

# 5 vs. 5 Non-Blocking Co-Rec Rulebook



## Administration:

- ✓ 5 vs. 5 player format. A minimum of two female players must be on the field each play except punt receptions.
- ✓ This is a minimal-contact league. However contact does occur on occasion. The vast majority is unintentional and insignificant. Players must understand that contact is impossible to avoid and is usually a simple result of bodies moving in space simultaneously and the simply the nature of the sport. It is the job of each player, team captains and the Officials to keep contact and collisions to a minimum through self-control, training and enforcement. Any significant contact may result in a penalty.
- ✓ Some type of team jersey is required (*minimal standard: same colored shirts*). Comeback Sports provides extremely affordable options. Please call our offices to inquire.
- ✓ Players must ensure the jersey is long enough to remain tucked the entire down and belts are attached over jerseys (jersey should never cover flag belt).
- ✓ Flag Belts are provided by Comeback Sports. Flags must be evenly distributed on the belt.
- ✓ Each player is responsible to ensure they are wearing different colored flags to the pants or shorts they are wearing.
- ✓ Players must wear shoes. Cleats with exposed metal are never allowed.
- ✓ We strongly recommend players remove or use medical tape to tape down all jewelry.
- ✓ We strongly recommend players wear pants or shorts that do not have pockets, belt loops or exposed draw strings for safety reasons.
- ✓ We strongly recommend you do not wear hoodies to avoid injuries resulting from pulls and you wear a mouth guard.
- ✓ Players may tape forearms, hands and fingers. Players may wear soft: gloves, elbow pads, shin guards and knee pads. Unyielding items such as braces, anything with exposed metal and casts are not allowed.
- ✓ No team will be designated 'Home' or 'Away'. First possession is decided using the traditional game of 'rock, paper, scissor'.
- ✓ Team boxes will determined by the Officials prior to the start of the game.
- ✓ Officials are encouraged to use the 'preventive style' of officiating allowing Officials to talk to, remind and help players avoid violations whenever feasible.
- ✓ This league's rules are based on the **National Intermural Recreational Sports Association (NIRSA) Flag & Touch Football Rules Book 2015 / 2016**.
- ✓ Teams are required to clean up their garbage and return Comeback Sports gear after their games.

## Field Dimensions:

- ✓ The length of a High School regulation field played sideline-to-sideline plus marked end zones.

## Scoring:

- ✓ Touchdowns are 6 or 9 points (*explained below*). All Touchdowns regardless of point value come with an opportunity to attempt a 1, 2 or 3 Point After Touchdown (PATs) conversion.

- ✓ Scores involving male players:
  - Male player runs the ball for a Touchdown = 6 points
  - Male player catches a legal forward pass for a Touchdown = 6 points
  - Male player throws a legal forward pass for a Touchdown to a male player = 6 points
- ✓ Scores involving female players:
  - Female player runs the ball for a Touchdown = 9 points
  - Female player catches a legal forward pass for a Touchdown = 9 points
  - Female player throws a legal forward pass for a Touchdown to any teammate = 9 points
- ✓ PAT attempts: 1 point = From the 5 yard line (*see Box Rule*)  
 2 points = From the 10 yard line  
 3 points = From the 20 yard line
- ✓ All PAT attempts will be an 'Open Play' regardless of the previous play (*i.e. there are no gender requirements or restrictions other than a male ball carrier cannot advance the ball through their own Line-of-Scrimmage*).
- ✓ Interceptions on any PAT can be returned by the Defense for 2 points. Afterwards the Defense will retain the ball and become the new Offense with the ball placed at spot designated for 'Changes of Possession' (5 yard line).

**Warning:** *Once the scoring team has informed an Official of which point conversion choice they want to attempt, it cannot be changed, unless the scoring team uses a 'time out'. So speak with one voice.*

- ✓ Safety: 2 points

### **Safeties Occur When:**

The ball becomes dead in the Offense's end zone. Examples include: fumbles in the end zone, player's flag is pulled in the end zone, going out of bounds in the end zone, ball is snapped or fumbled out of the end zone, Offensive penalties inside of end zone (flag guarding, stiff arm, intentional grounding, ball carrier stepping on the back line) etc.

