



# Lakes Region Flag Football League

## **Official Rulebook**

(Updated 4/7/26)

### ● **Game**

- At the beginning of the game, officials will call both teams to the center of the field for the coin toss to determine who starts with the ball. Captains from both teams will step forward and the away team will call heads or tails.
- The winner of the coin toss has the option to start on offense or defense (“defer”). The loser of the coin toss has choice of direction they would like to go and which side they would like to defend. Possession will alternate at the beginning of the second half to the team that began the game on defense and teams will also switch sides of the field.
- The offensive team will start the game on their 5-yard line and will have four (4) downs to cross midfield. Once a team crosses midfield, they then have another four (4) downs to score a touchdown.
- Upon fourth (4th) down, before or after crossing midfield, teams will have the option to elect to punt. This will give the other team possession on their 5-yard line. Teams may use the full 30 seconds to run a play before electing to punt.
- If a team does not elect to punt on fourth (4th) down and goes for it without crossing midfield or scoring a touchdown, possession is turned over to the other team and they will start from that spot. If the ball is dead within the 5 yard line of the defensive teams endzone, the ball will be placed on the 5 yard line.

### ● **Terminology**

<b><i>Boundary Lines</i></b>	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
<b><i>Line of Scrimmage</i></b>	(LOS) an imaginary line running through the point of the football and across the width of the field.
<b><i>Line-to-Gain</i></b>	The line the offense must pass to get a first down or score.
<b><i>Rush Line</i></b>	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
<b><i>Offense</i></b>	The team with possession of the ball.

<b><i>Defense</i></b>	The team opposing the offense to prevent it from advancing the ball.
<b><i>Passer</i></b>	The offensive player that throws the ball and may or may not be the quarterback.
<b><i>Rusher</i></b>	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
<b><i>Live Ball</i></b>	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
<b><i>Dead Ball</i></b>	Refers to the period of time immediately before or after a play.
<b><i>Whistle</i></b>	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
<b><i>Inadvertent Whistle</i></b>	Official's whistle that is performed in an error.
<b><i>Charging</i></b>	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
<b><i>Flag Guarding</i></b>	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
<b><i>Shovel Pass</i></b>	A legal forward pass across the LOS, upperhand, backhand or by pushing the ball forward.
<b><i>Lateral</i></b>	A backward or sideways toss of the ball by the ball-carrier.
<b><i>Unsportsmanlike Conduct</i></b>	A rude, confrontational or offensive behavior or language.

## Equipment

- Participants will receive an official pair of NFL FLAG belts and an official NFL FLAG jersey at the beginning of the season. Custom and personal flag belts are allowed.
- Participants are expected to bring these flags and jerseys with them to games. In the event a participant forgets a flag belt, one might be available to use. In the event a jersey is forgotten, a color of the shade that matches their team should be worn and conversation with the opposite coach should also occur discussing the problem. If the shirt is not of a similar color, the participant shall still be allowed to participate at the discretion of the opposing coach.
- NFL FLAG game footballs will be provided and must be used for games with size in accordance with the appropriate age division.
- Cleats are allowed, not required, however, metal tip cleats are not.
- Gloves are allowed as well as elbow and knee pads, however, braces with exposed metal may not be (at the discretion of the league).
- Players must remove all jewelry.
- Hats are allowed.
  - **Bucket hats are not allowed as they can pose a safety risk for players.**
- Players' jerseys must be tucked underneath the flag belt and into their pants. If unable to tuck in their pants, be certain that jersey is underneath the flag belt and that the belt remains shown throughout the game.
- Players may wear both shorts and pants, although it is encouraged to wear ones without pockets and belt loops.
  - Flags may not be the same color as shorts or pants.

## Field

- The field dimensions are 25 yards by 70 yards with two approximately 6 yard endzones, and a midfield line-to-gain. No-run zones, more commonly known in the LRFFL as a pass-only zone, precede each line-to-gain by 5 yards.
- Pass-only zones are in place to prevent teams from conducting power run plays. While in the pass-only zones (a 5 yard imaginary zone before midfield and before the endzone), teams cannot run the ball in any fashion. All plays must be a pass, even with a handoff.
  - To further explain, a handoff may occur within the 5 yard pass-only zone as long as the ball carrier after the handoff does not cross the line of scrimmage. A pass must still occur.
- Stepping on the boundary line is considered stepping out of bounds.
- Each offensive team approaches only TWO pass-only zones in each drive (one zone 5 yards midfield to gain the first down, and one zone 5 yards from the goal line to score a touchdown).

