

Ida Lee Flag Football Rules and Regulations

I. Game

1. At the start of each game, referees will check players have mouth guards, cleats, flags, and no pockets on the shorts or pants.
2. Captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
3. The visiting team shall call the toss.
4. The winner of the coin toss chooses to receive or defer. The loser of the coin toss chooses the end zone it would prefer to defend. If the winner of the coin toss chooses to defer then they will get the ball at the start of the 2nd half.
5. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
6. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
7. If the offensive team fails to cross midfield, on three (3) downs and elect to “punt” on 4th down, possession of the ball changes and the opposition starts its drive from its 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
8. All possession changes, except interceptions and failed 4th down attempts, start on the offense’s 5-yard line.
9. Teams change sides after the first half. Possession changes to the loser of the coin toss unless the winner deferred to the 2nd half.

II. Terminology

- **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
- **Line Of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- **Line-To-Gain** – the line the offense must pass to get a first down or score.
- **Rush Line** – an imaginary line running across the width of the field 7 yards (into the defensive side) from the Line of Scrimmage.
- **Offense** – the squad with possession of the ball.
- **Defense** – the squad opposing the offense to prevent them from advancing the ball.
- **Passer** – the offensive player that throws the ball and may or may not be the QB.
- **Rusher** – the defensive player assigned to rush the Quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass.
- **Downs (1-2-3-4)** – the offensive squad has three attempts (with a potential fourth if they choose) to advance the ball pass midfield. They must cross the Line to Gain to get another set of downs (3) or to score.

- **Live Ball** – the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play, a flag will be thrown and the penalty will be enforced after the down is considered complete.
- **Dead Ball** – the period of time immediately before or after a play.
- **Inadvertent whistle** – an official’s whistle that is performed in error.
- **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field.
 - This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
- **Flag Guarding** – any motion by the offensive player that would prohibit the defender from pulling the flag. This may include stiff-arms, lower the head/shoulder, slapping hands away, etc.
- **Shovel Pass** – a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- **Lateral** – a backwards or sideways toss of the ball by the ball carrier.
- **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language. Excessive contact.

III. Equipment

1. The League provides each coach with a football for practices and flags for games and practices. Coaches are responsible for bringing the flags for each player for games. There will be game balls provided for the games by the referees.
2. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
4. Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass may only be worn if it is covered on all exterior surfaces with no less than 1/2 inch thick, high density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar properties to protect an injury.
5. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
6. Official NFL FLAG jerseys must be worn during play.
7. Players’ jerseys must be tucked into their pants or shorts.
8. Players must wear pants/shorts that do not have pockets.

IV. Field

1. The recommended field size is 30 yards by 70 yards with two 10-yard end zones and a midfield line-to-gain. No-Running Zones precede each line-to-gain by 5 yards. However, some league organizers prefer to use smaller fields to run more games per football/soccer field.
2. No Run Zones are in place to prevent teams from conducting power run plays. While in the No Run Zones (a 5 yard imaginary zone before midfield and before the endzone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD)



V. Rosters

1. Home teams wear dark color jerseys, visiting teams wear light jerseys.
2. Teams must field a minimum of four (4) players at all times
3. The goal of the recreational based league is to provide every child the opportunity to develop as an athlete. With this in mind, we want our coaches to create a fair play environment within each team. Fair play by our definition is play that is as close to equal as possible for all players. With this in mind, ALL children regardless of ability, will be afforded fair play time. The goal of fair play is to have each player play at least half of each game. We realize that situations may come up within the course of the game that make this difficult (i.e. - injury). If we find that a team is not allowing one or more of its players fair play time, that team will be subject to forfeiture of the game.

Reduced playing time may be permitted for players who have not been attending practices, however the coach must contact the commissioner prior to game play for final approval.

VI. Timing and Overtime

1. Games are played on a 40 minute continuous clock. There are two 20-minute periods. The clock stops only for timeouts.
2. Halftime is 3 minutes long.
3. Each time the ball and 7-yd rush marker is spotted, a team has 30 seconds to snap the ball (45 seconds for 6-7 and 8-9 division). Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two timeouts per half. Two, 60-second timeouts are given per half.
5. Officials can stop the clock at their discretion. Referees will announce the game time during random parts of the half. A coach may ask to have the game time to be called out at any time.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play and the replacement player has entered the game.
7. During the final minute of either half, the ref may stop the clock briefly to ensure the ball is spotted and the refs are set prior to the snap after any play resulting in positive yardage.
8. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. **Overtime format** is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i) If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii) The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i) Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii) If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.