After a safety, the kicking team (team giving up the safety) must 'free kick' from their own End Zone.

### **Game Length / Clock Mechanics:**

- ✓ The game has two 20 minute halves.
- ✓ Each team has two team timeouts per half. Timeouts do not roll over from the 1st half.
- ✓ Halftime is four minutes.
- ✓ The clock will run continuously during the 1<sup>st</sup> half unless a 'team timeout' is used *or* play is stopped by an Official (*normally to assess penalty yardage, deal with an injury etc. and the clock will start again immediately*).
- ✓ The clock will run during point after Touchdown attempts (PATs) in the 1st half.

- ✓ In the 2nd half the clock will run continuously until the 'two-minute' warning, unless a 'team timeout' or an 'Official's timeout' is used.
- ✓ Officials will use 'stop clock' procedures from the two minute warning till the end of the game.
- ✓ Second half 'stop clock' procedures requires the clock to stop for plays that end out of bounds, incomplete passes, scores, PATs, first downs, penalties, injuries, changes of possession and time outs.
- ✓ Play clock: The Offense has a 25 second play clock to snap the ball before a Delay of Game penalty is assessed.
- ✓ Time outs are 30 seconds. After 30 seconds the Official will audibly place the Offense on a 25 second 'play-clock'.
- ✓ If regulation time ends in a tied score and rented field time, daylight etc. is available, OT *may be played*. This decision is completely up to the Head Official. If OT is granted, the details and parameters of overtime will be given by your Officials.

### Offense:

- ✓ Each team may provide their own game ball made of leather or a leather grained material. Approved sizes are Official (11' L x 7' W x 21' D) or Youth (11' L x 6.5' W x 19.5' D). Nerf-styled balls may not be used. Game balls are subject to the Head Official's approval.
- ✓ In each half the Offensive team will start at the 10 yard line.
- ✓ First Down markers are a series of five differently colored markers spaced evenly apart. Teams must pass two colored markers to earn a 1st down. The exception being within two cones of the end zone (then it is '1st and Goal').
- ✓ Teams will have four downs to advance the ball past the Zone Line-to-Gain (i.e. First Down).
- ✓ After the huddle and the Offensive players initially set, only one player may go in motion per play. A player in motion must move parallel to or away from the Line-of-Scrimmage. He may face scrimmage but may not advance toward it.
- ✓ The ball must be snapped back to the quarterback to start play. Sideways or 'shotgun' snap are recommended for ease of play.
- ✓ Only the Snapper is required to be on the Line-of-Scrimmage at the snap.
- ✓ The Snapper may adjust the ball or pick it up to dry it off prior to the snap. However, the ball must be snapped off the ground and in one continuous motion. Only the Snapper's hands may occupy the neutral zone.
- ✓ A snap to the QB that hits the ground can be played only by the QB. If the ball is snapped over the QB's head or the QB has to significantly turn his body to retrieve the ball from his side or behind him it will be called a dead ball.
- ✓ Rushing the QB - Each play will have a verbal rush count before a Defender is allowed to cross the Line-of-Scrimmage. (except on hand-offs or if QB releases or throws the ball prior to the end of the count). The count will begin as soon as the ball leaves the ground at the beginning of the snap and takes approximately three seconds.