## Rosters

- Home teams will wear the dark sides of their jerseys while away teams will wear the light sides of their jerseys.
- Teams will have at least five players (this is determined on the whether the division is playing 5-on-5 or 6-on-6).
- Teams should start a game with a minimum of 5 players (this can vary), however, a team may need start to play with only 4 players. This is possible under the approval of the officials and opposing coach although it should be noted that teams may need to take a forfeit.
  - In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer.

## Timing and Overtime

- Games are played on a 40 minute continuous clock with two 20 minute halves unless one team gains a **35-point advantage (mercy rule)**, which will then end the game. Clock stoppages are only for timeout or injuries.
  - Time stoppages are also discretionary towards the official. For example, time may be stopped if the ball goes over the fence and down the hill. This would be referred to as an **Official Timeout**.
  - **Mercy Rule - Shall a team gain an advantage of 35-points or more**, the losing team will have one final drive to score. Should the losing team score, the game will continue as normal, however, if the losing team fails to score, the game will end regulation and become a scrimmage for the remaining time. This scrimmage will be controlled by the losing team, meaning they can decide to run offense for the remaining time and so on. Officials shall continue to officiate until time expires.
    - Officials shall pull both coaches to discuss this point once the 35-point advantage is gained.
- Halftime is 2 minutes long.
- Each time the ball is spotted, the offensive team will have 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
  - 30 second play clock will also apply to offensive teams during overtime.
- Each team has one 1 minute timeout per half.
  - Should a team have no substitutes, that team will have 2 timeouts each half, with one needing to be used before there are 5 minutes remaining in the half or game.
- In the event of an injury, the clock will stop and then restart when the injured player has been removed from the field of play.
  - If an official timeout is taken and time is stopped for an injury, that player must sit out the next play.
- If the score is tied at the end of the regulation 40 minute game, an overtime period will be used to determine a winner.

- **Regular Season Overtime**

- Regular season overtime will only consist of three rounds.
- Overtime games will be decided by either a 1-point conversion attempt from the 5 yard line (pass only), or a 2-point conversion attempt from the 12 yard line (run or pass).
- Overtime will start with another coin between both teams at midfield as done prior to the beginning of the game. This time the home team will call heads or tails. The winner will decide to go first or second. The official will decide which endzone BOTH teams will attempt to score in. BOTH teams will go for a 1-point conversion pass-only play from the 5 yard line in the first round with each team getting one attempt.
  - Should one team score without the other team scoring, that team will be awarded the point and declared the winner.
- If the game is still tied after the first round, teams will continue to play in the same order decided by the coin toss, in round two. Teams will have the choice of going for a 1-point pass-only conversion from the 5 yard line or a 2-point run or pass play from the 12 yard line. Each team will get one attempt.
  - Should one team score without the other team scoring, that team will be awarded the point(s) and declared the winner.
- If the game is still tied after the second round, teams will continue to play in the same order decided by the coin toss, in round three. Each team will have one attempt and must go for a 2-point run or pass play from the 12 yard line.
- If the game remains tied after three rounds of overtime, the game will end in a tie.
- **All points scored during overtime will be added to the final score.**

- **Playoff Overtime**

- Playoff overtime will work exactly the same as regular season overtime, however, a winner must be declared. Therefore...
- If both teams are still tied after round three, the game will continue.
- After round three, teams will still continue to play in the order previously decided, however they must go for a 2-point run or pass play from the 12 yard line each round for the remainder of the game.
- If one team scores without the other team scoring during a round, the scoring team will be award 2 points and declared the winner.
- **All points scored during overtime will be added to the final score.**

- All regulation period rules and penalties are in effect.
- There are no timeouts in overtime.
- **Interceptions ARE returnable in overtime and are worth 2 points. Interceptions returned for a score in overtime will end the game.**

