#THEONEFLAGCHAMPS

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2024 USA FOOTBALL THE ONE FLAG CHAMPIONSHIP

5V5 TOURNAMENT RULEBOOK

THE ONE CHAMPIONSHIP
LOS ANGELES, CA

USA FOOTBALL | RECOGNIZED SPORT ORGANIZATION

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Definitions

BOUNDARY LINES	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
LINE OF SCRIMMAGE	(LOS) 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 seven yards (into the defensive side) from the line of scrimmage.
OFFENSE	The team with possession of the ball.
DEFENSE	The team opposing the offense to prevent it from advancing the ball.
PASSER	The offensive player that throws the ball and may or may not be the quarterback.
BLITZER	The Identified Defensive Player that is at least 7 yards from the line of scrimmage assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
RUSHER	Any player who legally crosses the line of scrimmage.
DOWNS (1-2-3-4)	The offensive team has four attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs or to score.
LIVE BALL	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
DEAD BALL	Refers to the period of time immediately before or after a play.
WHISTLE	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for reporting a penalty, a timeout, halftime or the end of the game.
INADVERTENT WHISTLE	Official's whistle that is performed in error.
CHARGING	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
FLAG GUARDING	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm or ball.
SHOVEL PASS	A legal pitch attempted behind the line of scrimmage.
UNSPORTSMANLIKE CONDUCT	A rude, confrontational, physical or offensive behavior or language.
RIGHT OF PLACE (ROP)	Right of place is given to any stationary players who maintains normal player posture and make no movements in any horizontal direction to change their position. A purely vertical movement, including a lift from the ground, in order to throw or catch a pass does not mean that a previously established right of place has been lost. Right of place supersedes right of way when determining who is guilty of a foul.
RIGHT OF WAY	Right of way is given to a player according to rule who has established a direction of movement in a regular manner and does not alter that direction. A player with right of way has a higher privilege when determining who is guilty of a foul than all other players except those with right of place.

FLAG FOOTBALL 5V5 TOURNAMENT RULEBOOK

RULE 1: GAME, FIELD, BALL, AND EQUIPMENT

SECTION 1: GENERAL PROVISIONS

Article 1. Coin Toss

a. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

b. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense. Teams change sides after the first half.

Article 2. Possession and Change of Possession

a. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.

b. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

c. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.

d. If the defense intercepts the ball, a defensive player can attempt to return it until down or out of bounds.

e. All possession changes, except interceptions, start on the offense's 5-yard line.

Article 3: Coaches

a. **2 coaches ONLY permitted on sideline.**

SECTION 2: ROSTERS

Article 1: Team Rosters

Teams must consist of at least five players with a maximum of 12 players.

Article 2: Uniform Colors

Home teams wear dark color jerseys. Visiting teams wear light color jerseys.

Article 3: On Field Participants

Teams must start tournament with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

SECTION 3: POSITIONS

Article 1: Offense

The five players on offense consist of a center, a quarterback and three eligible receivers.

a. **Center.** This player is responsible for snapping the ball and is eligible to go out for passes, once they have snapped the ball.

b. **Quarterback.** The quarterback is the offensive player who first gets possession of the ball after the snap. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.

c. **Receiver/back.** Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass.

Article 2: Defense

a. **Blitzer.** A defender who lines up with all parts of their body more than 7 yards away from the scrimmage line at the snap can establish themselves as a blitzer with a legal signal by raising one hand clearly above the head at least during the last second prior to the snap. This grants them right of way which supersedes the general right of way for the offense, because they are pursuing the runner. The rush of a blitzer shall be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, towards a different spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defender. If a blitzer is forced to change direction due to an offensive foul (shielding), the blitzer will not lose their right of way for a further direct rush to the point where quarterback received the snap.

b. **Rusher.** A defender who does not give a signal and legally crosses the line of scrimmage. Following a legal handoff, any member of the defense can cross the line of scrimmage.

SECTION 4: EQUIPMENT

Article 1: Uniforms and Flag Belts

a. Teams are permitted to wear their own uniforms. Uniforms must match and have a dark and light jersey option. White USA Football flag belts will be provided to each player at team check-in and required to be used during game play. Game balls will be provided at game fields by officials.

b. All teams will be provided WHITE USA Football flag belts and flags. Players shall wear flag belt tightly fit with every effort to be made to keep one flag on each hip of player. The sockets shall be facing outwards and downwards. The flags shall be clearly visible, hang down freely and must not be covered in any way by the player's uniform. The flags and sockets may not be greased, glued or altered in any way. Any player who deliberately manipulates their flags shall be disqualified.

