



RULES AND REGULATIONS



1. ROSTER

- 1.1 There are three age categories in FPF Jr. U-10, U-13 and U-16. In order to participate in a division, you must not be above the maximum age or below the minimum age on September 1st prior to the start of the season.
- 1.2 The suggested age range for the U-10 division is 7 to 10. Any child younger than 7 must be granted special eligibility to play by a league administrator.
- 1.3 A coach must register any new player with FPF Jr. before adding him or her to the roster.

2. EQUIPMENT

2.1 All team members must wear the jerseys provided by FPF. In an emergency situation where a jersey is lost, torn or forgotten, the player must wear a shirt of the same color, sporting the same number.

2.2 The white flag belt must be visible at all times.

2.3 Any undershirt must be tucked in or short enough to not cover the flag belt in any way. It shall be the officials' responsibility to be preventative, however if an advantage is gained from clothing covering the flag(s) or flag belt, it shall be penalized as flag guarding.

2.4 No hard headgear is permitted on the field, such as baseball caps, helmets and so on. Soft headgear such as do-rags, bandanas, kippas and turbans are permissible.

2.5 The league does not permit any pants or shorts with pockets. This is due to the high risk of injuring fingers while attempting to deflag an opponent. Any player with pockets will be asked to leave the field of play until he can change clothing. Taping pockets closed is permitted in FPF Jr. A player must be wearing shorts or pants; playing in underwear is not permitted even if a player's shorts are damaged during the course of a game. Penalty: objectionable conduct, 10 yard dead ball foul applied at point of next scrimmage and 5 plays off.

2.6 No jewelry of any kind is permitted on the field. Earrings should be removed or covered with tape. Rubber Livestrong type wrist bands and wrist bands made of textiles, such as those often associated with beach vacations, are not considered jewelry. Penalty: objectionable conduct, 10 yard dead ball foul applied at point of next scrimmage and 5 plays off.

2.7 Players are permitted to have a towel, pair of gloves, or playsheet hang from their waist, but they will be treated as flags. Therefore if any item hanging from the waist is pulled off, the play will be whistled dead.

2.8 All running shoes and cleats are legal except metal, spiked cleats of any kind.

3. GAME ADMINISTRATION

3.1 Captains are required to meet with the referees five (5) minutes prior to the start of the game. A maximum of two captains per team may be present.

3.2 The coin toss will take place with the visiting team's captain making the choice of heads or tails. The winning team can choose from the following options: a) To start on offense or defense b) The goal the team will defend. The team not having the first choice of options shall exercise the remaining option. The team that starts on offense in first half will automatically start on defense in the second half. In the playoffs there is no coin toss, the home team will have the first choice in the captains meeting, both at the beginning of the game and in overtime.

3.3 Barring a penalty, a team will always begin the half with the ball at their own 10-yard line.

3.4 Teams will have the option of starting with five players. Otherwise, if a team does not have the minimum requirement of five players at gametime, six points will immediately be awarded to the opposing team. The game clock then starts and every 5 minutes the opposing team is awarded 6 points. If the team missing players does not participate by halftime, the game ends with a 30-0 final score.

3.5 If two teams, scheduled to play each other in the same week, have less than 5 players in attendance to play that game. both teams will be awarded a loss. In this case, as per rule 3.4 above, each team will be awarded 6 points at the start time of the game, and every 5 minutes each team is awarded 6 points. The game would end with a 30-30 score at halftime, and in the standings both teams are awarded a loss.

3.6 Playing time for each game is 44 minutes plus an extra ten plays. Each half is 22 minutes long with five untimed plays to end the half. Once the clock hits zero, even if there is a stoppage in play, for example for a timeout or a foul, there are 5 plays remaining in the half. Game starts at scheduled time OR when both teams are ready for play after coin toss.

3.7 There will be a running clock for the entire 22 minutes of each half.

3.8 There will be a three-minute break between the first and second half.

3.9 Teams will each have a total of 2 timeouts per game, which can be used at any time, regardless of which half. A timeout must be called if a team wishes to keep an injured player on the field if he/she received attention from the coach and forced the clock to stop.. This rule would not apply in the last five plays. The clock will start on the snap after all team timeouts.

3.10 In addition to its regular timeouts, teams will be awarded one technical timeout per game for rule clarifications only. Following a technical timeout, the clock starts on the referee's whistle.

3.11 Referees will give a two minute warning at an appropriate break in the play when there are two minutes or less remaining until the final five plays.

