion of the referee.

v. The player may be ejected from the game at the discretion of the referee.

vi. The referee may make any additional penalty they deem to be fair in the circumstances, including awarding a score.

(c) End Zone celebrations are acceptable if the player celebrating does not direct the celebration at the opposing team, the celebration cannot be construed as taunting, and the celebration is not excessive.

(d) Situation and circumstance will have a major influence on the conduct allowed by the referee.

Section 6.04 Banter

(a) When any player or coach engages in excessive banter or chatter with anyone else on or in the vicinity of the field, including their own team members, both the player and the team will be issued a Banter Warning.

- (b) If a player, coach, or team is issued a Banter Warning they will receive an automatic Minor Unsportsmanlike Conduct penalty.
- (c) If a team has received a Banter Warning and any player on that team engages in similar banter for which the warning was given, the referee will assess a Major Unsportsmanlike Conduct penalty.

Section 6.05 Protest

- (a) A protest may be raised regarding rule interpretations, increases or reductions in game-time, the eligibility of a player, or suspensions. The convener of the TFFL must clear protests regarding other disputes before being allowed.
 - i. No protest may be raised regarding the judgment or discretion of an official for any call during a game.
- (b) Protests shall be reviewed by a TFFL panel of five (5) members; consisting of the league's two (2) owners, the league convener, and the two (2) referees from the game being protested.
 - i. If any member of the panel is found to be affiliated, or "interested" in the decision/ final outcome of the protest he shall be removed from the panel for this individual ruling.
 - ii. In the event one person holds more than one of the above positions, the VP of Operations will be invited to the panel.
- (c) Any coach wishing to protest a game must notify the officials at the end of the game and record their intention on the game-sheet. Coaches must NOT make the protest public, and should wait until the completion of the game to make their intentions known. A protest is a formal procedure and failure to treat it as such may result in the loss of the right to protest the game.
- (d) The protest must be submitted in writing to the league convener, via fax/email or in-person, within 48 hours. Failure to meet the deadline will result in the loss of the right to protest the game, and the results of the game shall remain unchanged.
- (e) If the petition is submitted on time and is found to have merit, the review panel will investigate the matter. If the panel's findings indicate that an error had been made on the part of the league, the panel will be free to make any ruling it deems fair; including, but not limited to, having the game in which the incident occurred replayed in part or in whole.
- (f) If the panel fails to find sufficient evidence in the petitioner's complaint to render a review of the matter the game cited shall stand as is.

Section 6.06 Suspensions

(a) Any player who is ejected from a game for Major Contact will receive an automatic 1 game suspension.

- (b) A player who is suspended will be directly and personally notified of the decision. Their coach/captain will also be notified.
 - i. *Players may APPEAL suspension decisions.*
- (c) Any player who receives THREE Major Unsportsmanlike Conduct penalties is subject to additional suspension at the discretion of the league convener.
 - i. *Players and coaches will be directly and personally notified of any pending decisions by the league convener.*
- (d) Appeals must be made within 48 hours after the player has been officially notified of their suspension.
 - i. *The final decision will be made ASAP – and both the player and the coach will then be notified.*

Section 6.07 Forfeits

- (a) A forfeit is declared when a team cannot field 5 players by 15 minutes after the designated game time.
 - i. *Extenuating circumstances leave this rule open for flexibility.*

ARTICLE 7: STANDINGS

Section 7.01 Points

- (a) A team will be awarded the following points depending on the outcome of the game:
 - i. *2 points for a win.*
 - ii. *1 point for a tie.*
 - iii. *0 points for a loss.*

Section 7.02 Sportsmanship Points **(YOUTHS)**

- (a) Each team will be awarded 2 Sportsmanship Points at the beginning of each game.

- (b) Sportsmanship Points may be deducted during the game at the discretion of the referee after assessing a Major Unsportsmanlike Conduct penalty.
- (c) A Sportsmanship Point will be automatically deducted for any Major Contact penalty assessed.
- (d) A referee may only deduct 1 Sportsmanship Point on any play.
- (e) A referee may continue to deduct Sportsmanship Points after a team has lost both Sportsmanship Points awarded at the beginning of the game.

Section 7.03 Playoff Format

- (a) The playoff format is dependant on the number of teams within each division.
- (b) The playoff schedule will be determined once the final division alignment is set. The schedule will be in a tournament format and there will be no reseeding of teams between each round.

ARTICLE 8: TIE-BREAKING PROCEDURES

Section 8.01 Two Teams

- (a) If at the end of the regular season two teams finish with the same number of points, the following steps will be taken to determine a winner:
 - 1) Highest total number of wins;*
 - 2) Head-to-head record;*
 - 3) Best net points in games between the teams (PF minus PA in head-to-head games);*
 - 4) Best net points in all games; and then,*
 - 5) Best PA in all games.*
 - 6) Coin Flip*

Section 8.02 Three or More Teams

- (b) If at the end of the regular season three or more teams finish with the same number of points, the following steps will be taken to determine a winner:
If two teams remain tied after the third club is eliminated during any step, the tiebreaker reverts to Section 8.01

- 1) Highest total number of wins;
- 2) Head-to-head record;
- 3) Best net points in game between the teams (PF minus PA in head-to-head games);
- 4) Best net points in all games; and then,
- 5) Best PA in all games.
- 6) Coin Flip

ARTICLE 9: COMMISSIONER'S RULE

Section 9.01 The Longest Yard

- (a) In the event of any dispute that is not clearly resolved by the TFFL rulebook, the final say belongs to the league convener.
- (b) The league shall try to uphold all the values of the Toronto Flag Football League and shall remain in the interests of the participants above all else. The TFFL is for fun, safe, fair play. If at any point a rule is in contradiction with the interests of the participants the convener of the TFFL reserves the right to act in the best interest of the league, and the participants irrespective of the rulebook.



APPENDIX I: UNIFORMS/FLAGS



a) Flags are placed at the side of the player's uniform



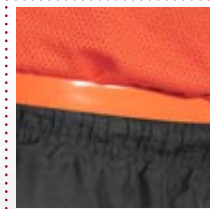
b) Excess flag belt must be cut or tucked into player's pants/shorts



c) Flag holder must be sticking out from players body



d) Pants must not contain pockets



e) Jersey must be tucked into pants with flag belt sitting above jersey.



APPENDIX II: SIGNALS



TD, Field Goal Good, or Extra Point Good
Arms and Hands extend straight above head.



Safety
Palms of hands placed together above head



Penalty Refused, Incomplete Pass or Missed Field Goal
Palms of hands placed together above head



First Down
Arm pointed in the offensive direction of a team that achieved a first down



Time Out
Arms crossed and uncrossed above head to instruct the timer to stop the game clock



Time In
Arms swung in circular motion to instruct the timer to start the game clock



Touchback
Arms extended to one side and moved up and down



Loss of Down
Hands placed behind the neck to indicate a penalized offensive team gets one less down



Delay of Game
Arms folded and extended in front of the chest



False Start
Arms folded and extended in front of the chest



Holding
Wrist of one fist hand grabbed by the other hand



Illegal Motion
Arm swung from in front of the chest out to one side



Illegal Use of Hands
Wrist of one hand grabbed by the other hand



Ineligible Receiver Downfield
Hand placed on top of head



Intentional Grounding
Slanted chop towards the ground with both hands



Pass Interference
Two open hands extended in front of the chest



Rouging the Kicker
Kicking Motion with one foot



Unsportsmanlike Conduct
Arms extended out to the sides

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