- c. Both teams must “go for two” from the 10-yard line starting with the third round of overtime.
- d. The final points earned by the winning team in the final overtime will be added onto the winning team’s total score. The losing team will not receive any additional points.
 - i) Example: End of regulation time, score is 14-14. Team A scores one point and Team B scores two points. Team B wins with a final score of 16-14. Points are only added to the total score from the final round of overtime.
- e. All regulation period rules and penalties are in effect.
- f. There are no timeouts.

VII. Scoring

1. Touchdown: 6 points
2. PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line) Note: 1 point PAT is pass only, 2 point PAT can be run or pass.
3. Safety: 2 points
4. Safety: 2 points
 - a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds, or they hit the ground with their knee or elbow. A Safety also occurs when there is an offensive penalty in the end zone (Ex: 7-second pass clock)
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line).
5. A decision cannot be changed after a penalty. Interceptions on conversions can be returned for either 1-pt or 2-pts depending on what the offense was going for.
6. **Mercy Rule:** *With 10 minutes left to go in the 2nd half, if a team is up by 35 points or more the game will turn into a mercy rule.* The winning team will be declared the winner and the game will finish as follows: The losing team will get 10 plays starting at their 5 yard line to score a touchdown. They do not earn first downs, no change of possession occurs until a touchdown is scored or they reach the 10 play limit. If they do not score a touchdown within those 10 plays, then a change of possession will happen and the winning team will start at their 5 yard line and normal play rules apply. If the winning team does not get a first down or score a touchdown then the ball will change possession and the losing team will have 10 plays to score starting at their 5 yard line. If the losing team intercepts a pass, they may try to return it for a touchdown. If the defender does not score a touchdown, the losing team will then have 10 plays to score a touchdown from where the defender was down.
 - a. If the **winning team intercepts** a pass during the mercy rule, the play will be blown dead and the ball will be placed at the **line of scrimmage for the previous**

play. That play will count towards the total of 10. If a defensive penalty occurs and the offense accepts it, that play will not count towards the 10 plays allowed. If the offense declines the penalty, the play will count towards their 10 plays. This will continue until the clock expires.

VIII. Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
2. **One coach per team** is allowed on the field to help direct players in the 6-7 and 8-9 year old league. Coaches may only come onto the field during timeouts in the 10-11, 12-13, and 14-16 year old leagues.
3. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines, and codes of conduct.
4. Only one head coach and up to two assistant coaches per team are allowed on the sidelines.
5. **Coaches are responsible for the actions of their players and the parents of the players.** Please help to keep this as a positive atmosphere for the players. Remember this is a learning experience; these kids were not born knowing how to play the game. Referees may ask you to assist with controlling a parent who is not making it a positive experience.

IX. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as the first foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This is an Unsportsmanlike penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier’s flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.

- e. The ball carrier's knee or elbow hits the ground.
 - f. The ball carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one flag.
 - h. The center is treated the same as a receiver. The ball can be legally snapped without being in possession of both flags.
 - i. The 7 second pass clock expires.
 - j. **If an inadvertent whistle is performed, the ball will be spotted where the ball was whistled dead. The coach has the option of taking the play where it was blown dead or doing a re-play** *Note: There are no fumbles. The ball is spotted where the ball carrier loses control.*
8. A team is allowed to use a time out to **question an official's rule interpretation and assessment**. If the rule is interpreted and assessed incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out. Refs will explain calls to both sidelines once they meet and agree on the penalty. Refs may stop the game clock if extended discussion is needed.

X. Running

1. The ball is spotted where the runner's ball is when the flag is pulled. If no flag is pulled then the ball will be spotted where the player's first body part (elbow, knee, and bottom) touches the ground. Touchdowns can be scored without the feet crossing the goal line.
2. The quarterback cannot advance the ball beyond the line of scrimmage unless they have handed it off first. QB's are eligible for passes and can take back a hand off once the ball has been given to another player.
3. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs behind the line of scrimmage.
4. Absolutely NO backwards laterals or pitches of any kind for the 6-7, 8-9, and 10-11 divisions. Forward shovel passes are allowed.
5. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards).
6. The player who takes the handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.

8. Runners may not dive or leap to advance the ball. Remember the ball will be spotted where the players' feet are when a flag is pulled. Diving or leaping forward will result in the play being blown dead where the player left their feet unless the player is jumping to avoid someone lying on the ground.
9. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
10. Blocking or "screening" will be called if the offensive player directly disadvantages a defender from making a clear play on the ball, ball carrier, or rushing the quarterback.
11. No running with the ball carrier is allowed. If an offensive player is idle they may still be called for blocking if the ball carrier uses them as a pick or block.
12. **Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Referees may ask the coach to remove a player from the field if an equipment fix cannot be done quickly.** Deliberately obstructed flags will be considered flag guarding.
13. Ball carriers MUST make an effort to avoid defenders with an established position. If a defender has position and the ball carrier runs into them then it will be considered charging.