Article 2: Footwear

Players must wear shoes or cleats. Cleats with exposed metal are not allowed.

Article 3: Additional Equipment

Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed.

Article 4: Uniform Standards

a. Players must remove any jewelry and head wear requested to be removed by official. (acceptable head wear includes: soft shell helmets (secured properly), headbands, sweatbands and beanies. non acceptable head wear includes hats will bills.)

b. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.

c. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

- **Shorts or pants cannot be white as they must be a different color than the white USA Football belts provided.**

Article 5: Mouthguards

All players must wear mouth guards while on the playing field.

SECTION 5. THE BALL

The ball shall be made of four panels of pebble-grained leather in natural tan color with eight equally spaced lacings and new or nearly new with no alterations. The ball shall be an ellipsoid spheroid of regulation dimensions and inflated to a pressure of between 12.5 and 13.5 psi (0.85 – 0.95 bar).

Article 1. Types of Football

Dimensions	Adult	Junior	Youth
Length	11.00 to 11.50 inches (27.9 – 29.2 cm)	10.50 to 11.00 inches (26.7 – 27.9 cm)	10.25 to 10.75 inches (26.0 – 27.3 cm)
Length circumference	27.00 to 28.00 inches (68.6 – 71.1 cm)	26.00 to 27.00 inches (66.0 – 68.6 cm)	25.00 to 26.00 inches (63.5 – 66.0 cm)
Diameter	6.25 to 6.75 inches (15.9 – 17.2 cm)	6.00 to 6.50 inches (15.2 – 16.5 cm)	5.75 to 6.25 inches (14.6 – 15.9 cm)
Cross circumference	20.00 to 21.00 inches (50.8 – 53.3 cm)	19.00 to 20.00 inches (48.3 – 50.8 cm)	18.00 to 19.00 inches (45.7 – 48.3 cm)
Weight	14 to 15 ounces (400 – 425 g)	12 to 13 ounces (340 – 370 g)	11 to 12 ounces (310 – 340 g)

Article 2. Sizes

a. For men's or co-ed games, adult size balls shall be used.

b. For women's games, use Youth Ball dimensions. (example: USA Football Youth or Wilson TDY)

c. For junior games aged under-17, youth sized balls shall be used. (example: USA Football Youth or Wilson TDY)

d. For youth games aged 9-13, junior size balls shall be used. Balls need not be leather. (example: USA Football Junior or Wilson TDJ)