## Scoring

- Touchdowns are worth 6 points.
- PAT's (point after touchdown) are worth either 1-point (pass-only from 5-yard line) or 2-points (run or pass from 12-yard line).
- Safety's are worth 2 points for the defensive team and also result in a change of possession.
  - A safety occurs when the ball-carrier is declared down in his/her own endzone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the endzone or if a snapped ball lands in or beyond the endzone.
- **Extra points are returnable and are worth 2 points.**
- **A team that scores a touchdown must declare whether it wished to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 12-yard line). Any change, once a decision has been made to try for the extra point, requires a charged timeout. Should a change be attempted and the team have zero timeouts left, a delay of game penalty will be assessed. A decision cannot be changed after a penalty.**
- Forfeits are scored 35-0 for the winning team.
- **Both coaches are required to sign with the Head Referee to confirm the final score of the game.**

## Coaches

- Coaches are expected to adhere to NFL FLAG and LRFFL philosophies, mission statement, expectations, coaching guidelines, and code of conduct.
- Coaches are allowed onto the field to guide players and call plays on both offense and defense.
  - **Offensive coaches must move themselves behind the referee that is behind the offense.**
    - **If there is no referee in this position, the offensive coach will position themselves at least 5 yards away from the offense.**
  - Defensive coaches must leave the field and be on the sideline before the ball is snapped. One warning will be given.
    - **Exception for 6U and 8U division coaches.**
  - **Failure to move off the field or interference from coaches could result in an unsportsmanlike conduct penalty for the team. This is at the officials discretion.**

## Live and Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the line of scrimmage.
- A player who gains possession in the air is considered in bounds as long as the first foot contacts the ground in the field of play.
- The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- Substitutions may be made on any dead ball.
- Any official can whistle the ball dead.
- Play is ruled “dead” when:
  - The ball hits the ground.
    - If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hits the ground.
  - The ball-carrier’s flag is pulled.
  - The ball-carrier steps out of bounds.
  - A touchdown, PAT, or safety is scored.
  - The ball-carrier’s knee or arm hits the ground.
  - The ball-carrier’s flag falls out.
  - The receiver catches the ball while in possession of one or no flags.
  - The 7 second pass clock expires.
  - Inadvertent whistle.
- There are no fumbles. In the event of a fumble, the ball will be ruled upon hitting the ground and the ball will be placed when the ball-carrier was at the time possession was lost.
  - If the ball is fumbled and picked up by a defensive player prior to hitting the ground, that is considered an interception.
- If an inadvertent whistle occurs the offense has two options:
  - Take the ball where the whistle blew and the down is consumed or
  - Replay the down from the original line of scrimmage.
- If an inadvertent whistle occurs on the last play of the game or half, the offense will be awarded one more untimed down and given those options.
- A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

## **Running in 6U, 8U, and 10U Divisions**

- The ball is spotted where the ball is when the flag is pulled.
- The quarterback cannot run directly run with the ball. The quarterback is the offensive player who receives the snap.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
  - **Center sneaks are not allowed. The center, the player who snaps the ball, is only eligible to be a receiver. They cannot go behind the line of scrimmage and receive a handoff.**
- **Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive player to another.**
- **Absolutely NO laterals of any kind.**
- Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball. Divings, leaping, or jumping to avoid a flag pull is considered flag guarding.
- Spinning/Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull.
  - One foot must remain on the ground at all times, even during a jump cut. Two feet off the ground at one time will be considered flag guarding.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- No blocking or “screening” is allowed at any time.
  - Screens are allowed if the route a player is running is designed in such a way.
- Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.
- Flag obstruction - all jerseys **MUST** be tucked in underneath the flag belts at the very least. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

