

# Edmonton Flag Football Association Official Rules

## 7v7 format

Last Revised: April 10, 2025  
Last Reviewed: April 10, 2025

### Reference:

LD – Loss of Down  
PF – Point of Infraction  
LS – Line of Scrimmage  
EP – End of Play  
L+ Number – Loss of Yardage equal to number  
DR – Down Repeated  
DB – Dead Ball  
AFD – Automatic First Down

### **FIELD & EQUIPMENT**

#### **1. The Field**

- 1.1. The field shall be 100 yards long by 50 yards wide with 4 20-yard increments and two 10-yard end zones. Hash Lines are 12 yards in from each sideline.
- 1.2. It is required that pylons are to be placed on the intersections of each line that touches the sidelines of the field. Goal lines will have a weighted pylon on each sideline intersection.

#### **2. The Ball**

- 2.1. The official football of the league shall be an approved leather or composite College or Pro Football.

#### **3. Equipment**

- 3.1. No player shall wear or use any pads, blocking devices, or helmets (exception made to "volleyball" type kneepads and gloves).
- 3.2. No player shall wear or use any equipment clothing or jewelry, which in the discretion of the referees endangers or confuses their opponents.
- 3.3. No player shall wear footwear equipped with metal cleats.
- 3.4. No player shall wear clothing with open sides, side or back pockets (including zippered pockets). Pockets may not be taped closed.
- 3.5. All players shall wear pants/shorts of a contrasting colour to the flags worn.
- 3.6. Each player on the field shall wear a league sanctioned flag belt and flags. The belt must be outside their uniform, with the flag attached externally on the belt at each hip. Each flag will measure a minimum of 2 inches in width and a minimum of 17 inches in length.
- 3.7. Players' uniform and equipment must not cover any part of the flag at all times. If a player's jersey is pulled out during the game and covers either of their flags, the player will be considered "touch" if they gain possession of the ball. Offending player shall be removed from the game until improper equipment is replaced.

#### **4. Numbering of Players**

- 4.1. Each player shall be conspicuously numbered on the back of their jersey. Such number must conform to that listed with the scorer.

#### **5. Illegal Substances**

- 5.1. A player shall not be permitted to apply or have applied on their uniform, equipment, or body:
  - a) An adhesive substance, which in the discretion of the referees has made the game ball unsuitable for play as a result of contact with the player.

- b) A greasy substance, which in the discretion of the referees has the potential to give that player an unfair advantage. Offending player shall be removed from the game until the illegal substance is removed. Substitution will be allowed but the game shall not be delayed.

## **CONDUCT OF THE GAME**

### **6. Possessions**

- 6.1. Possession means having the ball firmly held in hand or hands, arm or arms, leg or legs.
- 6.2. When players of the opposite teams have possession of the ball, it shall belong to the player who first gained possession and who has not lost possession.
- 6.3. If players of both teams legally gain possession of the ball simultaneously, it shall belong to the team, which last previously had possession.
- 6.4. A ball is considered fumbled if the player last in possession of the ball has lost control of it.
- 6.5. A ball fumbled, bobbled or tipped in the air and before it hits the ground is recovered by the opposing team results in change of possession.

### **7. Dead Ball**

- 7.1. The ball is dead when any of the following occur:
  - a) An official blows their whistle
  - b) An official has signaled a score
  - c) The ball goes out of bounds (as defined by rule 17)
  - d) The ball hits the ground after any fumble. If the ball is fumbled forward before hitting the ground, it shall be ruled dead at the point where the player last had possession
  - e) The ball carrier's flag is pulled after gaining possession of the ball
  - f) The ball is snapped and hits the ground (LD @ PF)
  - g) The ball carrier that is missing one or both flags is touched after gaining possession of the ball
  - h) The ball carrier with some portion of their body other than their hands and feet is in contact with the ground
  - i) The ball is kicked
  - j) The player receiving the ball from the center crosses the line of scrimmage. That player may not have any part of their body or the ball cross the line of scrimmage without relinquishing control of the ball (LD @ LS).

### **8. The Teams**

- 8.1. A team shall consist of no more than (7) players on the field and no less than (6).

### **9. Team Captains**

- 9.1. The captains shall be identified to the referees prior to the commencement of the game.
- 9.2. The team cannot have more than 3 designated captains at any one time.
- 9.3. The captain(s) shall be the only communicator(s) between team and referees.
- 9.4. Only the captain(s) may appeal to the referees on interpretation and application of the rules.
- 9.5. In case of a foul, the captain of the non-offending team shall be given choice of accepting or declining the penalty.

