



PFFL Rulebook

2019 Edition

OUR MISSION

“To create an enjoyable and rewarding experience for all players, coaches, and spectators.”

OUR VISION

To teach all players the game of football while stressing the meaning of sportsmanship through careful and deliberate demonstrations by those coaching as well as other volunteers.

RULE 1 - GENERAL

1.1 IMPORTANT TERMS

- **Active Player** — A player who is anywhere on the playing field while a live play is taking place.
- **Inactive Player** — A player who is not on the playing field while a live play is taking place, but is eligible for play at another time in the game.
- **Ball Carrier** — Any player who possesses the ball during a live play.
- **Head Coach** — The team representative effectively in charge of team operations, its players, and other team coaches.
- **Line of Scrimmage (LOS)** — The imaginary transverse line beyond which a team cannot cross until the next play has begun, and is indicated by placement of the ball.
- **Line to Gain** — The (typically blue) lines painted on a field to indicate where a first down may be achieved, regardless of where the ball was initially placed to start the drive.
- **First Down** — Awarding an offensive team a new series of four (4) downs in order to continue advancing toward an opposing team's end zone.
- **Tackling** — The act of pulling one or more of a **ball carrier's** flags to end a live play.

1.2 TEAM SIZE REQUIREMENTS

To begin a game, both teams shall have a maximum of eight (8) **active players** (8v8). If at the start of any game, a team cannot provide a minimum of at least six (6) **active players**, that team will forfeit the game. Teams are required to field as many **active players** possible based on player attendance, up to the allowable maximum of eight (8).

Note: In divisions that do not have a sufficient amount of total available players, the maximum number of **active players** shall be seven (7), and the minimum number of **active players** shall be five (5).

1.2A MATCHUPS

During regular season and playoffs, teams are not required to play to **even strength**.

V-1.2 VIOLATIONS

If a **Head Coach** refuses to comply with this rule, that team will forfeit the game. Repeated violations may result in a minimum one (1) game suspension for a team's **Head Coach**.

1.3 TEAM REPRESENTATIVES

1.3A HEAD COACH

Each team must have one (1) **Head Coach**. This person is the only representative on the team allowed to address the officials during a game.

1.3B CONDUCT

Players, coaches, and all persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

1.3C STAFF SIZE

No team may have more than three (3) coaches on the team sideline at once: One (1) **Head Coach** and a maximum of two (2) assistant coaches. All coaches must be submitted to the Board of Directors prior to the season and have cleared background checks from the City prior to participation.

1.4 FAIRNESS OF PLAY

1.4A OPPORTUNITY

All players must be given the opportunity to become a **ball carrier** at least once per game. This rule is subjective and enforced at the discretion of the officials, but the spirit of the rule is providing each player with a genuine opportunity to advance the ball for his or her team.

1.4B PRACTICES

Three (3) practices per week will be allowed prior to the start of the season with an optional fourth practice per week (no more than four), *at league-provided times and locations only*. Any alternate times for a team must be approved by that team's Division Head. Once the season has started, a maximum of one (1) practice per week will be allowed.

V-1.4 VIOLATIONS

Violation of this rule may result in a one (1) game suspension for the **Head Coach**.

1.5 PHYSICAL CONTACT

Parkland Flag Football is not a contact league. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal. Any harsh contact that an official does not deem "incidental" contact will be considered illegal.

1.5A OFFENSE

Offensive players shall not perform a block, pick, or screen. Stiff arms are also disallowed.

1.5B DEFENSE

Defensive players must attempt to avoid physical contact with offensive players. This includes defending a pass. Defensive players must use athleticism and speed rather than strength to defend a play.

Example: Mark (receiver) runs a short hitch route. Chris is in defensive coverage, and runs from behind Mark and jumps and reaches over Mark's shoulder to intercept the ball, while knocking Mark down in the process. This is considered a penalty and not incidental because Chris intentionally drove himself directly into Mark's path to intercept the ball.

