**RED DEER**

**TOUCH FOOTBALL**

**ASSOCIATION**

****

**Captains Guide**

**to the Rules of**

**Touch Football**

**(short edition)**

**Red Deer Touch Football Association**

**Intro**

This is a shortened game guide and rules for Captains in the Red Deer Touch Football League. It outlines the rules

of gameplay and penalties for a quick reference when needed during the game. **It is not the full edition**. For FULL

RULES and REGULATIONS refer to the Red Deer Touch Football Associations website. The full version for the

Red Deer League can be found at <https://rdtfa.redzoneleagues.com/> under the Rulebook and Forms section.

It is up to the***Captains*** to maintain the play, adhere to the rules, enforce rulings when necessary and to understand the rulings of the Red Deer Touch Football League. The captains have final say on the field and players are to observe the decision of the captains. Any discrepancies with the play or decision **must** be discussed between captains. The rulebook, and what is outlined, the actions of, will be the deciding factor and **must** be put into play without any argument. Further discrepancies may be brought forth to the league for discussions and decisions on the matter.

The Red Deer Touch Football Association strives for a league in which everyone can come out and play, learn and enjoy the sport of football. The league is committed to providing a competitive yet fun atmosphere in which to play. Safety of all players is the Leagues primary objective. As noted below:

***The Touch Football Rules' Committee considers all players to be responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. The rules and regulations for player conduct spell out the major areas of concern. Coaches and captains should emphasize these concerns to all players. Captains are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.***

The Red Deer Touch Football Association would like to thank you for your participation and wishes everyone a safe

and enjoyable season.

**Standings Scoring**

3 points are awarded to the Team for a Win in Regulation Time

1 point is awarded to each team for a Regulation Tie

1 extra point is awarded to the Team for a Win in Overtime

(if no overtime is played then each team will only be awarded 1 point each)

**Playoff Eligibility**

To be eligible to play with a Team in the playoffs a player must have played the

minimum of 50% of the Teams games

(this includes subs from other teams, an exception will be given to

those who got injured and couldn't play due to the injury)

**Re-Scheduling Games**

The Team that is Ready for the originally scheduled game date will decide the rescheduled game.

 If the team that was unable to field is not willing to or is unable to field a team with the

rescheduled game date then the Ready Team will take a Win of 1-0 and 3 points in the standings.

Note: Rescheduling is difficult due to restraints of the posted schedule. So please try to have a team fielded

on your scheduled game day. This helps us keep the league competitive and Teams happy. Thank you.

**The Field**

**Player Equipment**

-A player is permitted to wear an athletic support/protector, completely covered by clothing. Tape or bandages are permitted if they are non-abrasive or are of a non-hardening material in a wet or dry state. Only Quarterbacks can wear flak jackets.

-No protective headgear of any kind is permitted. Baseball style caps are permitted, provided that any exposed metal components are covered with tape. Knee and elbow guards must be flexible and contain no hard materials. Arm casts can be worn only to protect an injury and must be flexible and contain no hard materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded.

-Jewelry such as rings, bracelets, necklaces, anklets and earrings, and accessories must be removed: if they cannot be removed, they must be well padded and completely covered. A medical bracelet may be worn but it must be taped to the wrist in such a way that the medical alert symbol only is fully exposed.

**Yard Ropes and Yardsticks**

-Each yard rope must be exactly 10 yards long and weighted at each end with flat weights. There must be a clear marker at the halfway (five yard) mark.

 **Team Members**

**Players**

-Each team may have a maximum of 7 players on the field during a play. A team may use fewer than 7 players during a play. A team which has more than 7 on the field at any time, while the ball is live shall be penalized for illegal substitution.

 **Substitutes**

-Substitute players may enter the field only from their bench area and only when the ball is dead. They may not enter the field after the kicker begins the approach to kick the ball on the kickoff or after the offensive team breaks its huddle.

**Captains**

-Team members identified to the Captains before the game as spokespersons for offensive or defensive units of a team shall be considered team captains. All team captains must be identified prior to the start of the game. Each team is permitted a maximum of 4 captains. In case of injury or ejection, an alternate captain may be identified to the Captains.

**-Only a team captain is entitled to participate in discussions of the rules, including choices for penalty options**, kick offs and convert attempts. Only a team captain is entitled to request a measurement or an equipment safety check.

**Timing of Game**

 **Length of Game**

-The official regular game is sixty minutes of playing time divided into two 30-minute halves.

**Playing Time**

-The 30 minutes of playing time in each half will run continuously unless stopped by a team's time out or an official's time out.

**Last 2 Minutes of A Half**

-During the last 2 minutes of a half, the “five plays” rule shall apply.

**Last Two Minutes of the Half**

-Captains advise teams of the two-minute rule after about 28 minutes have elapsed in the half.

**Notifying Captains**

-The Captain should notify each team's captain when 2 minutes remain in the 1st and 2nd halves. The timekeeper must tell a captain the amount of time remaining in a period when a captain requests the time.

 **Timing**

-Each team should designate an official timekeeper and time keeping device. Time keeping devices shall be monitored by both teams.

**Play Clock**

-No official play clock will be in place, but teams should endeavor to keep huddle times to approximately 20 seconds.

**Overtime in Regular Season and Playoffs**

-If a game is tied after 60 minutes of playing time and a winner must be declared, overtime shall be played. Overtime shall be a new game of 20 minutes, divided into 2 halves of 10 minutes each, with no rest between the halves. There shall be a 10-minute rest period before the overtime begins.

-After 20 minutes of overtime, if no winner has been declared, the teams will be allotted the ball on the 35-yard and each given a chance to score. If neither team scores nor both teams score, match points, it becomes sudden death with in which the first team to score will be declared the winner.

-Unless stated otherwise by the overtime regulations, all rules and regulations that apply to a regular game will apply. Alternative overtime procedures described in the regulations are provided for consideration by league and tournament organizers.

-Teams captains can agree on dismissing the 20-minute overtime and go straight to the 35-yard line with each team given the chance to score. Sudden death to ensue. This must be agreed upon by both captains mutually prior to the start of any overtime.

**Game Procedures**

 **Pre-Game Conference**

**-**Approximately 3 minutes prior to the scheduled start time of the game, and immediately following the rest period, at least 1 captain from each team will meet with the Captain at center field to review field conditions and field markings, conduct any coin toss required to determine home team, decide the kick off options, and confirm the score (Game Sheet).

**Choice of Kick Off**

-For the 1st half, the captain of the team that won the coin toss shall choose to defer choice to the second half, kick off, receive the kickoff or defend an end of the field. The captain of the opposing team shall then choose 1 of the 2 remaining choices.