**10. Starting**

- 10.1. Teams will be designated as Home and/or Visitor by the league, as listed on each seasons' schedule.
- 10.2. Home team chooses to commence the game on offence or defense, choose which goal they wish to defend, or to defer first choice to the start of the second half.
- 10.3. A team must have a minimum of 6 eligible roster players at the scheduled start of the game. Teams must forfeit any game when they have less than 6 eligible roster players on the field.
- 10.4. At the beginning of the second half, the designated visiting team or the team which deferred their choice decides offence, defense, or which goal they wish to defend.
- 10.5. At the beginning of any half, the ball is placed in the middle of the 20 yard line of the team that will be on offence.
- 10.6. For only the first game of a day's schedule, a 5 minute grace period is available to a team if they do not have 6 eligible roster players at the scheduled start time.

**11. Playing & Rest Periods**

- 11.1. Each half consists of 40 plays. Points after touchdowns and plays with penalties where downs are repeated are not considered plays.
- 11.2. A maximum five-minute half time will be observed unless shortened by the referees.
- 11.3. At the end of 20 and 60 plays, teams switch sides.
- 11.4. No matter the number of plays remaining in the 4th quarter at 5 minutes to start of the next game the plays will be reduced to 5 remaining.

**12. Time Outs**

- 12.1. An officials time out is allowed when a referee deems it necessary to suspend play.
- 12.2. Each team is allowed one 60 second time out per half of the game.
- 12.3. After a time out for any reason, time shall start again on the signal of the referee.

**13. Ball in Play**

- 13.1. The ball shall be considered in play until an official stops the game by sounding their whistle.
- 13.2. The game shall not be stopped because of player injury until the ball is dead.
- 13.3. The referee shall not stop the game to impose a penalty until the ball is dead, except:
  - a) When it is obvious that the non-offending team cannot benefit by continuing the play
  - b) Illegal procedure
  - c) Defensive player breaks line of scrimmage
  - d) Guarding the flag.

**14. Delay of game**

- 14.1. No delay shall be allowed for player injury, or for any other reason except by the permission of the referees.
- 14.2. If a referee finds it necessary to call time because of injury to a player, that player shall be required to leave the game for at least 1 play.
- 14.3. It is delay of game if the team that does not have possession of the ball contacts:
  - a) The ball, after it is spotted by an official
  - b) The ball marker, after it is spotted by an official (L10 @ LS DR).

**15. Ball in Goal**

- 15.1. The ball is considered to be in the goal if the following conditions are met:
  - a) The ball crosses the vertical plane of the goal line

- b) The player in control of the ball is within the confines of the marked field
- c) The player in control of the ball is within the confines of the marked end zone.

**16. Tie Game**

- 16.1. A tie game will stand during regular season play.
- 16.2. If a winner must be determined, overtime will consist of a shootout format. Each team will get a possession for a first and goal on the opponent's 20 yard line. Normal game rules apply for converts, rules etc.
- 16.3. Home team will choose ball or defend first. If it is still tied then the team that had possession first will have possession last and vice versa.
- 16.4. Overtime periods will continue until the tie is broken.

**17. Out of Bounds**

- 17.1. The ball is out of bounds when:
  - a) It touches a sideline, end zone back line, the ground or any other object beyond these lines
  - b) A player in possession of the ball touches a sideline, end zone back line, the ground or any object beyond these lines.
- 17.2. The ball shall remain in play when:
  - a) It passes and crosses a side line or end zone back line in the air, and then curves or is blown back into the field of play without touching anything
  - b) It is knocked or batted back into the field of play by a player who leaves the ground in bounds and who has not touched the ground or any object out of bounds
  - c) A player, after having jumped for a catch, gets their first foot down in bounds. Only 1 foot needs to be in bounds for ball to remain in play, but it must be the first foot down.
- 17.3. If a player gains possession of the ball after leaving the ground in bounds and is contacted by an opponent in a manner which causes them to land out of bounds in possession of the ball, such player shall retain possession. If the foul occurs in the endzone the ball will be spotted at the 1 yard line (DR).
- 17.4. Teams will retain possession of the ball if they carry or throw the ball out of bounds.
- 17.5. When on any play, except a missed forward pass, the ball is fumbled out of bounds, it shall belong to the team which last had possession of the ball (Rule 6.1) and:
  - a) Spotted at the point where the player lost control of the ball in the field of play
  - b) Spotted at the point where the ball was last in a players possession in the field of play
  - c) Spotted at the point where the ball made contact with the ground within the field of play, or whichever is closer to the possessor's goal line.
- 17.6. If a player out of bounds touches a ball in bounds, the ball shall be declared dead and shall be awarded to the team last in possession of the ball (LD @ LS).
- 17.7. When a player fumbles the ball from the field of play over the opponent's goal line without the ball touching an opponent, it shall be ruled as a fumble out of bounds in the field of play with the ball declared dead at the point where it was last touched in the field of play.
- 17.8. When a player fumbles the ball directly or indirectly from the field of play into their own goal area, where the ball touches the ground or goes out of bounds without

possession being gained by either team, a safety touch score shall be awarded to the other team.