- ✓ All players are eligible to receive a pass unless they have stepped out of bounds on their own accord. If they do, they cannot be the first person to touch the pass.
- ✓ To be ruled a catch the Receiver must have demonstrated a secured possession of the ball and a minimum of one foot on the ground and in-bounds.
- ✓ When a ball carrier's flag is pulled by a Defensive player, the position of the **BALL** shall determine the spot of placement, not the flag or hips. If the ball has broken the plane of the goal the result will be a score.
- ✓ If a player chooses to wear a hand towel on his waist, it will be treated as part of the flag belt.
- ✓ If the ball carrier has all three flags on but is not properly wearing the flag belt, they may be called downed by first touch / contact. This is most often seen when flags are bunched next to one another.
- ✓ It is illegal for a Defender to pull an Offensive player's flag prior to him having possession of the ball.
- ✓ Any Offensive players that receives a handoff behind scrimmage can pass the ball from behind the Line-of-Scrimmage.
- ✓ If the ball makes contact with any player other than the quarterback, the Official will stop his '5 Back' rush count and immediately announce 'GO!' and the Defense is eligible cross the Line-of-Scrimmage.
- ✓ Neither an Offensive player nor a Defensive player has the right to 'play through' another player as in traditional football. Flag football is a finesse games versus the brute strength game of traditional football and ball carriers must make every effort to avoid a Defender that has established a stationary position.
- ✓ Physical-contact blocking (as seen in traditional football) and non-contact blocking 'Screen Blocking' (as seen in basketball) are not allowed (even if unintentional). This is a difficult transition for traditional football players.
- ✓ Physical Blocking / Screen Blocking clarified: When an Offensive player either makes contact with a Defensive player that impedes the Defender from getting to the ball carrier OR takes a position (generally less than two normal strides away from a defender) that the Defender COULD NOT AVOID contact with the Offensive player while in pursuit of the ball carrier's flag.
- ✓ QBs caught between a running back and a rushing Defender will not be considered to be screening if there is no clear and obvious attempt to be doing so. Offensive players that remain in their initial position after the snap or do not leave their initial position are not usually considered to be Screening.
- ✓ Defensive contact-type 'pick plays' (often seen in basketball) during a Receiver's pass route are not allowed.
- ✓ Flag Guarding (including stiff arm)- The ball carrier shall not Flag Guard by using their hands, arms, or the ball to deny the opportunity of an opponent to remove a flag. We recommend you carry the ball with your hands held high on the body to avoid Flag Guarding (this is one of the most difficult transitions for traditional football players).

- ✓ Fumbles will be considered 'dead ball' when they hit the ground. If a lateral, muffed or fumbled ball is intercepted prior to it becoming dead, it remains a 'live ball'. Forward fumbles that become dead will be marked where the ball carrier's feet were when he lost control, not the spot where it hit the ground.
- ✓ The Offense is responsible for retrieving the ball and returning it to scrimmage at the end of each play.

### Offense Passing Play Rules:

- ✓ At the start of a half or following a change of possession the first play of the Offensive series is an 'Open Play'.
- ✓ An 'Open Play' is when any player can complete a legal forward pass to any other player anywhere on the field.
- ✓ Play status changes from '**Open**' to '**Closed**' on any pass from a male player to a male player, regardless of a gain or loss of yardage on the play.
- ✓ A 'Closed Play' is when male player may not complete a legal forward pass to another male player (i.e. the next legal forward pass must involve either a female throwing the pass or receiving the pass).

### Male-to-Male Rules:

- ✓ There may not be two consecutive legal forward pass attempts from a male player to a male player. (because the second play would be a 'Closed' play). (Illegal Advancement: Male-to-Male)
- ✓ When Illegal Advancement: Male-to-Male occurs the Defense has two options:
  - *Accept the penalty: The ball will be returned to Previous and the Offense will be assessed a 5 yard penalty. The Offense will be allowed to replay the down but the play will remain 'Closed'.*
  - *Decline the penalty and accept the result of the play. (Example: If the pass was incomplete the Defense would decline the penalty and the Offense would lose the right to replay the down and the play would remain 'Closed'?)*
- ✓ When Illegal Advancement Male-to-Male occurs on a fourth down, the result would be a change of possession (assuming the Defense declined the penalty).

### 'Closed' to 'Open' Plays:

- ✓ Play status changes from '**Closed**' to '**Open**' on any legal forward pass beyond the Line-of-Scrimmage between:
  - Male passer to a female receiver
  - Female passer to a male receiver
  - Female passer to a female receiver
  - Any play resulting in lost yardage prior to any penalty administration

\*\*\* Plays that will 'Re-Open' the series involve a female player being either the Passer, Receiver or Runner \*\*\*

- ✓ 'Open' or 'Closed' status does not change on First Downs, Laterals or backward passes.
- ✓ Any Defensive penalty that is accepted by the Offense will 'Re-Open' the series.