SECTION 6. THE FIELD

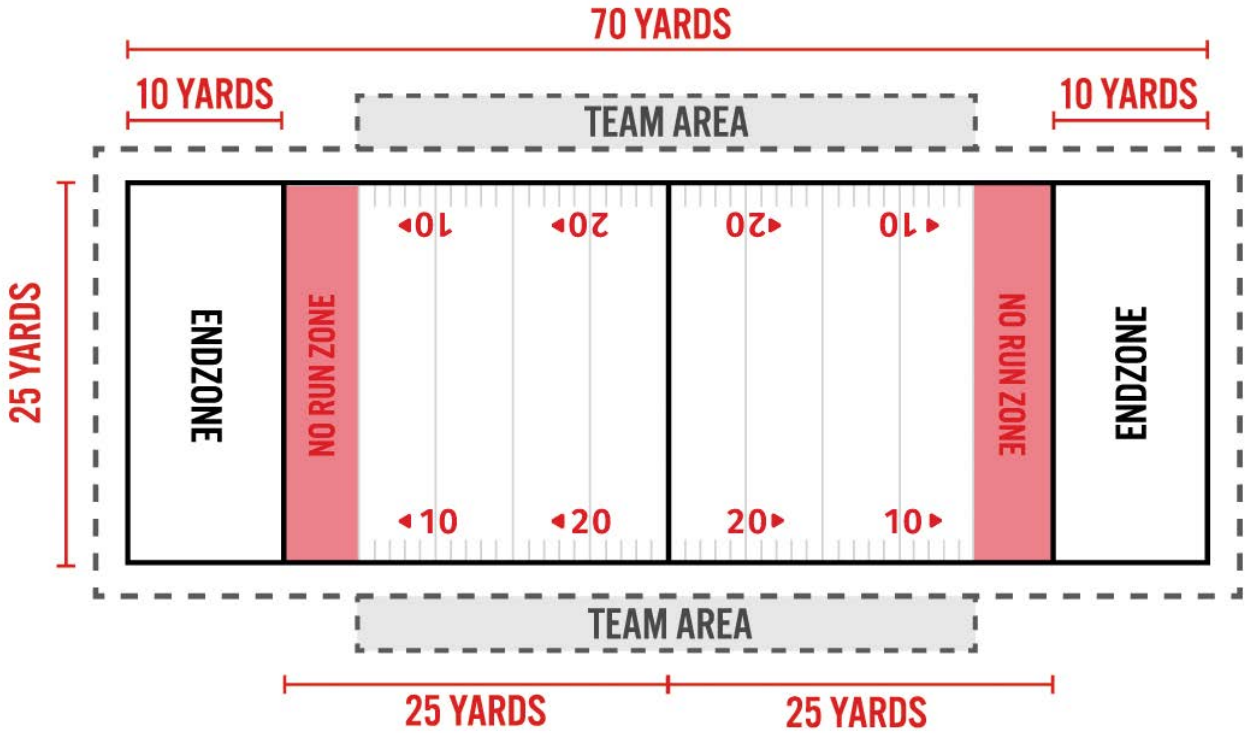
Article 1: Field Dimensions

Field dimensions are 25 X 70 yards in total with two 10- yard end zones and a 50 yard field of play. No-run zones are only before the goal line. However, some locations may use smaller fields due to available field space.

Article 2: No-Run Zone's

A No-run zone is in place to prevent teams from conducting run plays. While in the No-run zones (a 5-yard imaginary zone before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

Article 3: Field Setup Diagram



RULE 2: TOURNAMENT PLAY

SECTION 1. CLOCK SETTINGS

Level of Play	Total Length of Game	Length of Halftime	Clock Settings
Youth (5-12 years old)	Two 12-minute halves	2 minutes	Running clock
Junior (13-18 years old)	Two 12-minute halves	2 minutes	Running clock- first half Pro clock- second half
Adult divisions	Two 15-minute halves	2 minutes	Running clock- first half Pro clock- second half

SECTION 2. CLOCK STOPPAGE

Article 1. General Clock Stops

1. The clock stops for timeouts or injuries only, though officials can stop the clock at their discretion for injury, to stop a team from delaying or other unsportsmanlike conduct.

Article 2. Delay of Game

2. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Article 3. Timeouts

3. Each team has one 30-second timeout per half.

Article 4. Injury Stoppage

4. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.

Article 5: Pro-Clock Operation

PRO-CLOCK CLOCK STOPS
1. To award a first down, also after a change of team possession. 2. To complete a penalty. 3. When the ball or the runner goes out of bounds. 4. When a pass or fumble (forward or backward) strikes the ground. 5. When a score is made and during and after the following try and onside snap. 6. When a charged timeout is granted.

Article 6. Tournament Play Overtime

1. A coin toss will determine the team that chooses to be on offense or defense first.

    a. 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.

    b. The official will determine on which end of the field the overtime will take place.

2. 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 its own.

    a. 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 five-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.

    b. 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.

3. All regulation period rules and penalties are in effect.

4. There are no timeouts in overtime.

RULE 3: LIVE BALL / DEAD BALL

SECTION 1. LIVE BALL

Article 1: Live Ball Definition

The ball is live at the snap and remains live until an official's whistle blows the ball dead.

Article 2: Ball Spot

The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.

a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.

Article 3: Pre-Snap Defense

The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.

Article 4: Possession

A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play. Stepping on the boundary line is considered out of bounds.

SECTION 2. DEAD BALL

Article 1: Dead Ball Definition

Any official can whistle the play dead.

Play is ruled "dead" when:

a. The ball hits the ground.

    i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit 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. Any part of the body other than feet or hands touches the ground.

f. The ball-carrier's flag falls out.

g. The receiver catches the ball while in possession of one or no flag(s).

h. An inadvertent whistle.