- 17.9. Any player who goes out of bounds, except as a result of bodily contact, may not be the first to gain possession of the ball upon return to play, unless the ball is touched by another player (LD @ LS).

## **SCRIMMAGE**

### **18. Series of Downs**

- 18.1. The offensive team has four downs to carry the ball across one 20-yard increment. A down may be repeated following the application of a penalty against either team. If in a series of four downs, the offensive team has not crossed an increment forward of where the team took possession of the football, then the ball shall be awarded to the opponents as first down at the point where the ball becomes dead. If the required increment is crossed, a new series of four downs begins.
- 18.2. The continuity of downs is interrupted when the ball passes into the possession of opponents, or the required increment is not crossed.
- 18.3. If the forward point of the ball crosses an increment, it will be considered as having crossed the line and is spotted on the line for the next series of downs.
- 18.4. The offensive team will be subject to a penalty if they choose to down (burn) a play (L1 @ LS LD).

### **19. Line of Scrimmage**

- 19.1. The line of scrimmage is an imaginary line, extending from sideline to sideline, parallel to the goal line, and passing through the point of the ball farthest from the offensive team's goal line.
- 19.2. The scrimmage zone is the area extending one yard towards each goal away from the line of scrimmage from sideline to sideline.
- 19.3. Scrimmage Line or Line Players are considered to be any players on the offensive team who are within the scrimmage zone on their side of the line of scrimmage, who are within 5 yards of the ball.
- 19.4. Any offensive player is considered to be in their backfield if they are more than 1 yard back of the line of scrimmage when the ball is put into play. This also includes the quarterback.

### **20. Method of Scrimmage**

- 20.1. Before the ball is put into play, an offensive player (the center) shall take their position facing the opponents goal, and must put the ball into play by "Snapping the ball" back between their legs to another offensive player. "Snapping the ball" must be in one continuous motion.
- 20.2. The ball must leave the center's hand(s) and the center shall not again handle it until it has been in the possession of another player.
- 20.3. Any offensive player may call the cadence before the snap of the ball.

### **21. Illegal Procedure**

- 21.1. The center shall not intentionally move the ball, as if to snap it, so as to draw opponents offside (L5 @ LS DR).
- 21.2. A team shall be subject to penalty for having drawn an opponent offside if:
- a) A line player has made a motion which, in the judgment of the official, drew such opponent offside (L5 @ LS DR)
  - b) The quarterback had made a quick movement towards the center position without the ball being snapped immediately (L5 @ LS DR)

- c) The quarterback has assumed their stance with their hands under the center, and has bobbed their head, moved their shoulders, or flexed their knees in a jerking motion without the ball being snapped (L5 @ LS DR).

**22. Offside at the Snap**

- 22.1. Offensive players must be completely behind the line of scrimmage, except the head, arms, and hands of the center may be in advance of the line of scrimmage (L5 @ LS).
- 22.2. Defensive players shall take up positions on their own side of the line of scrimmage, and all parts of their body must be at least 1 yard towards their goal (outside scrimmage zone 19.2) from the line of scrimmage when the ball is snapped (L5 @ LS DR).
- 22.3. If a defensive player goes offside and breaks the plane of the line of scrimmage before the ball is snapped, the officials shall stop the play immediately and:
  - a) Award the penalty yardage to the offense (L5 @ LS DR) or
  - b) Give the offensive team the right to decline the yardage penalty and to repeat the down as though a foul had not occurred.
- 22.4. A defensive player is not offside if they enter and leave their side of the scrimmage zone before the ball is snapped.
- 22.5. If players of both teams are offside on the same play, the down shall be repeated without penalty from the point of last scrimmage.
- 22.6. A player of either team who is offside and contacts an opponent, even though they recover their onside position prior to the snap is offside (L5 @ LS DR).

**23. Time Count**

- 23.1. The referee shall allow the offensive team 25 seconds in which to put the ball into play after a whistle signal is given. It is the discretion of the referee to determine when the play signal is to be given, and should give both teams ample time to prepare for the next play (L5 @ LS DR).