3.12 Once the fifth untimed play is completed the referee will signal the end of the half/game.

3.13 There is a mercy rule. a) If a team is leading by 18 points or more and have possession of the ball once the game has reached the final five plays of the second half, the score will be final and the five untimed plays at the end of the second half will be treated as a 'scrimmage'. b) If an 18-point differential is reached at any point in the 2nd half, the referee will ask the losing team's coach if his/her team wishes to continue. The losing team may choose to end the game at any time after this point and play the remaining minutes as a "scrimmage" (the final five plays will not be played). c) Once the game has reached the final five plays of the game, if the winning team is in possession of the ball from their own 10 yard line and out, and has a sufficient number of downs to end the game, the winning team may decide to end the game. The losing team may also ask to end the game at this time.

3.14 Players will be required to retrieve the ball after each play and will bring it back to their huddle. The referees will assist the players with the ball relay whenever possible. Note (a): The referee can whistle the play in or call a delay of game penalty if the team in possession of the ball does not get the ball back to the huddle in a reasonable amount of time.

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4. RUSHER/PASSER

4.1 Any player who rushes the quarterback must be lined up ten yards in front of the LOS in the "rush zone" (The ten-yard rusher line will be marked prior to each play.) The rusher is not permitted to line up directly in front of the snap, he must line up at least one yard to left or right from the rush bag in the middle of the field. (see 4.2)

4.2 Any rusher loses protection if he is outside the "rush zone" beginning one yard from either side of the rusher bag and extending one yard out, straight up to the QB (two yards total from either side of the rusher bag). The rusher also loses protection if he is lined up on the bag or if he switches sides once ball has been handled by the snap.

4.3 The rusher has straight-line immunity, the snap must get out of the way and cannot impede the straight line path even if remains stationary. He can run straight or to either side but he must avoid the rusher. All other offensive players must avoid the rusher.

4.4 The rusher has the right to run at the QB and take the straightest path, even on a roll out. If the rusher deviates from his straight line path for no reason, he loses immunity.

4.5 Only one rusher gets protection in the "rush zone." The rusher getting protection must declare to offensive team, if asked, by any player on the offense. He can declare by raising his hand. Note: If two players declare or two players rush, only the rusher in the "rush zone" gets immunity. If both rushers are in the "rush zone" only the one on the defensive left side gets immunity.

4.6 Contacting the passer - No rusher may interfere with the QB's throwing motion. Any contact with the quarterback's arm (from the shoulder down) or the ball (while in hand) during the throwing motion will result in a defensive penalty. Excessive physical contact with the QB when there is intent and/or severity can also be penalized as UR.

4.7 A player who is less than ten yards from the LOS when the ball is snapped may not rush the quarterback before someone from ten yards away crosses or the ball is handed off, lateraled or a forward pass is caught behind the LOS.

4.8 A rusher can be offside, return to the ten-yard rushline, and then cross the LOS. The rusher is only offside if he crosses the LOS.

5. OVERTIME/TIE GAME

5.1 There is no overtime in any regular season game.

5.2 In the playoffs, if the score is tied at the end of regulation, the teams will proceed to overtime.

5.3 At the start of the overtime period, the referee will meet with the two captains to determine who starts with the ball. The home team will have the first choice in the captains meeting.

5.4 The first team will have the choice to go for 1 point (from the 5-yard line), 2 points (from the 10-yard line) or 3 points (from the 15-yard line). The two teams will each have three conversion attempts, going back and forth between the two. The team with the most combined points after their three attempts wins the game. If it is still tied after three turns each, they will go into sudden death where the teams will exchange single possessions until one team outscores the other.

5.5 An interception in overtime cannot be returned for a score.

5.6 There are no timeouts allowed in overtime.

6. FORMATION/MOTION

6.1 The standard number of players on the field is six, however, a team is permitted to play with five in the event of an injury, dismissal or short roster. Anything less than five players on the field is not permitted and would result in a forfeited game.

6.2 The offensive team must have at least three players lined up on the LOS when the ball is snapped. They will be considered on the LOS if they either put their hand up or are within one (1) yard of the LOS. Note: All receivers must be at least two yards away from the snapper on the LOS.

6.3 The quarterback has the option to line up either directly under center, or in a shotgun position when receiving a snap.

6.4 The player accepting the snap (most likely the Quarterback) may not receive the ball while making forward progress towards the line of scrimmage in order to gain an advantage. Once he has possession of the football, he is permitted to run forward.