-For the 2nd half, the captain of the team choosing options second during the first half shall choose to kick off, receive the kickoff.

**-For the 2nd half the sides of the fields will change.**

-After a captain's choice has been given by the Captain to the opposing captain, the choice cannot be changed.

**Start and End of Periods**

 -Each half will begin by a kickoff from the kicking team's 35-yard line. The 1st and 2nd half will end if no time/plays remain in the period when the ball becomes dead at the end of a legal play.

-When a touchdown is scored on the final play of a period and the offense chooses to make a convert attempt, it must be completed before that period is considered completed.

**Obtaining First Down**

-After the ball becomes dead on a kickoff, the team in possession shall be awarded a 1st down and will have 3 attempts (downs) to gain 10 yards. The ball may be advanced by carrying it or throwing it using a legal scrimmage play. If the offense gains the required distance in the series of 3 downs, 1st down is awarded again.

-If the required distance for a 1st down is not gained in the 3 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the 3rd attempt.

**Measuring for First Down**

-The Captains judge as to whether a 1st down has been gained by the offense.

**Choices Following a Score**

-After a touchdown, the scoring team may try a 1- or 2-point convert attempt. ***After a convert attempt,******rouge, or safety is scored****,* ***the non-scoring team will start with the ball on their own 35-yard line. There are no kick offs after a score, just at the start of the game, start of the half.***

**Placement of the Ball**

-The ball shall be placed on the ground where it became dead. The spot of the ball is determined by the defensive player making the touch and their captain. ***Any dispute of the spot of the ball should be discussed between team captains.***

**In Bounds**

-The ball is in bounds when it is within the boundary lines. The ball is considered to be still in bounds while it is over or outside the boundary lines until it touches the boundary lines or any person or object that is out of bounds.

**Out of Bounds**

-The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.

**Control and Possession of the Ball**

**Control of the Ball**

-A player is considered to have control of the ball when the player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. ***The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.***

**Player Possession**

-A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.

-A player must be awarded possession of the ball when the player had control of the ball but lost it due to contact by another player or impact with the ground or goal posts.

**The Touch**

**Ball Carrier**

-To prevent the ball carrier from advancing, an opponent must deliberately touch any part of the ball carrier's body or any part of the player's equipment with the hand. A 1-handed touch or a 2-handed touch is legal. If the ball is touched while in the ball carrier's hands, the ball carrier will be considered touched**. *Touching the player with any other part of the defender's body, such as the head, arm, shoulder, chest, leg or foot, is not considered a touch; the ball carrier can still advance.***

-***A touch in the neck, head, or face area of the ball carrier shall be interpreted as a personal foul,*** unless the ball carrier had bent over, crouched, or fallen down while the attempt to touch was being made by the.

**Ball Carrier on the Ground**

-When a defender makes an obvious attempt to avoid a collision with the ball carrier, that defender will be considered to have touched the ball carrier. When a ball carrier deliberately kneels to concede a touch or makes no effort to get up after falling, a touch will be awarded to the nearest defender.

**Quarterback/Passer**

When the ball carrier is the Quarterback or another player who is attempting to pass the ball, the ball is considered to be in the passer's hand until it has entirely left the passer’s hand.

**Ball Tipped or Muffed**

When a receiver catches a ball after tipping the ball, without another player touching the ball in the interval, the receiver is considered touched if deliberately touched by an opponent while the ball was not in the receiver’s control after the ball was tipped. This applies on snaps, muffed kick offs, muffed punts and any pass.

**Live Ball/Dead Ball**

 **Live Ball**

-The ball is live after the Captain has signaled play to begin and the ball has been kicked off or snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

**Free Ball**

-A free ball is a live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

**Loose Ball**

-A loose ball is a live ball that is not in a player’s control and can be legally recovered and -advanced only by the team considered to be in possession; a dribbled ball is not a loose ball.

**Downed Ball**

-A downed ball is a loose ball that is controlled by a player of the team not considered to be in possession. A downed ball is also a loose ball that touches the ground after being touched by a player of the team not considered to be in possession, regardless of who touched the ball during the interval.

**Dead Ball**

-The ball is dead when any of the dead-ball conditions are met

**Dead-Ball Conditions**

**Out of Bounds**

 -The ball is dead when it goes out of bounds.

**Touch**

-The ball is dead when the ball carrier is touched or is considered to be touched.

**Score**

 -The ball is dead as soon as a score is made.

**Goal Post Assembly**

 -The ball is dead when it touches the goal post assembly.

**Pass**

-The ball is dead when any thrown pass touches the ground or goes out of bounds, except on a muffed onside pass from the Quarterback.

**Motionless Ball**

 -***The ball is dead when it lies motionless for 3 seconds after being kicked off, punter or snapped, and there is no play on the ball by either team.***

**Punt/Place Kick**

-The ball is dead after a punt when it touches the ground behind the line of scrimmage or in the punter's end zone. The ball is dead after a punt when it touches the ground after being muffed in an offside direction by any player of the receiving team at any time. The ball is dead after a punt when it is downed by a player of the punting team. In all these cases, a ball touching any person or object out of bounds shall be considered to have touched the ground.

-After a muffed punt, when the player of the receiving team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be loose; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

**Kick Off**

-The ball is dead after a kickoff when it is downed by the kicking team.

-After a muffed kickoff, when the player of the receiving learn who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

**Dribbled Ball**

-The ball is dead when a dribbled ball touches the ground or is caught by the dribbling team. **Muffed Snap**

-After a muffed snap, when the player of the offensive team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free bail when the touch occurs, the ball becomes dead as soon as it touches the ground.

-The ball is dead after a bad snap or a muffed snap when the defense downs a loose ball or bats a free ball to the ground.

**Diving**

-The ball is dead immediately when the ball carrier violates the diving regulations.

**Offside Pass**

-The ball is dead immediately when an offside pass is caught by the team that caused the offside pass.

**Placement of a Dead Ball**

The placement of the ball after it is dead shall be governed by the following regulations.

**Out of Bounds**

-After going out of bounds in the field of play, the ball will be placed at the furthest point of advance of the ball when it broke the plane of the boundary line. When the ball carrier goes out of bounds, the ball will be placed at its furthest point of advance when the ball carrier went out of bounds.

**Touch**

-After a touch, the ball will be placed *at* ***the furthest point of advance of the ball when the ball carrier was considered to be touched.***

**-**On a bobbled ball touch or a tipped pass touch, the furthest advance of the ball is considered to be where the ball was caught, or where the receiver was touched, whichever is closest to the receiver’s deadline.