**24. Blocking**

- 24.1. On a play from scrimmage, any offensive player may block an opponent anywhere inside and behind the scrimmage zone (19.2) towards their own team's goal, commencing from the instant the ball is snapped until there is a forward pass.
- 24.2. An offensive player must initiate their block contact with open hands and/or forearms. Their hands and forearms must be inside of their elbows, and contact is to be made to the front area of the opponents' torso (below their neck and above their waist) (L10 @ LS).
- 24.3. A defensive player's rush may only initiate contact to opposing players with open hands. Leading with shoulders is not allowed (L10 @ LS).
- 24.4. Offensive linemen may make secondary blocks with their torso while engaged in a block that was initiated with their hands.
- 24.5. An offensive player's feet may not leave the ground while attempting to block (i.e.: diving, leaping, etc.) (L10 @ LS).

**25. Distance Restrictions**

- 25.1. If the offensive team has possession of the ball within 1 yard of either goal line, the ball shall be scrimmaged 1 yard outside of such goal line.

**26. Player Restrictions**

- 26.1. At the instant the ball is put in play, a minimum of 3 offensive players, one of which is the center, must be in a 2 or 3-point stance within the scrimmage zone (19.2) on their side of the line of scrimmage (this does not include the quarterback). Those offensive players must also be within 5 yards of the ball on the line of scrimmage (L5 @ LS DR).

- 26.2. No offensive line player except the center, having assumed a 3 point stance, may move their head, arms, hands, legs, or feet until the ball is snapped (L5 @ LS DR).
- 26.3. All offensive line players who have assumed a two or three point stance within their side of the scrimmage zone (19.2) shall be required to remain motionless for a minimum 1 second prior to the snap of the ball (L5 @ LS DR).
- 26.4. No defensive line player may be in a 4 point stance at the instant of the snap of the ball.
- 27. Kicking**
  - 27.1. Any contacting of the ball with the foot or lower leg that endangers any player with the ball or kicking player's leg (L10 @ LS).
- 28. Lateral and handoff**
  - 28.1. A lateral or handoff is one thrown, handed, knocked, batted or fumbled by a player parallel to or in the direction of their dead line. A player shall be considered onside in relation to a teammate in possession of the ball if they are not closer to the opponent's goal line than such player in possession of the ball. The point at which the ball is caught, strikes another player, an official, or goes out of bounds is the factor which determines whether it is a lateral or a forward pass, regardless of the direction in which it goes afterwards.
  - 28.2. A handoff is made on a scrimmage play when the ball is handed, but not thrown, by an offensive player to another player.
  - 28.3. There is no limit to the number of laterals or handoffs in a play.
  - 28.4. Any lateral that hits the ground will be spotted where the ball hit the ground.
- 29. Offside Pass**
  - 29.1. An offside pass is made when the ball is directed towards the opponent's goal line in any manner after the player has crossed the line of scrimmage (DB @ PF).
  - 29.2. On an interception return, a player makes an offside pass; it shall be ruled as an offside pass (DB @ PF).
  - 29.3. On a forward pass play, an eligible receiver, in attempting to catch the ball, tips, deflects, knocks, or bats the ball in an offside direction where it is caught by another eligible offensive player; rule as a legal pass.
  - 29.4. In attempting to intercept a forward pass, a defensive player directs the ball in an offside direction where it is caught by another defensive player; rule as a legal pass.
  - 29.5. If a defensive team makes an offside pass in their own goal area after gaining possession by an interception of a forward pass; rule as dead ball with possession at their own 10 yard line.
- 30. Forward Pass**
  - 30.1. A legal forward pass is any pass thrown by an offensive team member from a point behind the line of scrimmage, towards the opponent's goal line, to any receiver. The player in possession of the ball must not have passed over the line of scrimmage during the play.
  - 30.2. The ball shall not touch the ground, an official, or any other object, or go out of bounds (DB @ LS).
  - 30.3. The ball is considered to be in the possession of the offensive team until the pass is ruled complete or incomplete.
  - 30.4. Only one forward pass shall be thrown on any down (DB @ PF LD).
  - 30.5. The passer does not need to be the first player to receive the ball from center.
  - 30.6. All players are eligible to receive a forward pass.
  - 30.7. A pass will be ruled completed if:

- a) The ball is caught by two or more receivers at the same time
  - b) The ball is caught by two or more defensive players, or touched by one player and caught by the other.
- 30.8. The ball will be ruled as incomplete if the player catches it while off the ground, and on landing, touches a sideline, end line, or any object or ground beyond such lines without being pushed by an opponent (DB @ LS LD).

### **31. Interceptions in Goal Area**

- 31.1. If a pass is intercepted by defensive players in their own goal area, and is held within the goal area, the defensive team shall scrimmage at their own 10 yard line.
- 31.2. If the defensive team, while in possession in its goal area following an interception commits any infraction in the goal area or in the field of play, the penalty shall be applied from the 10 yard line.
- 31.3. If a defensive team member intercepts a pass in the field of play while moving towards their goal line and their momentum carries them into their goal area, the play shall be ruled as an interception in goal.