6.5 A maximum of one receiver can be in motion laterally or backwards when the ball is snapped. All other players must be motionless for one full second before the snap.

6.6 The player defending the center must be three (3) yards in front of him or one (1) yard to either side. Rule 11.2 applies to the defender covering the center, such that he must still respect the 1 yard neutral zone even if he is playing shade, 1 yard to the side of the center.

6.7 A huddle before each play is not compulsory.

6.8 The center must align the line of scrimmage bean bag, and the ball prior to the snap, between his feet. Failure to do so will result in a 5 yard illegal procedure penalty, or option to team B to take the result of the play.

7. DELAY OF GAME (Time count)

7.1 The ball is whistled in before each play. Once the play is whistled in, the offensive team has 20 seconds to snap the ball. Failure to snap the ball will result in a time count penalty. The referee will track the play clock. If Team A takes two consecutive pre-snap fouls, it will be required to put the ball in play or will forfeit possession at the previous line of scrimmage.

7.2 All players on the field must be wearing their flag belts when the ball is snapped. If a player is not wearing a flag belt during the snap he will be penalized.

7.3 Any deliberate action that delays the game will be penalized as Objectionable Conduct (OC).

8. DEAD BALL/ SPOTTING/ LEGAL PASSES

8.1 A ball is declared dead when it is carried out of bounds, after a touchdown, safety, successful or failed PAT, when a forward pass hits the ground, referee or any other object on the sideline (e.g. a soccer goal post). If the ball hits a wire above the field, the play is dead and the down will be repeated. If the ball hits the ceiling (dome or building), the play is whistled dead, and it will be ruled an incomplete pass.

8.2 There are no fumbles. A ball is whistled dead when a backward pass, dropped ball or missed snap hits the ground. Laterals and handoffs are NOT permitted past the LOS. If a lateral or handoff past the LOS is attempted, the ball will be dead at the point of the pass.

8.3 A pass is complete when the player has possession of the ball throughout the act of having two feet in bounds, or any other part of his body besides his hands on the ground in bounds.

8.4 A player in possession of the ball who is on the ground (knee down, rear end down, back down) who is touched by an opponent will be ruled down. However, if the player is not touched, he is permitted to regain his footing and continue his progress. A referee can blow potentially dangerous plays dead anytime e.g. dual possession of a ball, a player on the ground in a crowd.

8.5 After an interception, the intercepting player will not be ruled down until an opponent deflags him, touches him if he is on the ground, if he clearly gives up on the play, or if a referee deems it necessary to blow the play dead for player safety reasons.

8.6 The ball will be spotted where the player's flag was - and not where the ball was - when he was deflagged. A player is considered deflagged when the flag becomes detached, not when it hits the ground.

8.7 If a player not in possession of the ball loses his flag during a play he remains eligible to catch a pass. If he catches a pass, that player must be touched by a defender with one hand to be called down.

8.8 In the case of a bad snap, the ball is spotted where it initially hits the ground.

8.9 A dribbled snap (a snap that travels less than 5 yards) judged to be an illegal tactic, can result in a 5-yard procedure penalty, DR. The defense can also elect to decline the penalty and take the loss, downs continue. This usually occurs in the last five plays and is left to the discretion of the officials.

8.10 If a player is unintentionally bumped out of bounds by a defender before landing in bounds with the ball, the referee may judge that the player would have landed in bounds and award a catch.

8.11 All players are eligible to touch or catch a pass. A player going out of bounds, coming back into the field of play and catching a pass is not a penalty but it will be an incomplete pass, downs continue. If a player is forced out by a defender he may return and catch a pass legally.

8.12 A forward pass must be thrown from behind the LOS. If the passer crosses the LOS he is no longer eligible to throw a pass and will be penalized for an illegal forward pass. The non-offending team can now take the result of the play, or go back to PLS AND DC and on 4th Down, loss of ball at the PLS. The passer is not entitled to the gain past the LOS to the point where the pass was thrown from. Note: The passer is considered over the line when his core, including the flag, is on or over the line.

8.13 Once a ball carrier passes the LOS, he cannot return behind the line and attempt a forward pass. Rule as illegal forward pass, loss of down at PLS or option and on 4th Down, loss of ball at the PLS.

8.14 A pass thrown out of bounds or towards the ground with no receivers in the area to avoid a loss shall be considered grounding at the discretion of the head referee. Note: Grounding by the QB positioned in the endzone is a safety touch.