Article 2: Inadvertent Whistle

In the case of an inadvertent whistle, the offense has two options:

a. Take the ball where it was when the whistle blew, and the down is consumed.

b. Replay the down from the original line of scrimmage.

Article 3: Ruling Challenges

a. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team is charged a timeout. If the rule is interpreted incorrectly, the timeout is not 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.

b. A team with no timeout remaining cannot challenge a rule interpretation, though officials can come together independently and reverse a call by unanimous decision.

RULE 4: GAME PLAY

SECTION 1: SCORING

Article 1: Touchdown

Touchdown: Six 6 points

Article 2: Extra Points

PAT (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line).

a. Because of the No-run zone, a one point PAT is pass only; two point PAT can be run or pass.
    i. Defense touchdown on a try - 2 points.
    ii. Safety - 2 points
    iii. Safety on a try - 1 point.

b. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a one- or two-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions can be returned for a safety (2 points) .

Article 3: Safety 2 points

a. A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. A penalty in the end zone (i.e. flag guarding) can also be ruled a safety.

Article 4: Mercy Rule

a. After one team is leading by 30 points or more, the game is over and no PATs are attempted.

b. Forfeits will be scored 30-0.

SECTION 2: RUNNING

Article 1: Spotting the Ball

The spot of the ball is the position of the ball when the flag is pulled, not the location of the hips.

Article 2: Legal Running Plays

Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must take place behind the line of scrimmage. The offense may use multiple handoffs. The quarterback cannot directly run with the ball.

a. The "center sneak" play is not allowed as centers are ineligible to receive handoffs.
b. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
c. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

Article 3: No Run Zone

No-run zone are located five yards before the end zone in the direction the offense is headed. They are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in this zone.

Article 4: Flag Guarding

a. 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.
b. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
c. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
d. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
e. Flag obstruction – All jerseys must be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Article 5: Blocking / Screening

No blocking or "screening" is allowed at any time.

Article 6: Running With the Ball-Carrier

Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. There is no running with the ball-carrier.

SECTION 3: PASSING

Article 1: Forward Pass

A pass is considered a forward pass if the ball first touches anything beyond the spot where the ball is released. All other passes are backward passes, even if it is lateral (parallel to the scrimmage line).

a. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the vicinity of a receiver.

b. Quarterbacks cannot spike the ball dead unless the ball travels beyond the line of scrimmage and is in the vicinity of a teammate.

c. Any player who has received a legal handoff can throw the ball forward as long as they are still behind the line of scrimmage.

Article 2: Shovel Pass

Shovel passes are allowed but must be received beyond the line of scrimmage.

Article 3: Seven Second Clock

A seven-second pass clock begins upon the snap and continues until there is a handoff or pass. If the seven-second clock expires while the quarterback still has the ball, the play is blown dead, a down is lost and the ball is returned to the line of scrimmage as if an incomplete pass occurred.

SECTION 4: RECEIVING

Article 1: Eligible Receivers

All players – are eligible to receive passes.

Article 2: Legal Reception

A player must have at least one foot inbounds to make a legal reception.

Article 3: Simultaneous Possession

In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Article 4: Interceptions

Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.

SECTION 5: BLITZER AND RUSHER

Article 1: Blitzer

All Blitzers must be a minimum of seven yards behind the line of scrimmage when the ball is snapped and must declare themselves by raising their hand. Players not blitzing the quarterback can defend on the line of scrimmage. No more than two players may establish themselves as Blitzers on a given play.

Article 2: Rusher

Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. At this point players crossing the line of scrimmage are Rushers.

Article 3: Legal Blitzing

A marker, or the official, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position and identify themselves before every play.

a. A legal blitz is:
    i. Any rush from a point 7 yards from the defensive line of scrimmage.
    ii. If a blitzer leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback.
    iii. If a blitzer leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the second receiver.

b. A penalty may be called if:
    i. The Blitzer leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
    ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
    iii. Any defensive player not lined up at the rush line or declared crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
    iv. A maximum of 2 players may establish themselves as a blitzer. If a player who signals is less that 7 yards from the line of scrimmage or if a player is giving an invalid signal or if more than 2 players simultaneously keep their hand raised after the snapper has touched the ball, its a foul for illegal signal. Foul - 5 yards from the line of scrimmage.

c. Special circumstances:
    i. Teams are not required to rush the quarterback with the seven second clock in effect.
    ii. Teams are required to identify their Blitzer before the play.