V-1.5A VIOLATIONS

Offensive violations of this rule will result in a spot foul (dead at the spot of the penalty or the ball, whichever results in fewer yardage gain for the offense). However, a hard or dangerous block downfield (at the discretion of the officials) will be assessed as an unsportsmanlike conduct penalty and results in the ball going back to the **LOS** (with a loss of down).

V-1.5B VIOLATIONS

Defensive violations of this rule will result in a 10-yard penalty from the spot of the penalty or the ball (whichever results in greater yardage gain for the offense) and an automatic **first down**.

1.6 SUBSTITUTIONS

1.6A REQUIREMENTS

There is no requirement to maintain a substitution form or rotate substitutions through all players. Instead, each team will substitute *all inactive players* ("clear the bench") every six (6) plays. False starts and offsides penalties shall not count as plays for the purposes of meeting substitution requirements. This ensures that all players will participate in *at least* 50% of all plays for their team.

This rule is meant to simplify enforcement of substitution by making the only hard requirement something that is easily observable (the "clearing of the bench").

1.6B INJURED PLAYERS

If an **active player** becomes injured, an **inactive player** may substitute temporarily for the injured player. Once the injured player is eligible to re-enter the game, the temporarily substituted player must immediately resume his or her status as an **inactive player** until the next substitution.

Example: Jenny and Sarah are inactive. After two plays, Brooke becomes injured. Brooke takes Sarah's spot on the bench for the third play. Brooke says she's okay, and retakes her spot on the field for the fourth play. Sarah continues to sit on the bench until the sixth play, when her and Jenny re-enter the game.

Example: Morgan and Kendall are inactive. After two plays, Claire becomes injured. Claire takes Kendall's spot on the bench for the third play. Claire appears to need a breather for a few plays, so she continues to remain out while Morgan re-enters the game after six plays. Noelle joins Claire on the bench. Claire has been out for several plays, but is feeling better and decides she wants to re-enter the game. On the next play, the coach decides to bring Claire back into the game and Kendall goes back to the bench to resume her rotation. Noelle and Kendall will re-enter the game at the same time.

1.6C SUBSTITUTION ROTATION FORM

Maintaining a substitution form is entirely optional.

V-1.6 VIOLATIONS

Simple violations of this rule may result in a 10-yard unsportsmanlike conduct penalty. Repeated violations of this rule may result in suspension of the **Head Coach** for one (1) game. Repeated violations may result in suspension of the **Head Coach** for the remainder of the regular season and postseason.

Additionally, the spirit of this rule involves integrity. If the Board learns of a coach consistently behaving in a dishonest or malicious manner that could risk damaging the image of the league, or directly results in creating an unnecessarily negative experience for a player, or results in multiple calls from parents/guardians regarding negative treatment of one or more team's players, the Board may convene to decide on suspension for one or more coaches on the team.

Example: Coach Dave puts Frank and Dan on the bench. There are only 2 minutes left in the game and Coach Dave's team is losing. He decides to leave Frank and Dan on the bench, since the next set of substitutes wouldn't sit for six whole plays anyway, and this way he can keep his worst players off the field at a crucial moment in the game. This is a clear violation, and in no way in the best interest of development of Coach Dave's players. This type of behavior will result in an unsportsmanlike penalty.

Example: Coach Jeff brings Cooper and Jacob out of the game to sit on the bench. After five plays, Mark gets the wind knocked out of him on the field. Mark sits out for Cooper. After one play, Mark says he can play again, so he brings Jacob and Mark back into the game (Jacob was on his sixth play) and sits Cooper again along with another player.

Coach Jeff tells Cooper to wait until the next rotation. This is malicious behavior, because Coach Jeff was looking for an easy way to keep Cooper on the bench longer than necessary. Now, Cooper will be sitting for 11 plays instead of 6. This type of behavior will result in a suspension.

1.7 NON-PARTICIPANTS

Anyone who is not an official or an **active player (inactive players, coaches, parents, etc)** must remain between the 10-yard lines and off the playing field, except when attending to an injured player. Only one coach from each team is permitted between the 10-yard line and goal line.

