

## Pre-Game Rules Reminders:

Kicking Tee – 2 inches or less  
No Helmet Coverings  
Mouthpiece – not white or clear  
Shoe cleats – not more than ½ inch  
No slippery or sticky stuff on anything  
Towel – any color except ball or flag  
Communication devices – no player inside 9yd marks  
Play Cards – only on wrist or arm

Chop Block – one below knee, one above knee, with or without delay

Receiver must get one foot down to complete catch unless carried out of bounds

Invalid fair catch signal – after ball touches ground or player

Illegal fair catch signal – after kick is caught or recovered

Post Scrimmage Kick Foul: by R, during kick, ball crosses Neutral Zone, foul is beyond Neutral Zone, before end of kick, R has ball when play ends

Free Blocking Zone - 4x3 yards – ball must still be in Zone for the following to be legal:

Block Below Waist – in the Zone, by or against any player on line and in Zone at snap

Block in Back – in the Zone, by offensive linemen against any defensive player, all players in Zone at the snap

A fumble or backward pass during a running play behind the line of scrimmage is a loose-ball play  
Tripping is legal against the runner only

Periods are 12 minutes – if team is not back, 15 yards

3 minute warm-up must always be allowed – don't start clock until both teams are back

Extend period for: any accepted live-ball penalty that does not include a loss-of-down; fouls on both teams; inadvertent whistle

Clock starts on the snap after: change of possession; new series for R or K after legal kick

Unused time-outs in 2<sup>nd</sup> half cannot be used in overtime

Player must leave for at least one play (cannot use time-out to get him back in game) for:

Apparently injured or bleeding player; player whose helmet comes off with no foul involved  
(Exception: Halftime or overtime intermission allows player to return)

A replaced player must leave within 3 seconds if he is the 12<sup>th</sup> man on the field

No foul for having 12 men in huddle, but replaced player must leave within 3 seconds

No foul for breaking the huddle with 12 men as long as 3-second rule is adhered to – however, the Referee must make sure that the replaced player exits the field immediately, without causing the Defense confusion. Confusion = dead ball 5 yard penalty on offense

All substitution fouls with players coming in or out are 5 yds, unless the player actively participates in the play as a 12<sup>th</sup> man – 15 yards from Basic spot

“Fake” Field Goal or Try:

If the Holder has his knee on the ground & the kicker is in position: after securing the snap the Holder must rise to run, hand off, kick or pass the ball – if his knee is still on the ground, the ball is dead at that spot.

If the Holder has to rise to catch a bad snap, he may return his knee to the ground immediately and the ball remains alive – he may then again rise to run, hand off, kick or pass the ball.

If the Holder Muffs or Fumbles the snap and has to lift his knee from the ground to recover the ball, he may not put his knee back down or the ball is dead at that spot.

If the holder takes several steps while retrieving the ball, he may not return his knee to the ground or the ball is dead at that spot.

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Punts and kickoffs are dead when they break the plane of R’s goal line.

When a kicker catches or recovers a scrimmage kick beyond the line of scrimmage, or a free kick anywhere, the ball is dead and cannot be advanced.

Inadvertent Whistle:

While a legal forward pass or a legal kick is in flight – replay the down;

While the ball is loose following a backward pass, fumble, illegal forward pass or illegal kick - the team last in possession has the choice to put the ball in play where possession was lost or to replay the down;

While a player has possession of the ball, the team in possession has the choice to put the ball in play at the dead ball spot or to replay the down;

If a live ball foul occurs prior to an inadvertent whistle and the penalty is accepted, the penalty is enforced from the basic spot and the inadvertent whistle is ignored.

Team A may ask for the ball to be spotted anywhere between the hash marks:

For a Try; For a Kickoff; Following a Safety; Following a Fair Catch or Awarded Fair Catch; Following a Touchback; For the start of any series in Overtime

If a punt or field goal on 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> down is recovered inbounds and behind the line of scrimmage by K, it is K's ball, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> down. If the kick is recovered beyond the LOS or goes out of bounds, it is R's ball.

1<sup>st</sup> touching of a kick is ignored if the penalty for a foul during the down is accepted.