8.15 A simultaneous catch between an offensive player and a defensive player will be awarded to the offensive player.

8.16 Illegal deflag - removing a player's flag early shall be penalized unless it is done in a bona fide attempt to properly time a deflag with a catch. Deflagging a Team A player late, in the offensive backfield, who is not the ball carrier, shall also be penalized. L10 PLS, AFD or Option.

8.17 The ball is dead when an official blows his whistle. If there is an inadvertent whistle that affects the outcome of the play - the affected team will choose whether to accept the result of the play at the time of the whistle or to repeat the down at the PLS. If the referee cannot determine which team was affected adversely, the play will be repeated.

9. SERIES

9.1 Typically, the offensive team gains possession of the football at the ten-yard line and has four tries to gain a fresh set of downs by advancing the ball passed midfield. This may occur through the result of a pass or run play or through a defensive penalty. Once the offense crosses midfield, they have another four tries to cross the goal-line for a touchdown.

9.2 If the offensive team fails to cross midfield on their first set of downs, or fails to score on their second set of downs, the opposing team will start its drive from their own ten-yard line.

9.3 All possession changes (start a half, following a turnover on downs, or following a score) begin at the offensive team's own ten-yard line, barring an interception or penalty.

9.4 If the opposing team's last drive ended with an interception, the intercepting team will take over possession where the last play ended.

9.5 In cases where a team has a first down in their own half of the field, elsewhere than on their 10 yard line, (following an interception, a defensive penalty which grants a first down, or an offensive penalty applied after yards are gained), they may obtain a first down by crossing mid-field.

10. RUNNING

10.1 No running zones (red zones) are located 5 yards from each defensive end zone and midfield. These red zones are enforced to avoid short yardage, power-running situations. Once the ball enters a no rush zone, the rest of the set of downs is considered to take place in that same no rush zone, regardless of subsequent losses of yardage or penalties. No rush zones at midfield only apply when the first-down line is live. Example: If a team gains a first down by crossing midfield, and on the next down receives a penalty that places the ball back in their own end and they no longer need to traverse midfield to get a new set of downs, the midfield no rush zone is not applicable.

10.2 The quarterback is allowed to run with the ball outside the red zone. The ball carrier must advance the ball past the LOS for it to be considered a run. When the ball carrier runs up towards the LOS and it results in a zero yard play, it is not considered a run.

10.3 Unlimited handoffs in any direction, and unlimited laterals are allowed behind the LOS. After a handoff or a lateral, a forward pass is allowed from behind the LOS. However, once the ball carrier has crossed the LOS, or a forward pass is thrown, laterals and handoffs are no longer permitted. Penalty: ball is dead at the point of origin of the illegal lateral or handoff pass and DC. NB: the defensive team can intercept a lateral pass behind the LOS. Once past the LOS laterals are illegal and cannot be intercepted.

10.4 A player is not permitted to toss the ball up to himself to avoid being deflagged while in possession of the ball.

10.5 No diving is permitted with the intention of gaining yards. The ball will be spotted where the officials judge an advantage was being gained. In addition, a blatant dive in a crowd with or without contact will be assessed a UR penalty. Note: A player is allowed to dive in attempting to catch or intercept a ball as well as attempting to deflag an opponent.

10.6 Charging: A player in possession of the ball is not permitted to lead with his head in order to gain yardage. Any defensive player who has established his position before deflagging his opponent must be avoided by the ball carrier. If the runner knowingly runs into the defensive player, who has already established his position, the former will be penalized. The same can be said for a defensive player who uses his body to obstruct the path of the ball carrier rather than going for the flag. In both cases, the penalty is a UR.

10.7 Leaping (jumping) in order to gain extra yardage is illegal. However, a player may leave the ground while spinning or juking.

10.8 A forward pass caught behind the LOS by any player will be considered a run. Exception: A pass tipped by the defense that is caught by an offensive player behind the LOS, even in the red zone. A team cannot attempt two forward passes in a row. A passer who receives the tipped pass can run with the ball and will be credited with both the pass completion and reception.

10.9 Any player who exposes his elbows while running with the ball will be penalized.

10.10
A team in possession of the football is only permitted to run the ball once, per set of downs. Once a new set of downs have been gained by crossing midfield, the team may run the ball again. As a result, a team may only run the ball a maximum of twice per offensive possession. The 'no rush zone' rules still apply.

10.11 The penalty for an illegal run is loss of down, and on 4th Down, loss of ball at the PLS. This applies to running on two consecutive plays and an illegal run in a no rush zone.