**Score**

**-** After a score, the ball will be placed according to the appropriate scoring rule.

**Goal Post Assembly**

-After hitting the goal post assembly in flight on a kickoff, the ball is placed on the receiving team's 25-yard line. If the ball hits the goal post assembly on a kickoff after touching the ground or a member of the receiving team, the ball is placed on the receiving team's 10-yard line

-After hitting the goal post assembly during a punt from the field of play, the ball is placed on the receiving team's 10-yard line unless it was downed. If a punt from the end zone hits the goal post assembly, a safety touch is awarded to the non-punting team.

-When the ball hits the goal post assembly on any other play not described above, the ball is considered to have hit the ground in the end zone. Thus, the appropriate ruling and placement will apply.

**Pass**

-After an incomplete pass during a legal forward pass, the ball will be placed at the last point of scrimmage.

**Motionless Ball**

-After a motionless ball is ruled dead, it will be placed at the spot it rested.

 **Downed Ball**

-After a loose ball is downed, it will be placed at the spot where the defense first touched the ball or where the offense touched the ball last.

-After a free ball is downed, the ball will be placed according to the dead-ball regulations for an incomplete pass with the offense being considered the passing team.

**Muffed Ball/Last Receiver Touched**

-After a muffed ball is ruled dead because the last offensive player to touch the ball was touched, the ball will be placed where the defense deliberately touched that player.

**Dribbled Ball**

-After a dribbled ball is ruled dead, the ball will be placed at 1 of the 3 following spots, whichever spot is closest to the deadline of the dribbling team:

* where the ball was first kicked
* where the ball touched the ground
* where the dribbling team touched the ball last

-If the non-dribbling team touched the dribbled ball before it was dead, the ball will be placed at one of the following spots, whichever is closer to the deadline of the dribbling team:

* where the ball was first kicked
* where the non-dribbling team first touched the ball

**Diving**

-After the ball carrier violates the diving regulations, the ball will be placed at its furthest point of advance at the instant the dive began.

**Punt**

-After an untouched punt becomes dead behind the punter’s line of scrimmage or in the punters end zone, the ball will be placed at the spot where it touched the ground in bounds or broke the plane of the boundary line.

**Extended Ball**

-When the bail carrier is penalized for deliberately extending the ball, the furthest point of advance of the ball will be considered to be the most forward point of the ball carriers’ torso at the instant the touch is made.

**Ball Extension - Mechanics**

**-*All extension is a FLAG PLAY and the penalty is applied from where the ball becomes dead, even if a change of possession occurs subsequent to the foul.***

**-**When the ball is declared dead, if the offending team is in possession, the 5-yard penalty is applied from either the point of foul or point ball dead, at option of the non-offending team. The point of foul is the ball-carrier's torso, not the point to which the ball was extended.

**-**If the non-offending team obtained possession, they will certainly accept the penalty from the point where the ball was eventually declared dead.

**Time Outs**

**Legal Time Out**

-Time outs can only be called by the Captain and any on-field player, through the Captain, and only when the ball is dead.

**Team Time Out**

-Each team is allowed 1 60-second time out per half, including any overtime half, and 1 60-second time out which can be used at any time during the game, including any overtime game. Any on-field player may request a team time out. Violation of these rules shall be penalized for delay of game.

-The Captain must stop the clock immediately when a team is granted a time out.

-No team is permitted to call 2 consecutive time outs without a play occurring between the time outs.

-If the time out is for an equipment safety check, a check on a rule application, or an illegal team time out, the Captain will administer the appropriate ruling and/or penalty then start the clock after the next play is whistled in.

**Use of Team Time Outs**

-Teams may use a team time out to discuss strategy, request a check of an opponent's equipment, or check the proper application of a rule.

-Time outs used for an equipment safety check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.

-Time outs used to check the proper application of a rule will be charged as a team time out if the rule was properly applied, and the team will receive a 10-yard delay-of-game penalty

**Injury Time Out**

-Only a Captain may call an official's time out to allow a team to attend to an injured player. If the time out is called by the Captain, the injured player must be removed from the field for at least 1 play, unless the injured player's team calls a team time out. ***The Captain has full authority to delay the game until the injured player is safely removed from the field. Unnecessary delay in removing the player shall be penalized for delay of game****.*

**-**The Captain may call a “bleeding time out” in instances where a player is injured in such a manner their blood is able to be transferred to another participant. In this case, the bleeding player will be removed from the field and given up to two minutes to obtain medical treatment such that the bleeding has stopped, or the affected area is completely and securely covered.

**Team Time out Procedures**

-When a time out request is for team strategy, the team time out rules and regulations will be applied. If the Captain is aware that the team has already used its allotted time out for team strategy, the Captain must inform the captain of the situation but must not stop the clock while doing so.

-The Captain will discuss the ruling***. If the captains disagree, the Captains must consult the rule book.*** After the correct ruling is determined, the Captains will correct the application if it was wrong and the team disputing the ruling will not be charged with a team time out. If the ruling was correct, the team in dispute will be charged with a team time out.

**Official's Time Out**

-The clock must be stopped whenever the Captain takes an official’s time out. This should be done for making equipment repairs, because of blood, or because of a playing hazard.

**Scoring**

**Declaring a Winner**

-The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during the overtime game is declared the winner.

**Ball in the End Zone**

*-****The ball is considered to be in the end zone when any part of the ball is on or over the ground in the end zone, or when it crosses the extended plane of the goal line***

***Touchdown***

 -A team scoring a touchdown, when a player has legal possession of the ball in the endzone, is awarded 6 points and a convert attempt.

**Convert**

-A team scoring a convert from the 5-yard line is awarded 1 point. A team scoring a convert from the 10-yard line is awarded 2 points. When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2 points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.

**Safety Touch**

 -A team scoring a safety touch is awarded 2 points.

**Rouge**

 -A team scoring a rouge is awarded 1 point.

**Rouge Not Awarded**

-A rouge is not awarded when a kickoff or a punt from the field of play touches the goal post assembly before touching a player.

-A rouge is not awarded when a pass is intercepted in the end zone; the intercepting team will be awarded a first down on their 10-yard line if they do not get the ball out of the end zone legally.

-A rouge is not awarded when a kickoff is ruled out of bounds in the end zone in flight.

**Convert Attempt**

**Choice**

-After scoring a touchdown, the scoring team may attempt a convert. The captain of the offense may choose to attempt a 1-point convert or a 2-point convert.

**Point of Scrimmage**

-A 1-point convert attempt shall be scrimmaged from the 5-yard line. A 2-point convert attempt shall be scrimmaged from the 10-yard line.