The back of the ball becomes the front of the ball when a new series is awarded to Team B and the spot of the next snap is the same as the previous play. (Move the box)

Team Free Kick Lines are always 10 yards apart

K may recover a Free Kick if it has done BOTH of the following in any order:  
touched the ground and broken the plane of R's Free Kick Line

Free Kick out of bounds options:

Rekick after 5 yard penalty; 25 yards from previous spot; dead ball spot

K does not have to be in a scrimmage kick formation to kick the ball, but it may change how the Referee looks at possible Roughing the Kicker fouls

Any kick that breaks the plane of R's goal line is a touchback, except for a successful FG attempt

Fair Catch – Free Kick – in or beyond Neutral Zone; Punt or Field Goal – beyond Neutral Zone

Only the player that signals for a Fair Catch is given protection. Ball is dead if a teammate catches the kick, but it is not a Fair Catch.

K may catch, touch, muff or bat a scrimmage kick in flight beyond the NZ if no player of R is in position to catch the ball

Snapper's helmet cannot be beyond the front end of the ball. He may rotate the ball laterally but not end-to-end.

After ready-for-play the snapper cannot remove both hands from the ball.

Encroachment can only occur after the snapper has placed his hand(s) on the ball and the RFP signal has been given.

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Down Punts or Field Goals:

Only the snapper, originally positioned between the ends, can have an eligible # - he remains ineligible throughout the down. (Penalty: Illegal numbering – 5 yards)

4<sup>th</sup> Down Punts or Field Goals:

Up to 5 players, originally positioned between the ends, can have an eligible # - they remain ineligible throughout the down. (Penalty: Illegal numbering – 5 yards)

A Fumble or Backward Pass can be advanced by either team.

Passer must have both feet in or behind the NZ when ball is released.

Only one forward pass allowed during a down.

Penalty for Illegal Forward Passes: 5 yards from the spot of the foul plus loss of down.

All A players become eligible when B touches a Legal Forward Pass

Pass Interference can only happen beyond the NZ when a Legal Forward Pass crosses the NZ.

Illegal Touching on A: If the ineligible A player Bats, Muffs or Catches a Legal Forward Pass.

Penalty for Illegal Touching: 5 yards from the previous spot plus loss of down.

### Touchdown plays - penalties

Touchdown scored, opponent commits live-ball foul, no change of possession on play; options:

Enforce penalty on try or on kickoff (exception: overtime)

Touchdown scored, opponent commits live-ball foul, change of possession on play; options:

If Foul was before change of possession, must decline penalty to take score;

If Foul was after change of possession:

Enforce penalty on try or on kickoff (exception: overtime)

Touchdown scored, either team commits unsportsmanlike or non-player foul, offended team has choice of enforcing penalty on try or on kickoff. (exception: overtime)

If after a Touchdown is scored and prior to the ready-for-play either team commits a foul, the offended team has choice of enforcing penalty on try or on kickoff.

### Only Team A can score on a TRY

#### Trys - penalties

Successful Try, Loss of Down foul by A – no score and no replay

Successful Try, Foul by B – options for Team A:

Accept penalty and replay down, or take the points and enforce penalty at succeeding spot.  
(also applies in overtime)

Unsuccessful Try, foul by A/K – no score and no replay

Unsuccessful Try, foul by B/R – options for Team A:

Accept penalty enforcement and replay down, or decline yardage and replay down

Double Foul on a Try – Down is replayed

## Field Goals - penalties

Successful Field Goal, Foul by R – options for Team K:

Accept penalty and replay down, or take the points and enforce penalty at succeeding spot.  
(also applies in overtime)

Momentum Rule for Team B/R – Between 5 yard line & goal line – ball dead in end zone – return it to the spot of the interception, catch or recovery, 1<sup>st</sup> and 10 for Team B/R

Player that signals for a fair catch cannot block – 15 yards

Free Kick Holder/Kicker cannot be blocked until he advances 5 yards down the field or the kick has touched either the ground or a player – 15 yards

K players cannot block R players on a Free Kick until:

The kick has traveled 10 yards, or the kick has been touched by a Team R player, or a Team R player initiates the block – 10 yards, previous spot

No player can position himself on the shoulders or body of a teammate or opponent to gain an advantage – 15 yards

A player whose helmet has come off may not continue to participate – 15 yards

Hitting a player whose helmet has come off – 15 yards

Defensive Foul – using disconcerting acts or words prior to the snap in an attempt to interfere with Team A's signals or movements – 15 yards, unsportsmanlike

Non-Player outside team box or more than 3 coaches in the restricted area:

1<sup>st</sup> - Warning, 2<sup>nd</sup> - 5 yards, 3<sup>rd</sup> - 15 yards – Unsportsmanlike – charged to head coach