### Offense Running Play Rules:

- ✓ A male ball carrier cannot advance the ball through their own Line-of-Scrimmage. (Illegal Advancement).
- ✓ A female ball carriers may advance the ball through their own Line-of-Scrimmage without penalty.

### Defense:

- ✓ Any Defensive player who removes the flag from an Offensive ball carrier is encouraged to show good sportsmanship and hold the flag above his own head to assist the Officials in locating the spot where the capture occurred. Failing to do so only slows the game and the Defender may be penalized for Delay of Game. Defensive players may be penalized for Unsportsmanlike Conduct for throwing, spiking or obscuring the pulled flag.
- ✓ A Defender may leave his feet or dive to capture an opponent's flag but cannot tackle.
- ✓ Early Rush- It is illegal for the Defense to cross the Line-of-Scrimmage before the 'GO!' call is made by an Official. However, Defensive players may cross the Line-of-Scrimmage immediately after a handoff, lateral or pass occurs (*they do not have to wait for a 'GO!' command, although the Officials will endeavor to announce it anyway*).
- ✓ A Defensive player that *insignificantly* crosses the line of scrimmage early and immediately self-corrects and returns to his side of the Line-of-Scrimmage usually is not penalized (unless the Official deems that the Defensive team benefitted from the early cross. Example: Defender was in a better position to capture a flag or influence the play like cutting off a runner).
- ✓ Defensive players may not 'crash' the QB's throwing arm, shoulder or general body (even if the ball is touched first). Defensive players must make a concerted effort to avoid charging into a passer. An insignificant '*brush-by*' may be allowed, but is not guaranteed. Teaching point: Avoid the Passer.
- ✓ No 'bump-and-run' or 'chucking' type defenses on receivers as they go down field. (Illegal Contact).
- ✓ Face Guarding- A Defensive player may not use their arms or hands to intentionally obstruct the receiver's view of the ball without turning his own head to play the ball.
- ✓ Bumping-Out on the sidelines is not permitted unless the Defense was making a fair and reasonable attempt to pull the ball carrier's flag. (Illegal Contact)
- ✓ Defensive players do not have the right to 'play through' another player as in traditional football. Remember: Flag football is more of a finesse games aimed at capturing the ball carrier's flag versus the brute strength game of traditional tackle football.

- ✓ Bull Rush and/or Unnecessary Roughness penalties occurs when contact is initiated by the ball carrier or Defender by lowering their shoulder(s) or intentionally creating contact to be used as an advantage to gain yards (Offense) or impede or knock down the runner (Defense). This type of play is prohibited and may lead to additional penalties such as Unsportsmanlike Conduct or Ejection.
- ✓ Clear Path to the End Zone: If a Defensive player physically contains the ball carrier (ex: bear hugs / holds up / wrestles with / obstructs etc.) without making an attempt to pull the ball carrier's flag, the Offensive team will be awarded two colored cones distance from spot of foul and an automatic 1st down. This type of action may also be assessed as Personal Foul or can result in a Touchdown granted. Teaching point: Play the flag not the ball carrier's body, as in traditional tackle football.

### The Kicking Game / Special Teams:

- ✓ There are no Kickoffs in this league. Possessions will begin at the 10-yard line.
- ✓ Punting may occur. Offensive teams must openly declare to the Officials that they are punting (a punt can be completed on any down). Once a punt is declared the Offensive team has a 'free kick'. The Offensive team cannot leave the Line-of-Scrimmage until after the ball is kicked. Defensive players cannot cross the Line-of-Scrimmage, stand in front of Punter, attempt to block the ball or rush the Punter (i.e. 'Free Kick'). No 'fake punts' allowed.
- ✓ Receiving teams can have up to three Returners (no gender requirement) on the field to receive a punt.
- ✓ Note: A punted ball that hits the ground prior to a Returner touching it remains 'live' and can be advanced (only by the receiving team). However, if a Returner touches the ball and it hits the ground afterward (ex: failed catch) it will be ruled a dead ball and marked where the ball hit the ground.