## Running in 12U, 15U, and Adult Divisions

- The ball is spotted where the ball is when the flag is pulled.
- The quarterback cannot run directly run with the ball. The quarterback is the offensive player who receives the snap.
- **Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.**
  - The offense may use multiple handoffs, pitches, or laterals behind the LOS
  - Center sneaks are not allowed. The center, the player who snaps the ball, is only eligible to be a receiver. They cannot go behind the line of scrimmage and receive a handoff.
- **Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive player to another.**
- **Any player who receives a handoff, pitch, or lateral can throw the ball from behind the line of scrimmage.**
- **Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush. This includes laterals and pitches.**
- Runners may not leave their feet to advance the ball. Divings, leaping, or jumping to avoid a flag pull is considered flag guarding.
- Spinning/Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull.
  - One foot must remain on the ground at all times, even during a jump cut. Two feet off the ground at one time will be considered flag guarding.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- No blocking or “screening” is allowed at any time.
  - Screens are allowed if the route a player is running is designed in such a way.
- Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.
- Flag obstruction - all jerseys **MUST** be tucked in underneath the flag belts at the very least. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

## Passing in 6U, 8U, and 10U Divisions

- Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage.
  - All forward passes that do not cross the line of scrimmage are illegal forward passes, unless touched by a defender. All forward passes must go beyond the line of scrimmage.
  - There is no intentional grounding. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second “pass clock”. If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
  - If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage and it will be the next down.
  - If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

## Passing in 12U, 15U, and Adult Divisions

- Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. **There can be unlimited pitches or laterals (underhand passes that travel backwards from the line of scrimmage) behind the LOS.**
  - All forward passes that do not cross the line of scrimmage are illegal forward passes, unless touched by a defender. All forward passes must go beyond the line of scrimmage.
  - There is no intentional grounding. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- **The quarterback has a 7 second “pass clock”. If a pass is not thrown within 7 seconds, the play is dead, the down counts, and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched, or lateraled behind the line of scrimmage, the 7 second rule is no longer in effect.**
  - If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage and it will be the next down.
  - If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

## Receiving

- **All players are eligible to receive passes (including the quarterback if the ball has been handed off (also includes lateraled or pitched in 12U, 15U, and Adult Divisions) behind the line of scrimmage).**
- A player must have at least one foot or other body part in bounds, contacting the ground first.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- **Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.**

## Rushing the Passer

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend the line of scrimmage.
- **Once the ball is handed off (this includes laterals and pitches for 12U, 15U, and Adult Divisions), the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.**
- A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
  - A legal rush is:
    - Any rush from a point 7-yards from the defensive line of scrimmage.
    - A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
  - A penalty may be called if:
    - The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass - illegal rush.
    - Any defensive player crosses the line of scrimmage before the ball is snapped - offsides.
    - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off - illegal rush.
    - The offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, they must go back to the seven-yard marker before rushing again or stopping prior to crossing the line of scrimmage to avoid a penalty.
      - Jumping the rush is not a penalty unless the rusher crosses the line of scrimmage.
  - Special circumstances:
    - Teams are not required to rush the quarterback with the seven second clock in effect.
    - Teams are not required to identify their rusher before the play.

## Rushing the Passer Continued

- Players rushing the quarterback may attempt to block a pass; however, contact to the quarterback, unless ruled incidental by the official, would result in a roughing the passer penalty.
- If a player rushes the quarterback while they are attempting to hand the ball off for the first time, given the quarterback is sticking the ball out, the rusher may take the ball as an “interception”.
- The offense cannot impede the rusher’s PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. The PATH does not move once the quarterback moves. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruptions to the rusher’s path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.** That being said, offensive players are allowed one step in the rushers direction but must also get out of the way to avoid collisions and to avoid a penalty. Impeding the rusher penalties are at the officials discretion.
- A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.
  - A safety is awarded if the sack takes place in the offensive team’s endzone.

## Rushing in 6U Division

- Defenses are only allowed to blitz once per offensive drive. Doing so more than once may result in an Illegal Rush penalty.
- During the last two minutes of the half or game, blitzing will be unlimited.

## Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders CAN dive to pull flags but CANNOT tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier’s possession at any time.
- If a player’s flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- If a player who has one or no flags on their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flag(s) off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender’s access to the flags by stiff arming, dropping the head, hand, arm, shoulder, or ball or intentionally covering the flags with the football jersey.

## Formations

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- Only one player is allowed in motion at a time. All motion must be parallel or backwards to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- Movement simulating the snap by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.
- Players may shift positions on offense at any time, however, all players must still reset for 1 second prior to the snap.