-When a penalty is applied on a convert attempt, the attempt can be scrimmaged inside the 5-yard line.

- A punt or place kick is Illegal and shall be ruled dead immediately; a repeated convert shall not be allowed.

**Kickoff**

**Kick Off Procedure**

-At the start of each half, 1 team must kick off to the opponents from its own kickoff line.

-During all kick offs, the ball must be placed on the ground or on a kicking tee anywhere along the kickoff line between the hash marks, provided that the lowest point of the ball is not more than 2 inches above the ground

 -At the instant the ball is kicked, all players of the receiving team must be at least 20 yards from the kickoff line, and all players of the kicking team must be behind the kickoff line, except the kicker and any teammate pinning the ball to the ground. A team violating this rule will be penalized for Illegal procedure.

-An illegal procedure penalty by the offense or an offensive penalty may be applied as either a 5-yard live ball foul or a 5-yard dead ball foul at the option of the non-offending team, but not on the convert attempt if a touchdown is scored.

**Legal Kick Off**

-The kickoff is legal when: the ball stays inside the boundary lines, the ball touches a player who is in bounds, the ball goes out of bounds in the end zone after touching the ground in bounds, or after touching a player who is in bounds.

-When the ball goes out of bounds without meeting 1 of the above conditions, the receiving team has the following options: penalize the kicking team for illegal procedure, be awarded first down at their own 10-yard line, or, if the ball went out of bounds at the sidelines, be awarded a 1st down at this spot.

-When the ball hits the goal post assembly in flight without being touched by any player, the receiving team will be awarded a 1st down on their own 25-yard line. When the ball hits the goal post assembly after touching the ground or any player of the receiving team, the receiving team will be awarded a 1st down on their own 10-yard line. When the ball hits the goal posts after being touched by the kicking team, the ball is considered downed.

**Downing the Kickoff**

-When the kicking team touches the ball first before it travels 20 yards, they can “down” the ball, but will be penalized for illegal procedure. When the kicking team touches the ball first after it travels 20 yards, they can proceed to "down" the ball without penalty.

**Recovery by the Receiving Team**

***-When a player of the receiving team muffs the kickoff in ANY direction, that player can recover the ball and advance it*.** Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be ruled as an offensive pass; recovery of a free ball by a teammate in an onside direction can be advanced.

-A kickoff is a loose ball until it is touched by the receiving team.

**Recovery by the Kicking Team**

-The kicking team will be awarded possession of the ball if they intercept a pass by the receiving team or control a free ball; the ball can be advanced without penalty, unless they commit an offside pass.

**Scrimmage**

**Scrimmage Procedures**

-To begin a play the ball must be snapped by the offensive Centre, from the point of scrimmage, to the Quarterback. The Quarterback must be at least 5 yards behind the line of scrimmage when the Quarterback first touches the ball. If the original snap does not travel 5 yards, the Centre cannot pass or bat the ball back the remaining distance*.* ***A sleeper play is illegal***. Any violation of these rules is illegal procedure.

-The line of scrimmage and the point of scrimmage shall be determined by the Captains according to the dead-ball rules and the scrimmage regulations.

**The Ball**

-At the discretion of the Captain, the offensive team may take the ball into the huddle to clean it or keep it dry.

**The Huddle**

-The offensive team must huddle after any time out, change of ends or change of possession, except on a kickoff; otherwise a huddle is not necessary. Violation of this rule is illegal procedure.

-The offensive team has twenty seconds to snap the ball. If the ball is not snapped within 20 seconds, the offensive team will be penalized for a time count violation.

-Deliberate delay of the game by the offense will be penalized by a delay-of game penalty*;* ***after******2 consecutive delay-of-game penalties, the Captain will award first down to the defense*** at the last point of scrimmage. The Captain must inform the offense whenever they are being charged with a deliberate delay-of-game penalty.

**The Snap**

-The offensive Centre must take a position facing the defense with the feet straddling the point of scrimmage. The ball must be snapped off the ground and between the legs in 1 motion in the direction from toe to heel.

-Before the ball can be snapped the Centre can pick the ball up once, adjust it as necessary, then set it. When the offense takes the ball into the huddle, after the Centre touches the ball to the ground the ball is considered live as soon as it is lifted off the ground. After the ball is set on the ground, the Centre cannot move the ball or the body in such a manner that will draw the defense offside.

-Violation of any of the snap rules will be penalized as illegal procedure.

**Onside/Offside**

-All players must be completely behind their side of the scrimmage neutral zone at the Instant the ball is snapped, except the Centre. Violation of this procedure is an offside penalty.

-All players can be in motion when the ball is snapped; only the Centre must be at the line of scrimmage.

-When an offside player touches an opponent before the snap, the ball must be whistled dead and an Illegal-procedure penalty assessed against the offending team. When both teams are offside when the ball is snapped, the ball must be whistled dead immediately; the down will be replayed without penalty.

**Receiving the Snap**

-The first teammate of the Centre to touch the snapped ball is the Quarterback.

-***The Quarterback's entire body must be at least 5 yards from the line of scrimmage when the ball is first touched*.** Violation of this rule is illegal procedure.

-When the Quarterback muffs the snap, the Quarterback may recover the ball without penalty. Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be penalized as an offside pass; of a free ball recovered by a teammate in an onside direction can be advanced.

**The Rush**

-The first defensive player to cross the line of scrimmage is considered as the Rusher. The Rusher's entire body must be at least 5 yards from the line of scrimmage at the instant the ball is snapped or anytime after the snap. Violation of this rule is an offside penalty.

-***The Rusher has the right to an unobstructed direct path to the Quarterback.***

***-A Rusher loses this right if any part of the Rusher's body is within 1 yard of the Rushers Bag or greater than 5 yards away from it when the ball is snapped.*** After the Centre sets the ball for the snap, if the Rusher moves from one side of the Centre to the other, and the Centre is unaware of it, the Rusher loses the right to an unobstructed path to the Quarterback.

*-****Violation of the Rusher's rights to a direct path to the Quarterback is an obstruction penalty against the offense.***

**Goal Posts**

-When the line of scrimmage is inside the defensive team's 5-yard line and goal posts are on the field, ***the next point of scrimmage must be on the hash mark closest to the point where the ball became dead on the previous play*.** This rule does not apply on a convert attempt.

**Passes**

**Pass**

-A pass is a ball that is thrown, handed, dropped, knocked, or batted by a player in any direction; a ball that bounces off a player in any direction is also considered to be a pass.

**Onside Pass**

-An onside pass is legal at any time following a kickoff or a snap.