Article 4: Roughing the Passer

Players blitzing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.

Article 5: Impeding the Blitzer

The offense cannot impede the Blitzer in any way. The Blitzers have 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 Blitzer. Any disruption to the Blitzer's path and/or contact will result in an impeding the blitzer penalty. If the offensive player does not move after the snap, then it is the Blitzer's responsibility to go around the offensive player and to avoid contact.

Article 6: Quarterback Sack

A sack occurs if the quarterback’s flag are pulled behind the line of scrimmage. The ball is placed where the quarterback’s feet are when flag is pulled.

a. A safety is awarded if the sack takes place in the offensive team’s end zone.

SECTION 6. HOLDING, SHIELDING, CONTACT AND AIMING

Article 1: Holding

Holding is grasping an opponent or their equipment, not releasing immediately and impacting the opponent.

Article 2: Shielding

Shielding is obstructing an opponent without contact by moving into their path. A moving player without right of way who impedes an opponent from running a pass route, getting to the runner or impedes a legal blitzer is guilty of shielding. A player standing still (with the right of place) is not shielding, even if the player is obstructing an opponent.

Article 3: Contact

Contact is touching an opponent with impact. Touching with no impact is not a foul.

Article 4: Aiming

Aiming is to target and initiate contact with an opponent or to run into an opponent on purpose, even with right of way. Aiming is any deliberate or avoidable contact with excessive force, even in an attempted flag pull or while playing the ball during a pass. Aiming is to attack a ball in possession or take away the ball from the runner.

SECTION 7. FLAG PULLING

Article 1: Legal Flag Pull

A legal flag pull takes place when the ball-carrier is in full possession of the ball.

Article 2: Diving and Holding

Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

Article 3: Stripping

It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.

Article 4: Inadvertent Loss of Flag

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. The ball is placed where the flag lands.

Article 5: Illegal Flag Pull

A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

a. If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made.

SECTION 8. FORMATIONS

Article 1: Offensive Formations

Offenses must have a minimum of one player on the line of scrimmage (the center) and any number of players on the line of scrimmage. The quarterback must be off the line of scrimmage.

a. One player at a time may go in motion 1 yard behind and parallel to the line of scrimmage. EXAMPLE: An offensive player lined up 3 yards deep in the backfield can never go in motion. A player in motion must either start from a set position on the line of scrimmage or 1 yard off to adhere to the rule.

b. No motion is allowed toward the line of scrimmage.

Article 2: False Start

Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

Article 3: Legal Snap

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.

SECTION 9. UNSPORTSMANLIKE CONDUCT

Article 1: Intentional Contact

If the field monitor or official witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

a. Players may not physically or verbally abuse any opponent, coach or official.

b. Ball-carriers MUST make an effort to avoid defenders with an established position.

c. Defenders are not allowed to run through the ball-carrier when pulling flags.

Article 2: Offensive Language

Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

Article 3: Spectator Conduct

Fans must also adhere to good sportsmanship as well:

a. Yell to cheer on your players, not to harass officials or other teams.

b. Keep comments clean and profanity free.

c. Compliment ALL players, not just one child or team.

Article 4: Field Safety

Fans are required to keep fields safe and kid-friendly:

a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.

b. Stay in the end zone area, not between fields. The Administrative Zone is reserved for league administration, game officials, medical personnel, coaches and players only.

c. Dispose of ALL trash in designated trash cans.

Article 5: Unsportsmanlike Conduct Penalty

Unsportsmanlike conduct penalties:

a. Defense + 10 yards from line of scrimmage and automatic first down

b. Offense - 10 yards from line of scrimmage and loss of down

RULE 5: OFFICIAL DUTIES

SECTION 1. GENERAL PROVISIONS

Article 1: Jurisdiction of Officials

Jurisdiction of Officials - The officials' jurisdiction begins with the coin toss and ends when the Referee declares the score final.

Article 2: Number of Officials

Number of Officials - The game shall be played under the supervision of 2 (R and FJ), 3 (R, DJ and FJ) or 4 (R, DJ, FJ and SJ) officials.

a. If officiating crews contain 2 or 3 officials, the other job responsibilities are to be split accordingly.