1.7A SIDELINES

Prior to the start of any game, one sideline will be designated for parents and spectators, and the opposite sideline will be designated for team representatives (coaches and players). Only league recognized coaches will be permitted on the team sideline, and each team must adhere to Rule 1.3C for all non-players on the team sideline. Officials will ensure this rule is observed prior to beginning any game.

If volunteers are needed for any reason (such as holding yard markers), both teams must collectively recruit these volunteers prior to the start of the game.

1.7B FIELD COACHES

Kindergarten, CoEd 6/7, Girls 7/9 divisions only:

Teams are each permitted one coach to stand on the field with their team. Coaches on the field may participate in the team huddle. However, once the offensive huddle has broken, neither coach may interfere with any offensive or defensive players. This includes speaking or whispering, physically moving players, or delivering signals to instruct players.

*The **CoEd 8/9** division is permitted to follow the above only for the first five (5) games of the regular season, as a means of transition to not having coaches on the field.*

Coaches on the sidelines are permitted to verbally interact with his or her team's players.

V-1.7 VIOLATIONS

Violation of this rule will result in a 5-yard penalty. Repeated violations will result in a 10-yard unsportsmanlike conduct penalty.

1.8 BEHAVIOR

Air horns, whistles, and other disruptive devices are not permitted during games. Cheering and encouragement is allowed.

Smoking is not permitted.

Every person present at games, practices, and other official Parkland Flag Football League functions shall behave themselves in a manner that youth players can respect.

Unsportsmanlike conduct during a game by participants will result in a 10-yard penalty at the officials' discretion. All other conduct issues may result in disciplinary action as determined by the Board.

1.9 DRAFT

Each Head Coach's child will be slotted on their roster as indicated on the final evaluation sheet. For example if the child is slotted on the evaluation sheet as a second round pick then the Head Coach's child shall be designated as a second rounder prior to the draft beginning.

Only Head Coaches child shall be slotted prior to the draft. No Assistant Coach's child shall be slotted prior to the draft.

RULE 2 - UNIFORMS & EQUIPMENT

2.1 UNIFORMS

All players must wear league approved uniforms for all games. Uniforms may not be altered in a destructive fashion (e.g., cutting off sleeves).

2.1A SHIRTS

All players must have their shirts tucked into their shorts for the duration of a game.

2.1B SHORTS

Only solid black shorts without pockets are permitted both in games and practices.

V-2.1 VIOLATIONS

Players not in compliance with league uniform rules will receive a warning if the non-compliance is immediately correctable (e.g., game shirt untucked). Otherwise, that player will not be allowed to participate in the game.

Subsequent violations after the initial warning in a game will result in a 10-yard penalty.

2.2 EQUIPMENT

2.2A MOUTHPIECES

Mouthpieces must remain in a player's mouth from the time the Center touches the ball to begin a play until the play is whistled dead.

2.2B JEWELRY

No jewelry is permitted.

2.2C FLAGS

Flag belts must have three (3) flags attached. A flag must be present at each side of a player, and a flag directly in the center of the back. Belts are allowed to be cut to better fit a player and remove excess belt material. The flags themselves are not allowed to be tampered with in any way. No player shall be permitted to attach anything to the flags, alter the flags, coat the flags in any substance, obstruct access to the flags in any way, or wear material that may be confused with a flag (i.e., waist towel). Flag belts cannot be tied or tucked under any other material (i.e., shorts).

2.2D GLOVES

Players may wear gloves which consist of a soft, pliable, and non-abrasive material.

2.2E HEADWEAR

Players may wear knit stocking caps or elastic headbands, provided there are no major protrusions (i.e., no hats with a bill). Headwear may not contain any hard, unyielding, or stiff material.

2.2F SHOES

Cleats must be made of a soft pliable plastic or rubber. Metal, ceramic, or detachable cleats are not permitted.

2.2G PADS AND BRACES

Only pads or braces worn below the waist are permitted. If an official deems a pad or brace unsafe, that player will be asked to remove the brace or be ineligible to play. Casts are explicitly disallowed.

V-2.2 VIOLATIONS

Initial violation of this rule will result in a warning to the violating team if the violation is immediately correctable (e.g., flag belt not properly attached). Otherwise, that player will not be allowed to participate in the game.