 **Offside Pass**

-A hand-off pass in a forward direction is considered an offside pass. If it is the first offside pass behind the line of scrimmage, it is legal and considered to be a forward pass.

-An offside pass is not legal even when it is touched first by an opponent.

 **Forward Pass**

-A forward pass is a ball deliberately thrown by an offensive player towards the opponent's goal line. The first offside pass thrown by the offense during a play will be considered a forward pass.

-A forward pass is legal when it is thrown from behind the line of scrimmage. It must be the first forward pass thrown by the offense during each play and must be thrown before the ball is carried over the line of scrimmage.

**Muffed Onside Pass**

-When an offensive player muffs an onside pass while behind the line of scrimmage and before a forward pass has been thrown, the ball is free to both teams until it touches the ground. When it touches the ground, the ball is dead.

**Passer**

 -Any player on the offense or defense can throw a pass.

**Complete/Incomplete Passes**

**Receivers**

 -All players on the offense and defense are receivers.

**Completed Pass**

-A pass is completed when a receiver is in possession of the ball before the ball is dead; the receiver must also touch the ground or an opponent in bounds with any part of the body after gaining possession of the ball.

**Completed Pass Awarded**

-When a receiver gets control of the ball even for an instant, then loses control because of bodily contact caused by an opponent, the receiver will be awarded a completed pass, and the opponent will be awarded a touch at the point of contact.

-A pass is ruled as completed to a receiver when an opponent is penalized for pass interference against that receiver in the target area.

-When a player catches a pass tipped by a teammate, the pass completion is awarded to the player who caught the pass.

**Simultaneous Possession**

 -A completed pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. ***A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously. That player is considered to have been touched at that spot.***

**Tipped Pass**

-Tipped passes are legal. If the pass is an onside pass, the ball can be advanced when caught. If the tipped pass is an offside pass, the offside rule applies.

 **Bobbled Pass**

-***If the player who caught the ball was the last player to tip the ball and had been deliberately touched by an opponent after tipping the ball, the pass is considered completed and the ball is considered dead when the receiver was touched.***

-When a ball carrier deliberately throws the ball into the air, then catches it to avoid being touched with the ball, the ball is dead immediately, and the opponents will be awarded a touch where the ball carrier first released the ball.

**Intercepted Pass**

-Any pass originally caused by the team in possession but caught by the opponents is an intercepted pass.

**Incomplete Pass**

-A thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

**Deliberate Grounding of a Pass**

-When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for deliberately grounding the ball.

**Pass Interference**

**Pass Interference**

-Pass Interference occurs when a player takes away an opponent’s positional advantage.

**Target Area/Remote Area**

*-****Pass interference in the target area can apply only when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point of the ball***. When these two conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.

**Violations**

**-Pass interference by the offense or the defense is illegal.** The team that violates the pass interference regulations will be penalized for pass Interference in the target area or remote area, as judged by the Captains.

**Contact**

-A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent’s intended direction or position**. *Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass*;** this contact is legal only when each player is intent on playing the ball and each player is in an equally favourable position to play the ball.

-***When contact occurs without moving the opponent off stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.***

**Path to the Ball**

-***All players have an equal right to a direct path to the arrival point of the ball****.* However, a player in an unfavourable position cannot commit bodily contact with an opponent to reach the *ball, even If the ball was eventually touched by that player.*

*-****A player who is in an equal or an advantageous position to play the ball, compared to an opponent, is considered to have the right to the path to the ball*.** When that right is taken away by an opponent using bodily contact, pass interference has occurred.

-***A player who takes a path or a position on the field in order to catch a pass or defend against a pass, has a right to that path or position unless an opponent has already taken it.*** A player who takes an opponent’s established path or position using bodily contact is guilty of pass interference.

*-****When two opponents’ cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass Interference unless the contact was incidental*.** If the Captains cannot determine who declared their path first, pass interference has not occurred.

-When opponents get their feet tangled up while running their respective paths causing one player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be considered.

-In all the above cases, ***the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.***

**Pick Play**

-An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered as pursuing that player.

 -Violation of these regulations is pass interference in the remote area.

**Stationary Position**

*-****A defensive player who has maintained a stationary position since the ball was snapped shall not be penalized for pass interference if run into by an opponent*.** If the defensive player takes a stationary position after the ball is snapped, this position cannot be in a path already taken by an opponent.

**Playing the Ball**

-A player must be facing the ball as it arrives in the target area to be considered to be playing the ball.

-***When the ball strikes a player, who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference in the target area*;** for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

**Screening**

-As the ball arrives in the immediate vicinity of a receiver*,* ***a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball.*** Violation of this rule is pass interference in the remote area; if the ball is touched or the receiver's direct line of vision to the ball is blocked, this is pass interference in the target area.

 **Non-Catchable Pass**

-***When an official considers a pass cannot be caught even with extraordinary effort, no target area pass interference penalty shall be assessed even when target area pass interference occurs by either team*.** The pass interference infraction must be assessed as a remote area pass interference penalty.

**Center/Rusher Interference**

-When bodily contact occurs between the Centre and the Rusher, if the Rusher had lost rights to a direct path to the Quarterback, the Rusher will be penalized for pass interference in the remote area; if the Rusher had not lost rights to a direct path to the Quarterback, the Centre will be penalized for obstruction.

**Punts**

**Punts**

-Any player may punt the ball. After a kickoff or a snap, the ball can be punted at any time during a live ball, except during a convert attempt, a punt during a convert attempt will be ruled dead immediately.

-When a player attempts to punt and the ball strikes any part of the punter's body, this shall be considered a punt and all the rules of a punt shall apply. If the punter misses the ball entirely, this is an offside pass.

**Possession After A Punt**

-Immediately as the ball is punted, the punting team automatically loses possession to the opponents, unless the punt is blocked or is considered to have never left the end zone.

-Any player of the punt-receiving team can catch a punt and advance, if that player stayed in bounds during the entire play. Violation of this rule is an illegal re-entry penalty.

**Restraining Zone**

-After a punt, players of the punting team cannot touch the ball or cannot be touched by the ball before the opponents touch the ball. After a punt, all players of the punting team must be at least 5 yards away from the ball when an opponent first touches the ball.Violation of these rules is a “no-yards” penalty assessed against the punting team from the point where the ball was first touched. If the offending player(s) did not affect the play in any way, the “no-yards” penalty will be applied as a 5-yard penalty.

**Blocked Punt**

-A punt blocked by the punter's opponents will be ruled an onside pass by the blocker if the ball travels parallel to the punter's deadline; if the ball travels toward the punter's deadline it will be ruled as an offside pass by the blocker. Both teams may catch the ball.