SECTION 2. REFEREE

Article 1: Position

The initial position of the Referee is behind and to the side of the FJ in the offensive backfield. On a 2-man crew, the Referee is positioned and working like Down Judge.

Article 2: Basic Responsibilities

Basic Responsibilities:

a. The Referee has general oversight and control of the game, has final authority for the score and their decisions upon rules and other matters pertaining to the game are final.

b. The Referee shall inspect the field and report any irregularities to game management, coaches and other officials.

c. The Referee has jurisdiction over player equipment.

d. The Referee shall indicate that the ball is ready for play, award new series of downs and administer penalties.

e. The Referee shall notify both head coaches of any disqualifications.

f. After the snap, the Referee shall be responsible for ruling on the play behind the scrimmage line around the ball.

g. The Referee is responsible for coverage of the quarterback.

SECTION 3. DOWN JUDGE

Article 1: Position

The initial position of the Down Judge is on the scrimmage line at the side line with the down indicator.

Article 2: Basic Responsibilities

Basic Responsibilities:

a. The Down Judge is responsible for the operation of the down indicator.

b. The Down Judge shall keep count of the downs.

c. The Down Judge has jurisdiction over the scrimmage line and their side line.

d. Once the ball has crossed the scrimmage line, the Down Judge shall be responsible for ruling on the play around the ball and forward progress on their side of the field.

SECTION 4. FIELD JUDGE

Article 1: Position

The initial position of the Field Judge is 7 yards deep at the side line opposite to the down indicator.

Article 2: Basic Responsibilities

Basic Responsibilities:

a. On a 2 or 3-man crew the Field Judge is responsible for timing the game or supervising the game clock operator.

b. The Field Judge has jurisdiction over their side line.

c. Once the ball has crossed the scrimmage line, the Field Judge shall be responsible for ruling on the play around the ball and forward progress on their side of the field.

SECTION 5. SIDE JUDGE

Article 1: Position

The initial position of the Side Judge is 7 or more yards deep at the side line with the down indicator.

Article 2: Basic Responsibilities

Basic Responsibilities:

a. The Side Judge is responsible for timing the game or supervising the game clock operator.

b. The Side Judge shall be responsible for observing receivers on deep routes for ruling on long passes and the status of the ball and forward progress in their area.

RULE 6: PENALTIES

SECTION 1.
General Provisions

The officials will call all penalties.
Game officials determine incidental contact that may result from normal run of play.
All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
Games may not end on a defensive penalty unless the offense declines it.
Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

SECTION 2.
Defensive Spot Fouls

Holding	Automatic first down
Stripping	+10 yards and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from the spot
Illegal Equipment	+5 from the spot. *Further infractions may result in unsportsmanlike conduct up to ejection.

SECTION 3.
Offensive Spot Fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-5 yards and loss of down
Illegal Equipment	-5 yards from the spot of the foul. *Further infractions may result in unsportsmanlike conduct up to ejection