XI. Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. Once the ball has been released from the QB's hand (by throwing or handing off) all defensive players can cross the line of scrimmage to pull the ball carriers flag.
4. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the spot of the foul. Once the ball is handed off, the 7-second rule no longer is in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, it is considered a safety. 7-second clock violations are a spot of the ball foul
5. If the passer makes an illegal pass, the refs will not blow it dead until the end of the play. If the illegal pass results in an interception, the interception DOES count. If the play doesn't result in the defense intercepting the illegal pass, it's a 5 yard penalty from the line of scrimmage and loss of down for the offense.

XII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

2. A player in motion parallel to the line of scrimmage may remain in motion at the snap of the ball.
3. Motion is permitted towards the line of scrimmage as long as the player becomes set again prior to the snap of the ball. **Shifts by multiple players may occur. All shifting players must be set before a player goes in motion.**
4. A player's first foot must come down inbounds when making a reception.
5. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
6. Interceptions change the possession of the ball at the point of interception and can be advanced.
7. Interceptions are the only changes of possession that do not start on the 5-yard line.
8. Interceptions are returnable for conversions and touchdowns.

XIII. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may cross the line of scrimmage to make a play on the ball carrier.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play. The rusher's feet must be behind the marker. They may lean over the marker.
 - a. **A legal rush is:**
 - i) Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii) A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii) If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - iv) If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - b. **A penalty may be called if:**
 - i) The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down). If a player leaves early they may go back to the 7yd marker as reset for a legal rush.
 - ii) Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS and first down).

- iii) Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (5 yards LOS and first down).

c. Special circumstances:

- i) Teams are not required to rush the quarterback, seven second clock in effect.
 - ii) Teams are not required to identify their rusher before the play, however if they do send a rusher, the rusher must be behind the 7-yard marker.
 - iii) If the rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.
4. Players rushing the Quarterback **may** attempt to block a pass; however, **NO** contact can be made with the quarterback in any way. Contact with the quarterback's arm in throwing motion or head will result in a roughing the passer penalty. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
 5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in a block penalty. **If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and avoid contact.**
 6. A Sack occurs if the QB's flags are pulled behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

XIV. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

XV. Formations

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center). The quarterback must be off the line of scrimmage.
 - a. One player may be in motion at least 1-yd behind the line of scrimmage and parallel to the line of scrimmage at the snap of the ball. **Shifts by multiple players may occur prior to the snap. All shifting players must be set before a player goes in motion.**
 - b. No motion is allowed towards the line of scrimmage at the time of the snap.
2. Offensive players must come to a complete stop for one second before the second player can go in motion. An offensive player in motion can be in motion when the ball is snapped.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion at the snap of the ball is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. Side (or turning) snaps are no longer allowed.
 - a. "Center sneak" play is no longer allowed. The quarterback is not allowed to handoff to the center on the first handoff of the play.

XVI. Inclement Weather

1. Fields are usually closed if there has been inclement weather. You can check on field closures by calling the inclement weather hotline; 703-737-7166.
2. If inclement weather moves in close to practice time, fields may not be closed. Use good judgment when deciding to hold practice or not.
3. Lightning policy- when thunder is heard or lightning spotted please find cover in a safe place for all participants. Participants may not return to the field until there has been 20 minutes since the last lightning strike.
4. If we receive inclement weather overnight (for Saturday games), announcements about field cancellations will be posted to the inclement weather hotline by 7:30am. Weekday practice field closures will usually be posted to the inclement weather hotline by 4pm.

XVII. Injuries/ Injury Reporting

1. **If a player is injured during practice please contact me as soon as possible. Email the players information and the extent of the injury. You must also call the front desk at Ida Lee 703-777-1368 to report the injury to the Manager on Duty and they will fill out an accident form for you.**
2. **Any head injury needs to result in the immediate removal of the player from the practice/game. If the parent feels that it is necessary, have the player checked out by a medical professional.**