-A blocked punt is a free ball until it touches the ground and becomes a dead ball.

-If a team has earned a first down when their punt is blocked by the opponents, they will be awarded a first down if they legally regain possession of the ball.

**Penalties**

**Use of Hands**

-Players cannot use their arms or hands to impede or redirect an opponent, except when that opponent obstructs their direct path to the ball carrier. Players cannot use the goal posts with their hands or arms to push off or to change their direction. Violation of these rules is illegal use of hands.

-When a player is not playing the ball, an opponent can redirect that player with the hands in an effort to continue pursuing a direct path to the arrival point of the ball or the intended receiver.

-Players may touch an opponent to feel their relative position as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

**Obstruction**

-Obstruction is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.

-A player may assume a stationary position if the intent is obviously to avoid obstructing an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an obstruction penalty.

-During a kickoff or punt, players of the receiving team may take a stationary position, if the obvious intent is not to obstruct the opponent’s path to the ball carrier.

-When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot.

**Illegal Re-Entry**

-A player who steps out of bounds during a live ball cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes no immediate effort to get back in bounds. Violation of these rules is an illegal re-entry penalty.

**Illegal Participation**

-A player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver, or obstruct a player; this rule applies also to fans and team members in or out of the team bench area. Violation of this rule is an Illegal participation penalty.

**Extension** -The ball carrier is not allowed to place the ball forward by deliberately extending the arm(s) in an obvious effort to gain extra distance. When the ball carrier violates this rule, the ball will be placed according to the regulation for an extended ball and an additional minor objectionable conduct penalty will be assessed as a dead-ball foul

-A touchdown or convert cannot be scored by extension. A safety touch or rouge cannot be prevented by extension.

**Player Conduct**

**Major Foul**

-A player or team member is not allowed to strike or trip an opponent or an official with the deliberate intent to cause bodily harm. Any other act of roughness or unfair play considered by the Captain to threaten the safely of any participant is not allowed.

***-Violation of these rules is a major foul and the player or team member must be ejected from the game*.**

-An automatic first down is awarded to the non-offending team if they have possession of the ball.

**Personal Foul**

-Any act of roughness or unfair play that is committed by a player or team member but is not considered by the Captain to be a major foul, is a personal foul. All players must attempt to control their momentum when approaching an opponent.

-Violation of these rules is a personal-foul penalty.

-The defender/ rusher will be called for a personal foul if they make ANY contact with the quarterback’s throwing arm or hand at or above the Quarterback’s shoulder while attempting to make a pass. This includes the Quarterback’s natural follow-through motion.

 **Objectionable Conduct**

-A player or team member is not allowed to use profane language, make verbal threats, or utter demeaning or intimidating remarks or actions to another player, team member, fan or official. Persistent arguments from any player or team member are not allowed. A player is not allowed to deliberately delay the smooth operation of the game. A player is not allowed to fake an injury or loss of balance in an obvious attempt to delay the game or cause a personal foul to be assessed against an opponent.

*-Violation of these rules is an objectionable conduct penalty.* ***If the violation is considered by the Captain to be of a serious nature, the player or team member must be ejected from the game.***

**Player Ejection/Game Forfeit**

-An ejected player or team member must stay in the bench area and refrain from berating players, Captains and fans. When an ejected player or team member violates these rules, that person must leave the park.

-If the ejected individual does not leave the park within 3 minutes, or returns to the park during the game, the Captain must award the game to the opponents.

**Rough Touch**

-A one-handed touch or a two-handed touch shall be considered a personal foul if the ball carrier is shoved off balance as a sole result of the impact. It is not a personal foul if the contact was caused by a sudden stop or change in direction by the ball carrier, and the opponent attempted to diminish the contact. A touch in the neck, head and face areas shall be interpreted as a personal foul unless the ball carrier had bent over, crouched or fallen down while the attempt to touch was being made by the opponent. If the action is considered to be incidental, the official shall apply the penalty as a minor personal foul.

-A heavy-handed slap or a swinging arm slap while touching the ball carrier shall be considered a personal foul.

**Contacting the Passer**

-A player is not allowed to contact the passer using bodily contact. If the bodily contact was caused by the passer’s sudden stop or change of direction, and the player attempted to diminish the contact, no foul has occurred. If the player made an extraordinary attempt to diminish the contact or to prevent the passer from injury, the official shall use discretion as to whether or not a personal foul should be called.

**Contacting the Punter**

-A player is not allowed to contact the punter using bodily contact even when the ball is blocked or deflected. No foul has occurred if the bodily contact was caused by the punter’s sudden stop or change in direction or if the player attempted to diminish the contact.

-The above conditions apply on all attempts to punt the ball.

**Contacting the Receiver**

-A player is not allowed to use bodily contact on a pass receiver or punt receiver before or after the ball is touched, even if the ball is muffed. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favourable positions to the ball, no foul has occurred.

-A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact. The above conditions apply to both teams after a ball is muffed or tipped.

**Tripping**

-A player is not allowed to trip an opponent using the arm, the lower leg, or foot. These fouls will be considered to have occurred before the ball is dead.

**Piling On**

-After the whistle is blown to indicate that the ball is dead, a player is not allowed to run into, throw the body against, or deliberately fall upon an opponent.

**Charging**

-The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.

**Diving**

-A defender can dive towards the ball carrier if the intent is to touch the player***. If the contact with the ball carrier causes the ball carrier to fall,*** this will be considered a personal foul if unnecessary force was used.

-The ball carrier is not allowed to dive forward in any obvious effort to gain extra distance.

**Attempts to Strike A Player**

***-Any attempt to strike or trip a player in any manner which fails is a major foul and will be considered as having occurred after the ball is dead.***

**Distance Penalties**

**Fixed-Distance Penalties**

In addition to any other penalties described in the rules, the following penalties of a fixed distance shall be applied from the appropriate spot.

**Distance Foul**

**5 yards**

* + - Time Count Violation
		- Illegal Procedure
		- Offside
		- Minor Objectionable Conduct (Extension)
		- Minor Personal Foul (incidental head touch)
		- Minor No Yards

**10 yards**

* Delay of Game
* Illegal Re-entry
* Illegal Substitution
* Illegal Use of Hands
* No Yards/Restraining
* Zone Objectionable
* Conduct Obstruction Pass
* Interference in the Remote Zone

**15 yards**

* Personal Foul

**25 yards**

* Major Foul

**Variable-Distance Penalties**

In addition to any other penalties described in the rules, the following penalties of variable distances shall be applied.