Subsequent violations will result in a 10-yard penalty, and possibly a one (1) game suspension for the **Head Coach**.

RULE 3 - TIMING

3.1 GAME LENGTH

All games will consist of two (2) halves of 23 minutes each.

3.2 PLAY CLOCK

All divisions have a 30-second play clock.

3.3 READY FOR PLAY

An offensive team cannot snap the ball until all offensive players are legally lined up on their side of the **LOS** for at least one (1) second.

3.4 TIMEOUTS

Each team is allowed two (2) one-minute timeouts per half.

Officials may call their own timeouts for any reason.

The two-minute warning is treated as a 20-second timeout and coaches may communicate with their players during this timeout.

3.5 GAME CLOCK

In the Kindergarten division, the game clock will run continuously during each half of play.

All other divisions, the game clock will run continuously except for the following:

- Official timeouts, with game clock resuming on the snap
- Team timeouts, with game clock resuming on the snap
- At the two-minute warning of each half, with game clock resuming on the snap
- If after the two-minute warning:
 - There is an incomplete pass
 - A **ball carrier** runs out of bounds
 - A penalty is called (unless the clock stoppage benefits the penalized team, then the game clock will resume upon placement of the ball)
 - A score occurs, with game clock resuming on the following snap
 - Change in possession, with game clock resuming on the following snap
 - First down, with game clock resuming upon placement of the ball

3.6 CORRECTIONS

Officials have the authority to correct obvious timing errors, unless discovery is made after the ball is snapped again or the period has officially ended.

3.6A Coach-Official Conference

A **Head Coach** may call a timeout to discuss misapplication or misinterpretation of a rule before the ball is snapped again. This is only permitted if the rule in question applies to the previous play. The calling team will not be charged a timeout unless the officials determine that there was no misapplication or misinterpretation.

3.7 INJURIES

If an **active player** becomes injured or appears to be injured, that player will be removed from the game for at least one (1) down unless the period has ended. That player's team may substitute an **inactive player** for the injured player, following rules set forth in Rule 1.6B. Any player who is bleeding or has an open wound will be required to dress or bandage the wound prior to being allowed to re-enter the game.

3.8 GAME START

At the beginning of a game, both teams will send two (2) team captains to the center of the field to meet with an official. The official will then perform a coin toss (or other similar method of random selection) and have the visiting team select the outcome. The team that wins the selection may choose which team will start the game with possession of the ball. The team that does not start the game with possession of the ball will start the second half with possession of the ball.

The team that did not win the coin toss may choose the direction of play to start the game.

3.9 OVERTIME

There is no overtime during the regular season. Games will be considered a tie if the game has ended and both teams have the same score.

During playoffs, all ties must be broken. If the game clock has expired at the end of the second half and the score is tied, the game will move to a “Kansas Playoff.” Rules are as follows:

- A coin toss (see Rule 3.8) will be used to determine who gets possession of the ball first.
- There is no game clock, but play clock will continue to be enforced.
- The team with possession of the ball will begin from the *opposing team’s* side of the field, on the final **line to gain** (the last blue line before the end zone). That team will have four (4) downs to score.
- If a touchdown is made, the scoring team must attempt an extra point.
- Each team must have at least one (1) possession.
- If after each team has had one (1) possession, the score remains tied, possession will remain with the second team to begin and both teams will try again.
- If after each team has had two (2) possessions, the score remains tied, possession will remain with the second team and both teams will have a chance to attempt one extra point each. If after both teams have made an attempt, the score remains tied, possession will remain with the second team and each team will attempt another extra point. This will continue in a series until one team scores more points in a series of attempts as described above.

RULE 4 - PUNTS

4.1 WHEN TO PUNT

A team may elect to punt on any 4th down situation. The punting team must inform the official of their intent to punt, and cannot change the play unless a team timeout is called and the defense is informed of the change.

4.2 PUNTS

If a team elects to punt on fourth down, the ball shall be placed thirty (30) yards ahead of the **LOS**. If that distance would cause the opposing team to begin their drive behind their

own 16-yard line, place the ball the ball at the 16-yard line instead. There are no physically kicked punts in any division.