## **FOULS AND PENALTIES**

### **32. Charging**

- 32.1. It is illegal for the ball carrier to move into a space occupied by an opposing team member and make contact with the player in an attempt to knock the opposing player away/down or to avoid being flagged (L10 @ PF).
- 32.2. It is illegal for an offensive player to dive in close proximity of a defensive players' position or at the risk of making contact to a defensive player while diving (L10 @ PF).

### **33. Clipping**

- 33.1. Clipping means blocking an opponent from the rear in such a manner that the player makes contact into the opponent's back, or falls across the back of their opponent's legs (L10 @ LS DR).
- 33.2. Clipping shall not be called if in the judgment of the official the contact was made to the side of the opponent, or if the opponent deliberately turned their body in order to be contacted from behind.

### **34. Contacting the Passer**

- 34.1. It is illegal to make contact to the throwing arm, shoulder, hand and/or ball of an offensive player, who is in the motion of throwing the football (L10 @ LS DR). If this infraction takes place within last 5 plays of either half an additional AFD is applied.
- 34.2. If in the discretion of the referees the contact constitutes roughing of the passer; this will warrant an objectional conduct penalty (45.4).
- 34.3. It is illegal, at the discretion of the referee, for a defensive player to deliberately push/drive an offensive player into the passer.

### **35. Guarding**

- 35.1. It is illegal for the ball carrier to use their hand, arm, ball, or any other part of their body to deliberately block an opponent's attempt at the ball carrier's flags (L5 @ PF DB).

### **36. Holding**

- 36.1. Holding is defined as the use of the hands and/or arms to hinder an opponent. It is illegal at all times including when attempting to pull an opponent's flag (L10 @ EP).
- 36.2. Opposing players may not grab or strip the football away from a player who has possession. The football is considered part of the player (L10 @ PF).



- 36.3. At the discretion of the referees, blatant holding and/or not releasing an opponent may warrant an objectional conduct penalty (48.5). Penalty yardage will be added to any original penalty yardage.
- 37. Holding Hands/Locking Arms**
- 37.1. Holding hands or locking arms during a scrimmage is illegal (L10 @ LS).
- 38. Illegal Blocking**
- 38.1. It is illegal to initiate a block with any body part other than open hands and/or forearms (i.e. shoulders, legs, elbows) (L10 @ LS DR).
- 38.2. It is illegal to make contact below an opponent's waist or above their shoulders while attempting to block (L10 @ LS).
- 38.3. Diving, rolling, jumping, or otherwise blocking without both feet on the ground is illegal (L10 @ LS).
- 38.4. Blocking anywhere other than within the scrimmage zone (19.2) or in the backfield (L10 @ PF).
- 39. Illegal Flagging**
- 39.1. It is illegal for a defensive player to intentionally pull an offensive player's flag if they are not in control of the ball (L10 @ PF) or (L10 @ LS: if applied in the offensive backfield).
- 39.2. A defensive player shall not be penalized if they were in the process of pulling the passer's flag when the ball was passed.
- 39.3. A bobbled catch will be considered down at the initial point of flagging by the defense.
- 40. Intentional Grounding**
- 40.1. At the discretion of the referees, the passer deliberately throws the ball out of bounds or to an area in which there is not an eligible offensive receiver for the purpose of avoiding loss of yardage, their team shall be penalized (LD at point from which pass was thrown. If a pass is thrown from goal area, a safety touch shall be awarded to the defensive team.)
- 41. Interference from the Sideline**
- 41.1. If a team member of the bench (players, coaches, trainers, etc.) interferes with the play in progress, their team shall be subject to penalty as follows:
- If the opponent had possession of the ball and in the discretion of the referees it is deemed that the ball carrier had a clear path to score, the ball will be placed at the 1 yard line (AFD)
  - If the offending person's team had possession, it shall be penalized for illegal interference and the downs shall continue without interruption (L10 @ LS)
  - If neither team had possession, the ball shall be awarded to the opponent at the point of recovery with penalty of half the distance to the goal line and the opponent shall be permitted a series of four downs regardless of the plays remaining in the half.
  - Furthermore, league officials shall disqualify the offending person from the game immediately, and subject them to further disciplinary action.
- 41.2. If someone else other than a team member interferes with the game, it shall be left to the referee's discretion as to what should be done in fairness to both teams.
- 42. Pass Interference**
- 42.1. It is considered pass interference if any player makes contact down field of the scrimmage zone, which hinders the progress of an eligible opponent from attempting to reach or catch a forward pass. It is not pass interference when two or more players make a simultaneous and a bona fide attempt to catch or bat the