**Foul Penalty**

Illegal Participation A touchdown is awarded if a team player is involved;

 a replay is awarded if a fan is involved.

 Offside pass The ball is brought back to the spot where the

 offside pass began.

Pass Interference in the Target Zone The ball and a first down can be awarded to the non penalized team at the spot where the foul occurred. The defense can also elect to have the pass be considered as an incomplete pass. If this occurs on a first or second down play, this will simply be a loss of down. If this happens on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage.

**Application of Penalties Penalty Options**

**Penalty Options**

A penalty can be refused by the team that was not penalized with the following exceptions:

-For major fouls, personal fouls and objectionable conduct penalties, the player’s name must be recorded on the scorecard as having committed that foul.

-A player must be ejected from the game if the rules make it mandatory.

-Any distance penalty associated with an ejection or personal conduct fouls can be refused.

The team not penalized has 2 options. If they refuse the penalty, the play must be considered legal and any gain, loss or score will be counted. If they accept the penalty, the penalty will be applied by the Captain. If the penalty involves choices, the non-offending team may choose the one they consider to be most advantageous to them.

Once a team has told their choice to the Captain, they cannot change their choice. If they have been given the wrong choice, the team must request the correct choices before the ball is snapped or kicked off for the next play or lose their right to request the correct choices.

**Application of Fixed Distance Penalties**

 *Unless expressed elsewhere in the rules and regulations, fixed distance penalties shall be applied as described below.*

 **Foul Before the Ball Is Put into Play**

When a team commits a foul before the ball is put into play, they shall repeat the down, convert attempt, or kick off. The distance penalty will be applied from the point where the ball was to be put into play before the foul occurred.

 **Foul as the Ball is put Into Play**

When a team commits a foul as the ball is put into play, any distance penalty will be applied from the spot where the ball was last put into play and the down, convert attempt, or kick off will be repeated.

 **Foul before the Offense Gains First Down**

When a team commits a foul before the offense gains first down, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

 **Foul after the Offense Gains First Down**

When a team commits a foul after the offense gains first down, any distance penalty will be applied from the spot where the ball was when the penalty occurred. The offense will be awarded first down at the spot where the ball is placed after the distance penalty is applied.

 **Foul Before the Offense Loses Possession**

When a team commits a foul before the offense is considered to have lost possession of the ball, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

 **Fouls After the Offense Loses Possession**

When a team commits a foul after the offense has lost possession, any distance penalty will be applied from the spot where the ball was when the penalty occurred, and the team awarded the ball will be awarded a first down where the ball is placed after the distance penalty is applied.

If the offense lost possession by a kickoff or a punt and the penalty occurred before the ball was touched, the distance penalty will be applied from the spot where the ball was first touched, and first down will be awarded after the distance penalty is applied.

 **Fouls After the Ball is Dead (Dead-Ball Fouls)**

-When a team commits a foul, which is considered to have occurred after

the ball is dead, any gain, loss, or score during the previous play will be counted and any distance penalty will be applied from the spot where the ball would have been put into play if no dead-ball penalty had occurred. If the next play is a convert attempt, the distance penalty can be applied on the convert attempt or on the kickoff.

-When a dead-ball foul occurs, the distance of the penalty will be added to or subtracted from the remaining yards required to reach the first down spot or the goal line. When the offense has been awarded a new 1st first down, only the field position will be affected if the foul occurred before the new 1st down was whistled in.

**Variable-Distance Penalties**

 *Variable-distance penalties shall be applied as described below. When a variable distance penalty is applied, the penalized team will not repeat the down.*

 **Offside Pass**

-When a team commits an offside pass, the ball will be placed at the spot where the ball was when it was released by the passer, where the ball was caught, or where the ball is ruled dead, at the option of the nonoffending team. The down, convert attempt, or kick off will not be repeated.

 **Pass Interference in the Target Zone**

-When pass interference occurs in the target zone, the penalty will be applied as a live-ball foul.

-When the defense commits pass interference in the target zone, the offensive player who was interfered with will be awarded a completed pass at the spot of interference or 10 yards in advance of the line of scrimmage; an automatic 1st down will be awarded also.

-When the offense commits pass interference in the target zone, the

defense can choose to declare the play an incomplete pass or take possession at the spot of interference. If this occurs on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage.

**Deliberately Grounding the Ball**

-When a team deliberately grounds the ball, the ball will be placed at the spot where the ball was when it was released by the passer, or the defense may choose to rule the play as an incomplete pass. The down or convert attempt will not be repeated.

**Penalties Near the Goal Line**

-The application of a penalty will never spot the ball inside the 1-yard line.

-When a fixed distance penalty is applied from a spot inside a team's 30-yard line, the distance applied shall not be more than half the distance to the goal line. A fixed penalty applied from outside a team's 30-yard line shall not be taken closer than that team's 15-yard line (unless multiple fouls are involved). In all the above cases, if the normal distance would have placed the ball in the defense's end zone or past the 1st down spot, the offense will be awarded a 1st down.

-Variable distance penalties are not subject to the half-distance rules.

**First Down Awarded by Penalty**

-A team can be awarded a 1st down from a penalty. A team will be awarded a 1st down when: the opponents are guilty of pass interference in the target zone; the offense reaches the opponents' goal line when a distance penalty is applied; the offense reaches the 1st down spot during the application of any penalty before a 3rd down begins; the offense reaches the 1st down spot during the application of a live-ball penalty on a 3rd down.

-The offense cannot be awarded a 1st down by a dead-ball penalty that is applied after the 3rd down play.

-When a team is awarded a 1st down by a legal gain or penalty, the 1st down cannot be withdrawn because of a subsequent penalty applied on that play, including penalties for dead-ball fouls.

**Penalties on A Convert Attempt**

-Live- and dead-ball penalties, by either team will, be applied as they are on a regular scrimmage play, except as noted below.

-Following a penalty application, the ball can be scrimmaged inside the 5-yard line.

-The offense will be awarded a repeated attempt except when: the offense commits pass interference in the target zone; the offense commits illegal re-entry; the offense commits an offside pass outside the end zone; a foul by either team occurs after the ball is considered dead.

-When the defense commits pass interference in the target area in the end zone, the convert will be awarded.

-Dead-ball penalties must be applied on the subsequent kick off unless the convert attempt is repeated; in these cases, the non-penalized team can choose to apply the penalty on the convert or the kickoff.

**Fouls During the Last Play in A Period**

-When a team commits a live-ball foul during the last play in a period, the opponents have 2 choices: they can refuse the penalty, thereby making the play legal and ending the period; or they can accept the penalty and the team entitled to possession after the penalty is applied will be permitted 1 more play in that period.