4.3 PLAY CLOCK/GAME CLOCK

Play clock on 4th down runs as expected. Once a team elects to punt, the play clock will stop until the ball is set for the opposing team, and then the play clock will reset and begin counting down for the new offensive team.

If within two (2) minutes of halftime or end of regulation, the game clock will stop once a team elects to punt, and will resume upon the following snap from the new offensive team.

RULE 5 - OFFENSE

5.1 LINE TO GAIN

All divisions will use **line to gain** (blue lines) for first downs.

5.2 DOWNS

Each team receives four (4) downs to either cross the next **line to gain**, or cross the opposing goal line. If an offensive team advances beyond the next **line to gain**, that team will be awarded a **first down**. A team cannot be awarded a **first down** for crossing a **line to gain** if that team has already moved beyond that line at any point in the offensive drive.

*Example: The Bears ran a play and crossed the next **line to gain**, and were awarded a first down. The Bears then commit a false start and are moved behind the line due to penalty. Then, on the next play, the Bears advance beyond the same line once again. The Bears are not awarded another **first down** for the play.*

5.2A BALL PLACEMENT

The ball shall be spotted based on the conclusion of the previous play, and after penalty yards have been assessed, at the determination of the officials. If the ball would normally be spotted fewer than one (1) yard before the next **line to gain** or end zone, the ball will be placed exactly one (1) yard away from that **line to gain** or end zone.

5.3 DRIVES

5.3A STARTING

There are no kickoffs in any division. Instead, at game start, a change of possession due to a scoring drive, or at the start of the second half, the ball will be placed on the 16-yard line on the offensive team's half of the field.

5.3B CHANGE OF POSSESSION

A change of possession may occur in the following ways:

- Start of the second half
- The defense intercepts the ball
- The offense fails to score or gain a **first down** after four (4) downs
- The offense elects to punt on fourth down

A fumble is a dead ball at the spot the ball hit the ground (special rules for the quarterback, see Rule 5.4B).

5.4 LIVE PLAYS

5.4A SETUP

The offense will line up with the center directly over the ball, and a minimum of three (3) players on the **LOS**. A player is considered on the **LOS** if that player's feet are within one (1) yard behind the **LOS**. All players must be set with their hands at or above their knees for one (1) second before the ball is permitted to be snapped. Teams are allowed to have a maximum of one (1) "man in motion" after players are set, but that player is not permitted to move toward the **LOS** at any point during the motion.

All players lining up at the **LOS** must be *at least* arm's width apart (fingertip to fingertip).

5.4B QUARTERBACK

The player calling the snap count is considered the quarterback for that play. Only one person may call signals after the center has put their hands on the ball. Once all players are set (see Rule 5.4A), the quarterback may signal the center to snap the ball. Only the quarterback is allowed to line up directly behind the center, close enough to take a regular snap (there cannot be "fake" quarterbacks lined up side-by-side).

If the quarterback "muffs" the snap (fumbles the snapped ball immediately), the quarterback has a single chance to pick up the ball and continue the play. If the ball is fumbled again, the ball is ruled a dead ball at the spot where the ball hit the ground.

5.4C RUNNING

The quarterback may hand off the ball to any other player.

If a **ball carrier** falls down, the play is dead at the spot of the fall. A **ball carrier** is considered down when any part of the body above the player's feet (excluding hands) makes contact with the ground.

When a **ball carrier** is stopped from further advancing a play, the ball will be marked *at the location of the **ball carrier's** ball*.

5.4D ILLEGAL ACTIONS

A **ball carrier** may not use his or her hands (or the ball) to prevent a defender from performing a tackle. This includes "flag guarding."

A **ball carrier** may not stiff arm or charge into a set defender. The block/charge basketball principle will be used.

A **ball carrier** may not intentionally dive to attempt to gain yardage. Additionally, a player may not hurdle over another player, or perform a jump that the officials consider dangerous.