### Five Yard Box Rule:

- ✓ Due to safety concerns, when a team is within 5 yards of the Goal Line (going in to score) no player can run '*up the middle*' (i.e. within 5 yards either direction of where the ball was spotted prior to the snap). Running plays must be made outside this '5 yard box'. The 'off limits box' stays in effect the entire play.



### Fouls by Both Teams:

- ✓ If off-setting fouls occur during a down, that down will be repeated. Exception: If each team fouls during a down in which there is a change of possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty of its opponents foul (called the Clean Hands Principal).
- ✓ When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

## Establishing Zone Line-to-Gain:

- ✓ On live ball fouls, the penalty yardage will be marked off first, then the next Line-to-Gain (first down marker) will be established.
- ✓ To determine if a First Down was achieved the Official will mark off any un-administered penalty yards prior to making that determination.

## Fouls Between Downs:

- ✓ The penalty for a foul between downs is enforced from the succeeding spot. Any foul following a penalty incurred after a series ends and before the next series begins will be first down, but the zone line-to-gain will be established after the penalty is enforced.

## Clarifications / Explanations of Terms:

- ✓ **Delay of Game-** Failure to start the play within 25 seconds after the 'play clock' is activated by an Official announcing 'we are ready to play' either verbally or with a short whistle blast. Officials will endeavor, but are not required to announce when there is '15 to snap' and '10 to snap'. Putting the ball in play prior to the Ready to Play signal shall also be declared a Delay of Game penalty.
- ✓ **False Start-** Any action that simulates the snap.
- ✓ **Loss of Down-** The down will not be replayed (team loses opportunity to repeat the down)
- ✓ **Illegal Handing Ball Forward-** Players may not hand the ball forward to a teammate unless both players are in or behind the Line-of-Scrimmage.
- ✓ **Illegal Forward Pass-** Is a forward pass from beyond the Line-of-Scrimmage or a second and subsequent forward pass(es) thrown during a down.
- ✓ **Intentional Grounding-** A pass that is intentionally thrown into an area behind the Line-of-Scrimmage that is not occupied by an Offensive player. A pass that is intentionally thrown incomplete to save loss of yardage or to conserve time are typical scenarios for intentional grounding. (Note- As long as the ball is thrown past the Line-of-Scrimmage or if an Offensive player is in the area behind the LOS where the ball was thrown incomplete, intentional grounding will NOT be called). *Note: Spiking the ball to stop the clock will be allowed.*
- ✓ **Pass Interference (Offensive)-** Blocking downfield before the ball has been touched (commonly seen through 'pick plays'). Shoving or pushing off, and creating separation (most common type).
- ✓ **Encroachment / Early Rush (Defense)-** Defensive player is lined up in the neutral zone when the ball is snapped. Defensive player rushes past the Line-of-Scrimmage prior to the referees 'GO!' call.
- ✓ **Illegal Substitution / Participation-** Anytime there are more than five players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the down and; return to the field, intentionally touch the ball, influence the play, or otherwise participate, Illegal participation will be called. (Note- if a player is blocked out of bounds by an opponent and returns

to the field during the down, he shall return at the first opportunity. This is not considered illegal participation)