-When the offense commits an offside pass or commits obstruction after gaining a first down on the last play of a period, if the defense applies the penalty, the period will be considered completed.

-Dead-ball fouls committed after the ball is put into play will be applied on the first play of the next period.

**Illegal Re-entry Fouls**

*When an offensive player commits an illegal re-entry foul, the penalty will be applied as follows:*

-On a kickoff, apply the penalty from the spot where the ball was when the foul occurred.

-On a scrimmage play, if the foul occurred before the team who put the ball into play lost possession, apply the penalty from the spot where the ball was put into play and repeat the down if the first down had not been made at the time of the foul; at the point of foul with the down not repeated if the first down had been made at the time of the foul.

-On a scrimmage play, if a catch is made by the offending player, then the defense has the option of declaring the pass incomplete

-On a convert attempt, a score will not be awarded, and a repeated convert attempt will not be allowed.

-On a scrimmage play after a change in possession, apply the penalty from the spot where the ball was when the foul occurred.

*When a defensive player commits an Illegal re-entry foul, the penalty will be applied as follows:*

-On a kickoff, apply the penalty from the spot where the ball was when the foul occurred.

-On a scrimmage play, apply the penalty from 1 of the following 2 spots at the option of the offense: the spot where the ball was put into play and repeat the down; the spot where the ball was when the foul occurred.

-On a convert attempt, if the foul occurred in the end zone, the offense will be awarded the points. If the foul occurred in the field of play, apply the penalty from the point where the ball was put into play.

-On any play, if a score would have been made without the illegal entry, award the score.

**Illegal-Participation Fouls**

-When a team member commits an illegal-participation foul, the opponents will be awarded a touchdown, and the team member must be ejected from the game.

-When a fan commits illegal participation, the play will stand if the fan's participation did not affect the result of the play. If a score would have definitely been completed without the fan's participation, the score must be awarded. In all other cases, repeat the play.

**End-Zone Fouls**

*Note:* *None of the following rules applies on a convert attempt.*

When a foul occurs in or out of the end zone, and the point of application of the penalty is not in the end zone, the regular penalty rules apply.

-When a foul occurs and the point of application of the penalty is in the end zone, the following rules apply:

-If the offense committed the foul, the defense will be awarded a rouge, or a safety touch as defined by the scoring rules.

-If the foul committed by the offense is "no yards," the defense has the option of taking the ball on the opponents' 10-yard line or at the previous line of scrimmage rather than be awarded the points.

-If the defense committed the foul, no points will be awarded to the defense and the offense will be awarded a 1st down at their 10-yard line.

-If the punting team commits obstruction in their end zone by preventing an opposing player from attempting to catch a punted ball that has not left the end zone, the non-offending team has the option of taking the ball on the offending team's 1-yard line.

-When a team intercepts a pass in the end zone, then commits a foul before the ball is brought out of the end zone, and the point of application of the penalty is in the end zone, no score will be awarded to the opponents. The intercepting team will be awarded a first down at their 10-yard line.

-When a team commits pass interference in the target zone while in their own end zone, the opponents will be awarded a first down on the offending team's 1-yard line. When a team commits pass interference in the target zone in the opponent's end zone, no score will be awarded; the non-offending team will be awarded a first down at their 10-yard line or 10 yards in advance of the previous line of scrimmage.

-When any of the above fouls involve player conduct, the distance for the player conduct penalty will be applied from the spot where the ball would be next put into play.

**Player Conduct Fouls**

*Objectionable Conduct Fouls shall be applied as dead-ball foul.*

*Major Fouls and Personal Fouls shall be applied as dead-ball fouls, except when an opponent commits a major or personal foul on a player who:*

1. is attempting to pass the ball
2. is attempting to punt the ball
3. is attempting to retrieve a muffed onside pass, a muffed snap or a muffed kick off or punt.
4. is attempting to catch the ball in the target area.
5. is tripped without a touch being awarded
6. is a ball carrier or a receiver in the target area during the last play of a half

*A personal foul or major foul in any of these situations can be applied as a live-ball foul or dead-ball foul at the option of the non-offending team.*

-The distance penalty for a major foul or personal foul that is to be treated as a live ball foul shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the passing team; where the ball is considered to be dead.

-The distance penalty for a foul on a punter shall be applied at one of the following spots, at the option of the non-offending team: at the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; at the point of foul; where the receiving team first touched the ball; where the ball is considered to be dead.

-The distance penalty for a foul on a player attempting to retrieve a muffed onside pass, or a muffed snap or a muffed kick off or punt shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage, when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the offensive team; where the ball is considered to be dead.

-The distance penalty for a foul on a player attempting to catch the ball in the target area shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul; where the ball is considered to be dead.

-The distance penalty for a tripping foul on an opposing ball carrier that is not considered a touch shall be applied at one of the following spots at the option of the non-offending team: at the point of foul; from the point of last scrimmage; where the ball is considered to be dead.

-The distance penalty for a major or personal foul, during the last play of the half, on a ball carrier or a receiver in the target area, shall be applied as follows: If the foul is by the defense on the ball carrier, apply the penalty as a live-ball foul at the spot where the foul occurred and allow one more play by the team that has possession when the foul occurred; if the foul is on a receiver in the target area, apply the penalty as a live-ball foul from the previous line of scrimmage or the origin of the last pass at the option of the non-offending team.

-The non-offending team may decline the additional play and elect to have the penalty yardage applied on the first play of the next half (i.e., the kickoff).

An automatic first down shall not be awarded in the above circumstances.

**Multiple Fouls**

**Live-ball Fouls**

-When 1 team commits 2 or more live-ball fouls, this is a double foul. The non-offending team can choose to apply only 1 of the penalties. If 1 of the penalties is a live-ball personal foul or a major foul, the non-offending team has the option of declaring this penalty as a dead-ball foul.

-When each team commits a live-ball foul on the same play, this is a dual foul. When any of the accepted fouls occur before a change of possession, with the ball in flight, or on a play where possession does not change, the play will be repeated from the spot where the ball was first put into play and no distance penalties will be applied.

-When all the accepted fouls occur after the ball is in a player's possession on a change of team possession, the ball shall be placed at the point ball held when the first foul occurred, and no distance penalties will be applied.

-If 1 of the penalties is a live-ball personal or major foul, the non-offending personal or major foul team has the option of declaring this penalty to be a dead-ball foul.

**Dead-Ball Fouls**

-All dead-ball fouls can be applied against the offending team. When both teams commit dead-ball fouls, only the difference of the length of the distance penalties will be applied.