*Example: Josh performs a diving catch. This is allowed because Josh was not a **ball carrier** (i.e., did not have the ball) when he performed the dive.*

Example: Dylan performs a spin move to avoid a tackle, while keeping his arms below his waist. This is considered a flag guard. The violation is not the spin move, but the act of keeping his hands low to prevent a defender from pulling his flags.

5.4E PLAY LIMITS (TWO TOUCH RULE)

No offensive player is permitted to become a **ball carrier** and advance the ball more than two (2) consecutive times per game. Coaches are encouraged to advise the referee of the possible violation after the second consecutive touch.

*Example: Jacob, the quarterback, hands the ball off to Ryan, who runs the ball beyond the **LOS** and gains 3 yards. On the next play, Jacob throws the ball to Ryan, who gains 18 yards and a **first down**. On the next play, Jacob throws a pass behind the **LOS** to a wide receiver, Chris, who runs from one sideline to the other but unfortunately gets his flag pulled without gaining any yardage. On the next play, Ryan catches a pass and gains another 15 yards. This fourth play is an illegal play. Even though another receiver became a **ball carrier** during the play before Ryan got the ball back, that receiver did not advance the ball and thus did not sufficiently interrupt Ryan's two touch limit.*

5.4F ELIGIBLE BALL CARRIERS

Any player who breaks the huddle with the offense on the field is eligible to receive the ball. The center is not an eligible **ball carrier** until the ball has been *clearly* exchanged (at the discretion of the officials) to another player first.

V-5.4 VIOLATIONS

Violations of Rule 5.4A will result in a 5-yard penalty.

Violations of Rule 5.4D will result in a “spot foul.” The ball will be placed at the spot of the foul if the ball would have otherwise been placed beyond the spot of the foul without a penalty.

Violations of Rule 5.4E will result in a 10-yard penalty and loss of down. Repeated violations of this rule may result in a one (1) game suspension of the **Head Coach**.

Violations of Rule 5.4F will result in a 5-yard penalty from the previous **LOS** and a loss of down.

5.5 OFFICIAL ERROR

Occasionally, an official may inadvertently blow the whistle while a play is still live. In this case, the play is dead at the time of the whistle and the offensive team may choose to either replay the down or play the next down starting at the spot of the **ball carrier** when the whistle was blown.

5.6 UNSPORTSMANLIKE CONDUCT

While fun is encouraged, offensive players are not permitted to spike the ball, showboat, or use foul or insulting language to another player or coach.

V-5.6 VIOLATIONS

Violations of this rule will result in a 10-yard penalty. Repeated violations may result in ejection for the offending individual, at an official’s discretion. If a player or coach is ejected for unsportsmanlike conduct, that individual is automatically suspended for the next game.

RULE 6 - DEFENSE

6.1 SETUP

The defensive team must line up at least five (5) yards from the **LOS**. If the next **line to gain** or goal line is fewer than five (5) yards away, the defense may instead line up no closer than the **line to gain** or goal line.

6.2 TACKLING

A tackler must attempt to grab a **ball carrier's** flags only. A tackler may not hold, pull, push, or hit anything other than the flags.

6.2A FLAGLESS PLAYERS

Occasionally, a **ball carrier** may unintentionally lose his or her flags during a live play. If this happens, the play continues as normal, but a **tackle** may be performed by simply touching the **ball carrier** anywhere from his or her shoulders to his or her knees.

6.2B ILLEGAL TACKLES

A flag pulled from a player before that player has become a **ball carrier** will be considered an illegal **tackle**, though the play may continue. If the **ball carrier** at that point has no flags remaining, a **tackle** may be performed according to Rule 6.2A.

A defender may dive or jump to perform a **tackle**, however, if the defender is leading with his or her legs this will be considered an illegal **tackle** (even if the contact is inadvertent).

V-6.2 VIOLATIONS

Holding penalties (grabbing anything other than the flags) are 5 yards and an automatic **first down** from the spot of the foul. If the **ball carrier** had a "clear path" to the end zone (no other defensive player in position to make a **tackle** during the play) and the play would otherwise reasonably result in a score (e.g., the **ball carrier** wasn't falling out of bounds), the offensive team will be awarded a touchdown by the officials.