## Unsportsmanlike Conduct

- If the field monitor or game officials' witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the game officials' discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED.**
- Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials' will penalize for unsportsmanlike conduct and determine if an ejection is warranted. If it continues, the player or players will be ejected from the game.
- Players or Coaches may not physically or verbally abuse any opponent, coach or game official.
- Ball-carriers **MUST** make an effort to avoid defenders with an established position.
- Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball carrier when pulling flags. Offensive players may **NOT** initiate contact at the line of scrimmage with defenders.
- Fans must also adhere to good sportsmanship as well:
  - Fans should cheer on their players only, not to harass officials or opposing teams.
  - Comments must be clean and profanity free.
  - Compliment ALL players, not just one child or team.
- Fans are required to keep fields safe and kids friendly and adhere to league requirements for seating:
  - Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the endzone area. (NOTE: no spectators allowed on the turf fields) **2026 Spring Season - Spectator area will be marked with spray paint**
  - Stay in the endzone area, not between fields.
  - Adhere to the local field rules posted.
  - Dispose of ALL trash in designated trash cans.

- **Unsportsmanlike Conduct Penalties:**

- Game officials' shall keep track of any unsportsmanlike penalties assessed and report to the Board.
- Defensive penalty +10 yards from the dead ball spot and an automatic first down.
- Offensive penalty -10 yards from the dead ball spot and a loss of down.
- Two (2) unsportsmanlike penalties on any player or coach in a game will result in a disqualification and may lead to additional discipline.
  - **ADULT LEAGUE - 1st unsportsmanlike conduct penalty is the warning. The 2nd penalty will result in an ejection from the game and result in a 1 game suspension.**
  - **YOUTH LEAGUE - 2 unsportsmanlike conduct penalties in the same game will result in a disqualification and 1 game suspension. 1 unsportsmanlike conduct penalty in back to back games (2 total in 2 games) will also result in a 1 game suspension.**

### **Penalties**

- The game officials' will administer all penalties.
- The officials will determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except Spot Fouls.
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- Games or halves may not end on a defensive penalty unless the offense declines it.
- Penalties are assessed live ball and then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- **Spot fouls administered in the end zone: defensive (ball on the one-yard line) / offensive (safety).**

**PLEASE SEE NEXT 2 PAGES FOR SPECIFIC PENALTIES**

- **Defensive Spot Fouls**

<b>Defensive Pass Interference</b>	Automatic first down.
<b>Holding</b>	+5 yards and automatic first down.
<b>Stripping</b>	+10 yards and automatic first down.

- **Offensive Spot Fouls**

<b>Screening, blocking, holding, or illegal contact</b>	-5 yards and loss of down.
<b>Charging</b>	-10 yards and loss of down.
<b>Flag guarding</b>	-10 yards and loss of down.

- **Defensive Penalties**

<b>Defensive unnecessary roughness</b>	+10 yards and automatic first down.
<b>Defensive unsportsmanlike conduct</b>	+10 yards and automatic first down.
<b>Offside</b>	+5 yards from LOS and automatic first down.
<b>Illegal rush</b>	+5 yards from LOS and automatic first down.
<b>Illegal flag pull</b>	+5 yards from LOS and automatic first down.
<b>Roughing the passer</b>	+5 yards from LOS and automatic first down.
<b>Taunting</b>	+10 yards from LOS and automatic first down.

- **Offensive Penalties**

<b>Offensive unnecessary roughness</b>	-10 yards and loss of down.
<b>Offensive unsportsmanlike conduct</b>	-10 yards and loss of down.
<b>Offside / False start</b>	-5 yards from LOS and loss of down.
<b>Illegal forward pass</b>	-5 yards from LOS and loss of down.
<b>Offensive pass interference</b>	-5 yards from LOS and loss of down.
<b>Illegal motion</b>	-5 yards from LOS and loss of down.
<b>Delay of game</b>	-5 yards from LOS and loss of down.
<b>Impeding the rusher</b>	-5 yards from LOS and loss of down.
<b>Illegal procedure</b>	-5 yards from LOS and loss of down.