XVIII. Unsportsmanlike Conduct/Safety Rules

1. If the field monitor or referee witnesses any acts of intentional tackling, deliberate trip or pushdown, cheap shots, or intentional elbows by the defense, the game will be stopped and the player will be given a warning and assessed with a 10 yard penalty and automatic first down for the opposing team. The second offense will result in the same penalty and removal from the game. The player will start the following game with a warning in place. If a player intentionally tackles or pushes a player out of bounds to prevent a clear touchdown, the game will be stopped and the offending player will be removed from the game. The decision is made at the referee's discretion. No appeals! **FOUL PLAY WILL NOT BE TOLERATED.** This is assessed from the spot.
2. A play that results in a tackle due to a player's shorts being pulled, jersey being pulled, flag belt being grabbed or incidental tripping by players feet getting tangled together will result in a 10 yd. penalty and an automatic first down. This penalty would be assessed from the spot of the foul.
3. Stiff-arms or intentional elbows thrown at a defender by an offensive player is considered an "Offensive Unnecessary Roughness" penalty. This will result in a penalty of 10 yds. from the spot of the foul and loss of down. Penalties of this magnitude would also earn the offender with a warning in which they would have to sit out a play and have the rule explained to them by their coach. If the player commits the same offense again they will be removed from the rest of the game. This player would start the next game with an automatic warning.
4. Points will be awarded to the team that intercepts a pass on the 1 or 2 point conversions if they are tackled while attempting to return the ball. If a flag is thrown and it is for a tackle then the team that was tackled will be awarded either 1 or 2 points depending on what the offense would have elected to go for.
5. Mouthpieces must be worn at all times (**GAMES AND PRACTICES**). Failure to do so will result in a penalty. (Unsportsmanlike; 10 yards)
6. Offensive/abusive or confrontational language is illegal. Officials have the right to determine offensive or abusive language. If offensive/abusive or confrontational language occurs, the referee will give one warning. If it continues, the player(s), coach(es), and/or parent will be ejected from the game. **Coaches are responsible for all parties associated with their team.** This type of behavior is unacceptable and penalizes the whole team.
7. Players may not physically or verbally abuse any opponent or official.
8. Fans must also adhere to good sportsmanship:
 - a. Yell to cheer on your players, not to harass officials or other teams. **ALWAYS BE POSITIVE!!!!**
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.

9. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents need to be kept away from the sidelines.
10. Coaches MAY NOT enter the field of play to discuss or argue a call. The referee may be called to your sideline to discuss the call if necessary. If a coach enters the field of play they will be given a warning. The second time it happens the referee may remove the coach from the field.

XIX. Penalties in General:

1. The referees will call all penalties. When a penalty is called the referees will meet to discuss the call then explain to both sidelines. **Unsportsmanlike penalties are 10yds (referee judgement)**
2. Referees determine incidental contact that may result from normal run of play.
3. Coaches should not publicly argue calls during game play. This sets a bad example. If you need clarification of a call you may ask the referee to come explain the call to you on the sideline or discuss it during a stoppage in play.
4. If you think a penalty was assessed incorrectly you may call a timeout to discuss with the referee. If you are correct and the penalty was assessed incorrectly, you will be given back your timeout.
5. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
6. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
7. Games cannot end on a defensive penalty, unless the offense declines it.
8. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties will be assessed once play is considered completed. (Free Play, Ex: illegal rush)
9. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

XX. New Rules & Special Circumstances:

1. If a receiver is legally defended well to where they step out of bounds during their route, the receiver may legally come back inbounds of play and catch a pass if he/she reestablishes themselves inbounds for at least two or more steps
2. If a defender intercepts the ball within their own 5-yard line and gets downed or goes out of bounds within their own 5-yard line, we'll start their offensive possession on the 5-yard line.
3. Coaches must declare if their team is punting or going for it on 4th down within the first 10 seconds of the ball being set.
4. If an offensive player passes the 1st down marker during a play but the result of a penalty is assessed that marks them back behind the 1st down marker, we will not rule it as a 1st and goal, we'll rule it as the appropriate down with the chance to earn a 1st down and goal.
Ex: It's 2nd down and the offense runs past the 1st down marker but flag guards towards the end of the play so penalty yardage is assessed and moves you backwards past the 1st down marker you gained so now it's 3rd down with a chance to still earn the 1st down and goal.
5. *When rushing the QB, if the QB rolls out of the pocket the rusher may not come in contact with any receivers or it will be penalized as defensive pass interference.
 -Quarterback pocket is defined as 2 yards on either side of the Quarterback
 -This rule becomes negated once the ball is handed off (run/pass option)

6. Players are not allowed to wear sunglasses while in the field of play unless they're prescribed sunglasses/glasses due to risk of injury
7. Players are not allowed to place their playbands/wrist coaches on their flag belt loop due to risk of injury
- *. For Coaches, game reschedule request must be made and sent over to the commissioner with **Sf** ~~^~~ ~~W~~ ~~e~~ ~~`~~ ~~a~~ ~~f~~ ~~U~~ ~~#~~ ~~&~~ ~~V~~ ~~S~~ ~~k~~ ~~e~~ ~~f~~ If a game reschedule request is made within 14 days of the scheduled game, the game will have to be played as scheduled or determined a forfeit if you don't have 4 players available.
9. QB pitches are now allowed in the 12-13, and 14-17 age division; only the QB is allowed 1 pitch behind them per play. The running back or receiver receiving the pitch can still run or pass as long as they're behind the line of scrimmage. If the pitch is dropped, the ball is marked where it hits the field of play; if the pitch hits the ground in your own endzone it will be determined a safety.