- ✓ **Illegal Formation-** The Offense is required to have at least one player on the line at the snap.
- ✓ **Illegal Shift / Motion-** Multiple players in motion at one time (once Offensive players are set only one player is allowed to go into motion). Illegal Motion: Player moving toward the Line-of-Scrimmage prior to the snap of the ball.
- ✓ **Illegal Advancement -** The ball carrier is allowed to spin to elude the Defense but may not significantly leave the ground with both feet (ex: hurdling, jumping, diving etc.) due to safety concerns. The ball carrier cannot dive / leap / hurdle *over or through* another player. The ball carrier may leave his feet and use a 'stretch out' maneuver to advance the ball as long as he does not make contact with or dive over another player. Not every 'jump' or small hop constitutes a safety issue and the definition of 'significantly' is totally in the eyes of each Official. Illegal Advancement is also anytime the ball is moved beyond the Line-of-Scrimmage when prohibited by rule.
- ✓ **Illegal Contact-** When any player intentionally obstructs an opponent's opportunity to move freely about the field. Since this is a minimal-contact league, this restriction starts immediately at the snap for both the Offense and Defense.
- ✓ **Early Flag Pull-** The Defense is not allowed to pull an Offensive player's flag prior to the Offensive player gaining possession of the ball. If the Defense does so, the Offensive player is still 'live' and may continue the play until he is down by first touch / contact.
- ✓ **Early Flag Pull on a pass play** it will be deemed Defensive Pass Interference. If the intended Receivers catches the ball after an early flag pull, the receiver is still 'live' and may continue the play until he is down by first touch / contact.
- ✓ **Minor Hold-** Use of hands or arms that restrained or slowed an opponent and was immediately released. No advantage was gained by the Defense and no significant disadvantage was suffered by the ball carrier.
- ✓ **Major Hold-** Use of hand or arms to hook, lock, clamp, grasp, encircle or hold, in an effort to restrain an opponent that was not immediately released and a disadvantage was suffered by the ball carrier.
- ✓ **Roughing the Passer-** The Defense may not 'crash' the QB's throwing arm, shoulder or body (*even if the ball is touched first*). Defensive players must make a definitive effort to avoid charging into a passer.
- ✓ **Unsportsmanlike Conduct-** Any form of taunting intended to embarrass, ridicule or demean another player, the use of profanity, insults or gestures toward an opponent or an Official. Kicking at the ball, other than during a legal free kick or refusing to comply with an Official's request are examples of Unsportsmanlike Conduct.
- ✓ **Open Play-** When any player can complete a legal forward pass to any other player anywhere on the field.

- ✓ **Closed Play-** When male player may not complete a legal forward pass to another male player (i.e. the next legal forward pass completion must involve either a female throwing the pass or receiving the pass).

### **Official's Options on Contact Between Players:**

This is a minimal-contact league but contact will occur, so on any given collision or physical contact, the Officials have six options:

- Make 'no call' if they think the contact was accidental and/or incidental
- Issue cautions / warnings to the Team Captain in lieu of assessing penalties
- Penalize the Defense, if they feel the Defender is the aggressor
- Penalize the Offense, if they feel the Offensive player is the aggressor
- Call Off-Setting Penalties (referee cannot tell who was the aggressor)
- Eject a player if the referee feels the contact was intentional or egregious

*Note: Normally the player that 'drops his shoulder' first is deemed the aggressor.*

It is possible for a player(s) to go to the ground and it not be considered illegal, such as an unintentional collision (i.e. two solid objects tried to occupy the same space at the same time).

### **Bench Fouls:**

Teams may incur Bench Fouls for a variety of reasons to include but not limited to: players, Coaches or spectators interfering with play or an Official, disrespect toward Officials or other players, and teams not remaining in the designated team box.

### **Challenge Procedure:**

Generally, Officials are happy to answer questions during the game, IF it does not impede the game. His priority is to spot the ball then address questions without impeding the play clock.

If a team captain believes an Official has made a procedural error he may call for a time-out. If the Head Official agrees that there has been a procedural error (ex: wrong down, mistake in scoring, incorrect penalty yardage etc.) the procedural error will be addressed and the time-out will not be charged.

Note: Only procedural issues may be addressed not Officials calls or no-Calls. If the team did not possess a legal team time out, a five yard penalty will be assessed in lieu of charging a time out.

### **Unfair Acts:**

- ✓ Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game.
- ✓ The Head Official on each field may enforce any penalty, or remedy any situation, with anything he considers equitable (including the award of a first down, a replay, a score, forfeiture etc.) for any situation not specifically covered in these rules.