- ball, which results in incidental (not intentional) contact. A player who is not looking at or for the ball cannot be considered to be "playing the ball".
- 42.2. An offensive player cannot interfere with an opponent anywhere beyond the scrimmage zone before a pass has been completed (L10 @ LS).
  - 42.3. An offensive receiver shall not be permitted to interfere with a defensive opponent who has position and is attempting to catch a forward pass (L10 @ LS LD).
  - 42.4. A defensive player shall not be permitted to interfere illegally with an offensive receiver in their attempt to catch the ball (AFD PF).
  - 42.5. A player shall not interfere with an eligible receiver behind the line of scrimmage in their attempt to catch the ball (L10 @ LS AFD).
  - 42.6. Illegal interference by a defensive player in their own goal area results in an AFD at the defending team's 1 yard line.
  - 42.7. Illegal interference by a defensive player during a convert attempt results in repeating the convert attempt on the defending team's 1 yard line.
  - 42.8. Screening of an eligible receiver is illegal. It is considered "screening" if an opposing player attempts to prevent the reception of a forward pass by the following:
    - a) Uses their hands, arms or body to block the view of the intended receiver
    - b) Does not attempt to "play the ball" while engaged in defending the receiver (i.e. waves hands in front of receiver to prevent a reception) (AFD @ PF) (1yd line if occurs in end zone).
  - 42.9. Pass interference shall not be called if in the judgment of the officials, the ball was clearly un-catchable. In this case illegal contact on a receiver would be called (L10 @ LS).
- 43. Illegal contact on a receiver**
- 43.1. Illegal contact on a receiver is when a defender uses their hands or arms to hinder an offensive player beyond the scrimmage zone before the ball is thrown (L10 @ LS).
- 44. Pyramiding**
- 44.1. It is illegal for a player to use the body of another player in any way to elevate themselves (L10 @ LS).
- 45. Tackling**
- 45.1. It is illegal for any player to tackle an opponent (L10 @ PF). A defensive tackle in the offensive backfield will be marked from LS.
  - 45.2. It is illegal for any player to intentionally push, tackle, or make sufficient contact to force an opponent out of bounds or to cause them to fall (L10 @ PF).
  - 45.3. If by the discretion of the referees it is deemed that the ball carrier had a clear path to score, the ball will be placed at the 1 yard line (AFD).
  - 45.4. Any act of roughness or unfair play, provided it is not considered serious enough to warrant disqualification (L10 @ LS, AFD if defense is penalized. If both teams offend, the penalties shall be applied against each other with no AFD).
- 46. Tripping**
- 46.1. A player shall not use their leg at or below the hip to hinder the progress of an opponent (L10 @ LS) or (L10 @ PF If ball carrier is tripped down field).
  - 46.2. It is illegal for a defensive player to dive and make contact to an offensive player causing them to fall or obstructing their forward progress (L10 @ PF).

## **MAJOR FOULS**

### **47. General Guidelines for Major Fouls**

- 47.1. The penalties for these fouls shall be imposed in addition to any other penalty for any other foul, and the advantage of any distance gained or score made.
- 47.2. The penalties for these fouls shall be imposed at the point of application at either the point where the ball became dead, or the last scrimmage, or where the ball was held when the foul occurred, or possession gained.
- 47.3. When an official is unable to identify the offender, only the yardage penalty shall be awarded.

**48. Objectionable Conduct**

- 48.1. Verbal abuse or objectionable gesture directed at an opponent, official, or spectator (L10).
- 48.2. Throwing the ball at an opponent, official, or spectator (L10).
- 48.3. Interfering with an official's flag that is marking the spot for a penalty, line of scrimmage marker, or the ball (L10).
- 48.4. If a team continues with objectionable conduct after a penalty has been applied, a further penalty of 10yds is applied and disqualification occurs.
- 48.5. Having multiple delay of game penalties applied consecutively (LD).
- 48.6. Any intentional equipment violations that are revealed after the start of the game, which directly affects the outcome of a play, will be considered objectionable conduct (L10 DR).
- 48.7. A player shall be disqualified from further participation in the game, and substitution permitted if the player has been called for objectionable conduct more than once.

**49. Unnecessary Roughness**

- 49.1. Illegal contact of an opponent considered by the referee to warrant disqualification shall be penalized under this section (L20 and disqualification of offending player. If the defensive team is the offender, AFD in addition to the yardage is given.).
- 49.2. A player shall be disqualified from further participation in the game, and substitution permitted if the player has been called for excessive physical or verbal abuse of an official.