If a defender performs a dive or jump while leading with his or her legs, an unsportsmanlike penalty will be assessed and results in 10 yards from the spot of the foul and an automatic **first down**.

6.3 DEFENDING THE PASS

6.3A QUARTERBACK

If a defensive player is rushing the quarterback, that defender may not raise their hands to block a pass once the defender has crossed the **LOS**.

However, if the defender is not rushing the quarterback, they may raise their hands to defend passes while covering potential receivers.

6.3B RECEIVERS

Defenders may not directly prevent a receiver from running his or her route at any point during a live play (no push-offs even near the **LOS**).

If a defender and receiver are both attempting to catch the ball, any physical contact may be considered inadvertent at the officials' discretion (this does not include contact from behind the receiver).

V-6.3 VIOLATIONS

Violations of Rule 6.3A will result in a 10-yard penalty from the **LOS** and an automatic **first down**.

Violations of Rule 6.3B will result in the ball being placed at the spot of the foul and an automatic **first down**.

6.4 BLITZING

Defenders are permitted to run directly toward the quarterback as soon as the live play begins.

V-6.4 VIOLATIONS

Defenders entering within five (5) yards of the **LOS** before the play begins will cause an offsides penalty which results in a 5-yard penalty.

6.5 UNSPORTSMANLIKE CONDUCT

Defensive players must not spike flags, showboat, or use foul or insulting language to another player or coach.

V-6.5 VIOLATIONS

Violations of this rule will result in a 10-yard penalty. Repeated violations may result in ejection for the offending individual, at an official's discretion. If a player or coach is ejected for unsportsmanlike conduct, that individual is automatically suspended for the next game.

RULE 7 - DEAD BALL FOULS

The following penalties are considered dead ball fouls (the play is whistled dead before the play begins):

- Offsides
- Illegal procedure
- Illegal motion

In the case of simultaneous infractions by the offense and defense, the penalties will offset. In the case of infractions by the offense and defense that are not simultaneous, the first infraction will be the one penalized.

RULE 8 - SCORING

8.1 RECORDS

All divisions will keep score and win/loss records. The win/loss records, however, only affect teams' playoff seeding but not whether or not a team is eligible for the playoffs.

8.1A TIEBREAKERS

For seeding purposes, ties will be resolved by the following methods:

- McLaughlin Index (wins * 2 + ties) / (games * 2)
- Strength of schedule (points are not a factor)
- If necessary, the Division Head will make a final determination

8.1B GAMES

Coaches and officials must keep score, and coaches confirm score with each other at conclusion of the game. In the event of a dispute, the officials' score will be final. Both coaches must then submit the game winner and loser to the appropriate Division Head following the game.

8.2 TOUCHDOWNS

Touchdowns are worth six (6) points. The ball must cross the goal line.

8.3 EXTRA POINTS

Following a touchdown, a team will run another play to attempt to score an extra point. If the offensive team chooses a one (1) point attempt, the **LOS** will be placed at the five (5)

yard line. If the offensive team chooses a two (2) point attempt, the **LOS** will be placed at the ten (10) yard line. If the offensive team is able to cross the goal line on that next play, that team will be awarded the appropriate additional points.

8.4 DEFENSIVE SCORES

8.4A SAFETIES

If a defender performs a tackle while the **ball carrier** is still legally within his or her own end zone, the defense is awarded two (2) points and possession of the ball at their own 16-yard line.

8.4B EXTRA POINTS

If during an extra point attempt by the offense, the defense secures possession of the ball and returns it to the opposing end zone, the defense will be awarded two (2) points and possession of the ball at their own 16-yard line.

8.4C PICK SIX

If a defender legally secures possession of the ball (i.e., interception) and successfully returns it to the opposing end zone, the defense will score a touchdown (a “pick six”).

8.5 EXCESSIVE SCORING

Part of the goal of this league is to promote sportsmanship and character development. A team should not continue to make attempts at scoring points excessively in a game. If a team is determined to have run up the score on their opponents during any game, the Head Coach of that team will be suspended for one (1) game. Repeated violations may result in a suspension of the Head Coach for the remainder of the regular season and postseason.