### **Disqualification / Ejection / Forfeiture:**

- ✓ If a person is *Ejected*, that person must leave the facility immediately. If they fail to comply within a reasonable time and manner the Head Official may decide to forfeit the game. Comeback Sports rents the facility and therefore it is not a public space during that time).
- ✓ If a player is *Disqualified* he may be allowed to remain at the facility at the Head Official's discretion. The Official's decision will be largely based on the player's demeanor.
- ✓ Ejections or Disqualifications may occur for but not limited to:
  - A second Unsportsmanlike or Personal Foul on a single player.
  - Any act deemed egregious by the Head Official.
  - Fighting.
  - Disrespectfully addressing or intentionally touching a game Official.
  - Four Unsportsmanlike and / or Personal Fouls by one team (forfeiture).

### **Organizational Items:**

- ✓ This document uses the pronouns 'he', 'his' and 'him' for readability and is not an act of gender bias, the program obviously seeks and encourages female participants, after all this is a co-ed sports program!
- ✓ Comeback Sports empowers players to participate in our recreational leagues based on their expressed gender identity.
- ✓ Our Referees have officiated several thousand flag-football games between them. Their certificates, training, membership and experience include USAFootball, Western Washington Football Officials Association, Sport Safety International, Human Kinetics, International Women's Flag Football Association and the National Intramural Recreational Sports Association as well as coaching and officiating other sports.
- ✓ Comeback Sports is continuously interested in people that would like to become Officials, we will train. Please contact our offices.

## **PENALTY CHART**

### **Flag Football Specific Penalties:**

*Offense-* Flag Guarding, Hurdling, Diving

Illegal Advancement:

- Male-to-Male pass attempt a 'Closed' Play
- Male running through Scrimmage

Box Rule Violation, Blocking/Screening

*Defensive-* Stripping, Early Flag Pull, Early Rush, Clear Path

*Note: 'Loss of Down' means the Down will not be repeated.*

| <b>LOSS OF DOWN PENALTIES – 5 YARDS</b>                           |                |                          |                      |
|---|----------------|--------------------------|----------------------|
|   | <b>Yardage</b> | <b>Assess Penalty At</b> | <b>Loss of Down?</b> |
| Illegally Handing Ball Forward                                    | 5              | Spot of Foul             | Yes                  |
| Illegal Pass ( <i>Passer's entire body was beyond Scrimmage</i> ) | 5              | Previous                 | Yes                  |
| Intentional Grounding   | 5              | Previous                 | Yes                  |
| Flag Guarding / Stiff Arm   | 5              | Spot of Foul             | Yes                  |
| Offensive Pass Interference                                       | 5              | Previous Spot            | Yes                  |
| Box Rule Violation  | 5              | Previous Spot            | Yes                  |

**Dead Ball Penalties:** A 'dead ball' is a ball not in play. When a player in possession of the ball gets one of his flags pulled (or down by touch if they are missing a flag) the ball immediately becomes DEAD. Any penalty that is called or assessed after the whistle has been blown to declare the play dead or before a ball becomes 'live' from a legal snap or free kick is a dead ball.

| <b>DEAD BALL PENALTIES – 5 YARDS</b> |                |                          |                      |
|--------------------------------------|----------------|--------------------------|----------------------|
|                                      | <b>Yardage</b> | <b>Assess Penalty At</b> | <b>Loss of Down?</b> |
| Delay of Game                        | 5              | Previous Spot            | Repeat Down          |
| False Start                          | 5              | Previous Spot            | Repeat Down          |
| Snap Infraction                      | 5              | Previous Spot            | Repeat Down          |
| Offside / Encroachment               | 5              | Previous Spot            | Repeat Down          |

**Live Ball Penalties:** A 'live ball' is a ball in play. A ball becomes live when the ball has been legally snapped or free kicked and a down is in progress.