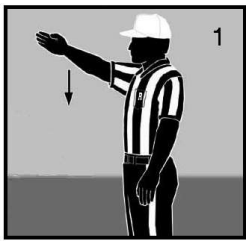
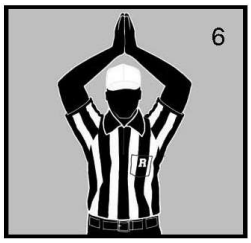
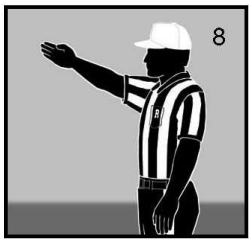
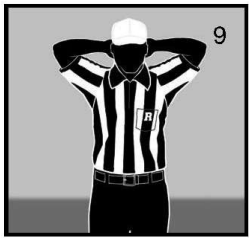
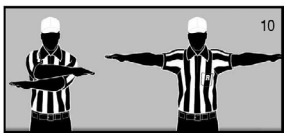
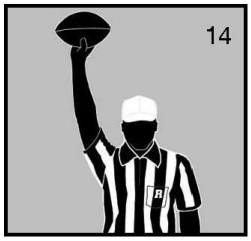
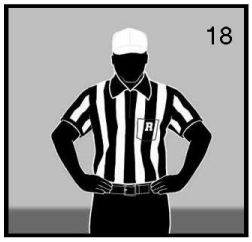
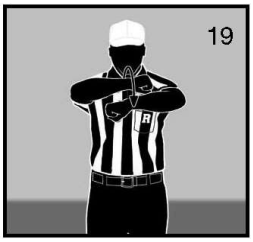
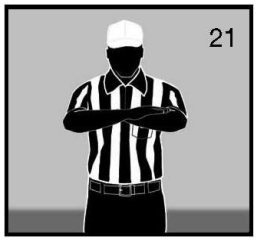
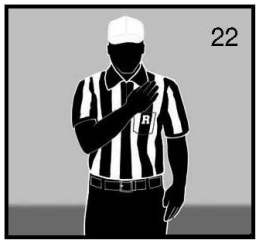
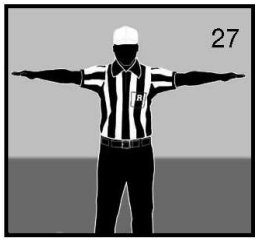
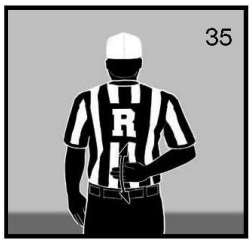
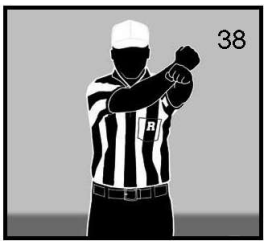
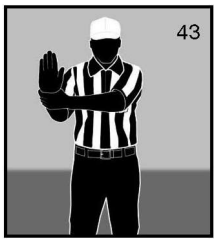
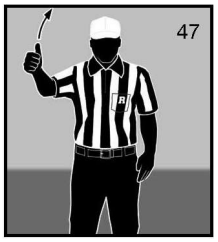
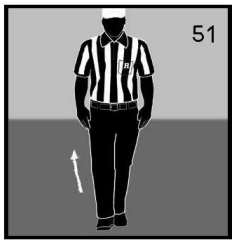
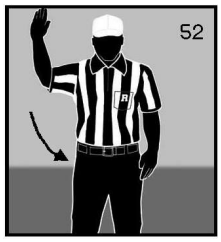
SECTION 4.
Defensive Penalties

Defensive pass interference	+10 yards from the line of scrimmage and automatic first down
Defensive unnecessary roughness	+10 yards from the line of scrimmage and automatic first down
Defensive unsportsmanlike conduct	+10 yards from the line of scrimmage and automatic first down
Offsides	+5 yards from line of scrimmage
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage
Illegal Signal	+5 yards from the line of scrimmage. Live ball foul
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards & automatic first down

SECTION 5.
Offensive Penalties

Offensive unnecessary roughness	-10 yards from the line of scrimmage and loss of down
Offensive unsportsmanlike conduct	-10 yards from the line of scrimmage and loss of down
Offsides / false start	-5 yards from line of scrimmage
Delay of game	-5 yards from line of scrimmage
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-10 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Impeding the Blitzer	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards and loss of down
Center Sneak	-5 yards from the line of scrimmage and loss of down
Backwards pass	-5 yards from the line of scrimmage and loss of down

SECTION 6. OFFICIALS SIGNALS

S 1  Ready for play	**S 3** Stop the clock	**S 5** Touchdown	**S 6**  Safety
S 8  First Down	**S 9**  Loss of down	**S 10**  Incomplete pass	**S 14**  End of period
S 18  Offside Illegal Blitz	**S 19**  False start Illegal procedure	**S 21**  Delay of game Delay of pass	**S 22**  Illegal participation Illegal substitution
S 27  Unsportsmanlike conduct	**S 33** Pass Interference	**S 35**  Illegal forward or backward pass	**S 38**  Illegal contact
S 43  Shielding	**S 47**  Disqualification	**S 51**  Jumping Diving	**S 52**  Flag guarding Illegal Flag pull

THIS MANUAL REPRESENTS PRACTICE AND IMPLEMENTATION GUIDELINES BASED ON OUR CURRENT LEVEL OF KNOWLEDGE. RECOMMENDATIONS ARE SUBJECT TO CHANGE AS MORE RESEARCH AND INFORMATION BECOMES AVAILABLE.

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