**APPLICATION OF PENALTIES**

**50. Definition of terms**

- 50.1. In any penalty, "loss of down" (LD) means that the down upon which the foul occurred is counted as one of the permissible series of consecutive downs.
- 50.2. In any penalty where there is loss of yardage (L5, L10), there will be no loss of down unless the foul occurred after yardage was gained or a major penalty is called with exception of Offensive Pass Interference penalty application.
- 50.3. When a foul has been committed on any play, the non-offending team shall be entitled to the penalty, or the option of declining the penalty to take any advantage of position, score, down, number of plays left, etc. The non-offending team may decline a score produced by the offending team.
- 50.4. For major fouls, where so stated, a penalty shall be applied without option.
- 50.5. All AFDs will count as a play.
- 50.6. If an official makes an error during a play (i.e. stops the play early), the team that last had possession of the ball will be given the option of replaying the down from the original line of scrimmage or accepting the outcome of the shortened play.
- 50.7. The end of a game or half cannot end on an accepted penalty. A play will be added from the spot of the ball from the end of play.

**51. Fouls and Legal Gains**

- 51.1. Should the offensive team commit any foul on a play from scrimmage after crossing the next line necessary for a first down, the penalty shall be applied from the point where the ball was held when the foul occurred. The offense shall be awarded a first down, but must cross a line ahead of where the foul occurred (you can't get two first downs by crossing the same line twice).
- 51.2. Should the offensive team commit a foul on a play from scrimmage during which it crossed the next line for a first down but the foul occurred prior to crossing the line, the penalty shall be applied from the point of last scrimmage with the down repeated.
- 51.3. Should a team gain possession by a pass interception and then commit any foul, the penalty shall be applied from the point where the ball was held when the foul occurred and the team in possession of the ball must cross a line ahead of that point to get another first down.
- 51.4. If either team commits a major foul after a touchdown has been scored, the score shall count and the penalty shall be applied on the subsequent play at the 20 yard line, or on the convert, at the option of the non-offending team.

## **52. Dual Fouls**

- 52.1. Dual fouls occur when each team commits one or more fouls on the same play.
- 52.2. If committed prior to yards gained, the referees shall cancel the play. If the fouls are of equal value, the down shall be repeated at the point of last scrimmage. If the fouls are not of equal value, the referee shall determine the difference in penalty yardage and appropriately apply the yardage from last scrimmage.
- 52.3. If the first foul is committed before yards have been gained and the second foul after yards have been gained, the penalties shall be balanced and applied from the point of last scrimmage. However, the non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it was completed subject to the penalty against itself for the second foul at that normal point of application.
- 52.4. If one of the dual fouls involves a non-yardage penalty (e.g. AFD or LD) it shall be deemed to have the same yardage value as the other foul, in which event the two penalties shall be balanced against each other at the point of last scrimmage.
- 52.5. If committed after the change in possession, the penalties shall be applied and balanced at the point the ball was held at the time of the first infraction. The non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play subject to the penalty against itself for the second foul at that normal point of application.
- 52.6. If the first foul is committed before the change in possession and the second foul after the change in possession, the penalties shall be applied and balanced at the point of application for the first foul. The non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it was completed subject to the penalty against itself for the second foul at that normal point of application.
- 52.7. If both fouls are committed in the goal after the second team has gained possession in its own goal area, the penalties shall be applied and balanced from the second team's 10 yard line.

## **53. Double Foul**

- 53.1. Double foul occurs when one team commits two or more fouls on the same play. The non-offending team may have the option of either penalty, or option of declining the penalties to take any advantage of position, score, down, etc.

- 53.2. When a major foul is one of the double fouls, the penalties shall be applied consecutively with the minor penalty applied first.
- 54. Penalty Restrictions near a Goal Line**
- 54.1. If the distance penalty against an offence is applied near their own goal line, it shall not exceed one half the distance between the point where the penalty is applied and said goal line. In no case shall the ball be scrimmaged within 1 yard of a goal line.
- 54.2. Where an unrestricted penalty would have resulted in yards gained and the goal line reached by the offensive team, AFD shall be awarded half the distance to the goal line.
- 54.3. If double fouls are called against the same team, one of which is a major, the penalties shall be applied consecutively (53.2). The normal penalty shall be subject to the limitation of half the distance to the goal line. The major penalty yardage shall move the line of scrimmage to the 1 yard line and AFD.
- 55. Foul on Convert**
- 55.1. If offensive team commits a foul and the attempt was successful, disallow the score, apply the penalty, and permit the offensive team to repeat an attempt.
- 55.2. If offensive team commits a foul and the attempt was not successful, decline the penalty if it was not a major foul. A major foul will be applied on the subsequent play.
- 55.3. If the defensive team is called for pass interference in the end zone, the offensive team shall repeat the attempt from the 1 yd. line. If pass interference occurs outside the end zone, penalize the offending team one half distance to the goal line, repeat attempt.
- 55.4. If the defensive team is called for any other infractions and the attempt was not successful, the defense will be penalized the normal penalty up to the maximum of half the distance to the goal line, with attempt repeated by the offense. The offense has the option to decline the yardage portion of the penalty in order to repeat the convert attempt at the point of the previous scrimmage.
- 55.5. If the defensive team commits a major foul and the convert attempt was good, the penalty shall be applied on the subsequent play.
- 55.6. If either team commits a major foul after the convert attempt, the penalty shall be applied onto the subsequent play.
- 56. Foul in Goal**
- 56.1. If the offensive team commits a foul while in possession of the ball in its own goal area, the penalty shall be applied from the previous line of scrimmage. Exceptions to this are intentional grounding and offensive holding which will be considered a safety touch.