| <b>LIVE BALL PENALTIES – 5 YARDS</b> |                |                          |                      |
|--------------------------------------|----------------|--------------------------|----------------------|
|                                      | <b>Yardage</b> | <b>Assess Penalty At</b> | <b>Loss of Down?</b> |
| Illegal Substitution / Participation | 5              | Previous Spot            | No                   |
| Illegal Formation                    | 5              | Previous Spot            | No                   |
| Illegal Shift or Illegal Motion      | 5              | Previous Spot            | No                   |
| Encroachment / Early Rush (Defense)  | 5              | Previous Spot            | No                   |

|   |   |  |   |
|---|---|--|---|
| Intentional Stripping of Ball Carrier                       | 5 | End of the run or spot of the foul. Whichever penalizes the offender worse | No  |
| Minor Hold  | 5 | End of Run   | No  |
| Illegal Advancement (Male player running through Scrimmage) | 5 | Previous Spot  | No  |
| Illegal Advancement (Male-to-Male pass on a 'Closed' play)  | 5 | Previous   | No  |
| Illegal Advancement (Hurdle, Dive, Jump etc.)               | 5 | Spot   | No (warning issued on 2d penalty, Ejection or Disqualification) |
| Illegal Contact   | 5 | Previous Spot  | No  |
| Early Flag Pull   | 5 | End of Run / Previous Whichever penalizes the offender worse               | No  |

## LIVE BALL PENALTIES – 10 YARDS

|   | Yardage | Assess Penalty At   | Loss of Down?   |
|---|---------|---|---|
| Illegal Physical Blocking (i.e. physical contact) or Tackling | 10      | End of the run or spot of the foul. Whichever penalizes the offender worse  | No (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Illegal Screen Blocking (i.e. non-physical contact)           | 10      | End of the run or spot of the foul. Whichever penalizes the offender worse. | No  |
| Major Hold  | 10      | End of the run or spot of the foul. Whichever penalizes the offender worse  | No  |
| Roughing the Passer   | 10      | Previous, Automatic 1 <sup>st</sup> Down                                    | No  |
| Bull Rush   | 10      | End of the run or spot of the foul. Whichever penalizes the offender worse  | No (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Defensive Pass Interference                                   | 10      | Previous  | Auto 1 <sup>st</sup> Down   |

## DEAD BALL PENALTIES – 15 YARDS

|  | Yardage | Assess Penalty At             | Loss of Down?  |
|--|---------|-------------------------------|--|
| Personal Foul (after the play is dead)                                   | 15      | End of Play / Succeeding Spot | (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Personal Foul (before ball is snapped)                                   | 15      | Previous Spot                 | (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Unsportsmanlike Conduct by player or Non Player (before ball is snapped) | 15      | Previous Spot                 | (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |

|  |    |                               |  |
|--|----|-------------------------------|--|
| Unsportsmanlike Conduct by player or Non Player (after the play is dead) | 15 | End of Play / Succeeding Spot | (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
|--|----|-------------------------------|--|

## LIVE BALL PENALTIES – 15 YARDS

|  | Yardage               | Assess Penalty At  | Loss of Down?   |
|--|-----------------------|--|---|
| Unsportsmanlike Conduct by player or Non Player (During live ball) | 15                    | Succeeding Spot  | No (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Personal Foul / Unnecessary Roughness                              | 15                    | End of the run or spot of the foul. Whichever penalizes the offender worse | No (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |
| Unfair Acts  | 15 or refs discretion | End of the Run   | No (Issue warning that on 2nd penalty player will be Disqualified or Ejected) |

## DISQUALIFICATION / EJECTION PENALTIES – 15 YARDS

|  | Yardage | Assess Penalty At             | Loss of Down?  |
|--|---------|-------------------------------|--|
| Fighting: Ejection   | 15      | End of Run / Succeeding Spot  | No, one week mandatory suspension up to permanent ejection, must leave venue immediately |
| Intentionally contacting a game Official: Ejection or Disqualification | 15      | End of run or Succeeding spot | No, Official's Determination   |
| Second Personal Foul and/or Unsportsmanlike Conduct by a player.       | 15      | End of Run                    | Disqualification or Ejection (Official's prerogative)                                    |