## **SCORING**

### **57. Touchdown**

- 57.1. A touchdown is scored when a player with possession of the football meets all conditions of Rule 15 (Ball in Goal) in their opponent's goal area.
- 57.2. After any touchdown and/or convert attempt, the team scored against gets possession of the ball at their own 20 yard line.

### **58. Convert**

- 58.1. After any successful touchdown a convert attempt is awarded to the scoring team. A convert is a scrimmage play from either the opponent's 3-yard line (1 point), or 10 yard line (2 points), whichever the offensive team chooses, where they get the designated points if they successfully cross the goal line in one play. The convert series does not count as a play.

- 58.2. Any fouls that occur during the convert attempt will apply the same as during regular play.
- 58.3. Any change of possession during the convert will be considered a “convert runback”, which is worth 2 points to the convert defending team if they successfully cross their opponent’s goal line with the ball.
- 58.4. Any fouls committed during a “convert runback” by the ball possession team will nullify the runback.
- 58.5. Any fouls committed to the ball carrier during the “convert runback” by the defensive team, will award the “runback” team with a single attempt for 2 points from the opposing team’s 3 yard line.
- 58.6. If any change of possession occurs during the “runback convert” attempt, the convert series is terminated.
- 58.7. Any fouls committed during a “runback convert” will be applied the same as a regular convert.

**59. Safety Touch**

- 59.1. A safety touch is scored when:
  - a) A dead ball occurs in the possession of a team in its own goal area
  - b) The ball touches or crosses any line of the goal area as a result being carried, fumbled, or otherwise directed by the current team with possession from the playing field.
- 59.2. After a safety touch, the scoring team gets possession of the ball at the middle of their 20 yard line.
- 59.3. When a major foul is committed on a play during which a safety touch is scored by the non-offending team, the score shall be allowed and the penalty assessed from the point where the ball is next put into play.

**60. Conceding a Score**

- 60.1. A player in possession of the ball in their own goal may concede a safety touch by kneeling or stepping out of bounds in their goal.

**MISCELLANEOUS**

**61. Substitution Procedures**

- 61.1. A substitute may enter the field of play at any time the ball is dead and only at that time.
- 61.2. A player leaving the game shall proceed directly to the sideline on which their bench is located, outside the field of play.
- 61.3. After the team in possession of the ball breaks the huddle and the officials turn their backs to the sidelines, no player may enter the field of play for any reason regardless of the number of players a team may have on the field of play.
- 61.4. “Sleeper Plays”. It shall be considered unfair tactics and objectionable conduct for either team to make use of substitution proceedings, or alleged substitute proceedings to deceive opponents. Offensive teams must have all players in their huddle at: the start of a game, start of a second half, after any change of possession, and whenever a substitution is made (L10 @ LS).
- 61.5. If, through error in substitution or otherwise, a team has more than 7 players on the field, the offending team shall be penalized (L10 @ LS).

**62. Bench Area**

- 62.1. No people in the bench area shall encroach on the sideline or playing field while play is in progress or during a stoppage in play.
- 62.2. Team personnel in the bench area must stay between the 20 yard lines during the game.

62.3. Teams must have benches on opposite sides of the playing field. Home team has first choice of bench area.

**63. Trainers and Injured Players**

63.1. During a stoppage in play for injury or safety, teams will be asked to proceed to their individual bench areas and no unnecessary player other than medical personnel shall be allowed to enter the field until directed to by the referees.

**64. Punting**

64.1. On any play from scrimmage the team may elect to punt prior to the center entering their stance and placing the ball on the line of scrimmage.

64.2. Captain will verbally inform the referees that they have chosen to punt.

64.3. The ball will be moved two lines and turned over to the opposition. If the punt results in the second line being the goal line, it will only be moved 1 line and the ball placed as per 64.4

64.4. The farthest the punt may travel is down to the opposing team's 5 yard line.

64.5. Punts will count as a play.