11. METHOD OF SCRIMMAGE

11.1 Following the whistle to start the play and prior to the snap, no player on either team may encroach on the LOS, touch the ball or make contact with opponents. A player on either team who crosses the LOS (past the ball) before the snap will be assessed an offside penalty and the play will be whistled dead. A flinch (a slight movement forward) will be allowed if the player gets back before the ball is snapped.

11.2 The defense must allow a 1 yard neutral zone. The penalty is offsides and the play will not be whistled dead.

11.3 The ball can be scrimmaged inside the 1 yard line and the 1 yard neutral zone must still be enforced. If ball is scrimmaged at the 1 yard line or less and there is a defensive penalty, the application is AFD.

11.4 The snapper must set the ball before snapping it to the quarterback. Once the ball is set the snapper cannot move the ball until the he snaps the ball. Any movement of the ball, simulating the beginning of a play after the ball is set in the snapper's hand will result in an illegal procedure penalty for the offense.

11.5 The snapper must pass the ball backwards between his legs, from its position on the ground, with a continuous motion.

12. INTERFERENCE/CONTACT

12.1 Pass interference (PI) is any contact or screening that prevents a receiver or defender from catching a pass.

12.2 Pass interference is a judgment call and a referee reserves the right to view any contact as incidental.

12.3 Illegal contact occurs in an obvious passing situation when the receiver is interfered with before the pass is thrown, and it may be called against the defense only. Illegal contact is 5 yards from previous line of scrimmage (PLS). The offense cannot be called for illegal contact, however it can be called for unnecessary contact, unnecessary roughness, pass interference, etc.

12.4 A defensive PI infraction will be a spot foul, AFD. If it occurs in goal, the ball will be placed at the 1 yard line, and if it occurs behind the LOS, it will be a first down at the PLS. Note (a): An unnecessary roughness (UR) penalty can be added on to a PI call if the PI is a flagrant action. Note (b): A PI can be waived off if the pass is deemed to be uncatchable.

13. SCORING

13.1 A touchdown will count for 6 points and will be followed by a Point After Touchdown (PAT) – also called a convert attempt.

13.2 After a player scores a touchdown the referee will immediately signal a touchdown. The player is then expected to remain stationary and let the ref pull his flag belt to check for an illegal flag.

13.3 If the flag is illegal (knotted or broken), the player will receive an illegal flag penalty and the TD will not count, DR.

13.4 If the player does not co-operate with the referee in the flag check, the player will receive an OC penalty and the TD will not count, DR.

Convert aka PAT (Point After Touchdown)

13.5 After a touchdown, the scoring team has the choice to either go for a one-point convert from the 5-yard line or a two-point convert from the 10-yard line. The offense has the option to run in a two-point convert. The scoring team may decline to attempt a convert. [Note: This is only seen as a way for the trailing team to save time near the end of a game when the conversion points are inconsequential to final result].

13.6 The 5-yard red zones apply during all convert attempts from the 5-yard line. Note: an illegal run on a convert attempt from the red zone results in a failed convert.

13.7 The defensive team cannot return an interception on a convert.

SAFETY TOUCH

13.9 If a ball carrier is deflagged in his end zone, crosses his own dead ball line (back of the end zone) or sidelines in the end zone, a safety touch (two points) is awarded to the defensive team.

13.10 If a fumble, or lateral pass lands in the offensive team's end zone, the ball is dead and a safety (2 points) is awarded to the defensive team.

13.11 If a missed snap lands in the offensive team's own endzone on the first bounce, the ball will be placed on the same team's one-yard line, and downs will continue. A safety will not be awarded as a result of a missed snap.

13.12 If a safety is awarded, the defensive team also gains possession of the ball at their own 10-yard line.

13.13 Should a defensive player intercept a pass in the field of play, run backwards into his end zone and get deflagged the play will result in a touchback (not a safety) and scrimmaged at the 10-yard line.

14. FLAG GUARDING/PICKS

14.1 Ball carriers are not permitted to guard their flag in any way. Using hands, elbows or the ball as shields for their flags is illegal. If the ball carrier stiff-arms, swats the opponent's hand or performs any actions that prevents a defender from deflagging him, he will be penalized for flag guarding. Note (a): A flag guard behind the LOS is 10 yards from LOS, DC. Note (b): A flag guard by the offense in their endzone is a safety touch.

14.2 Setting pick plays (blocking a defender while running a pass pattern) is illegal, and will result in an offensive pass interference penalty.

14.3 Once a player catches a pass or begins running with the ball his teammates are expected to freeze and remain motionless, or move out of the way of the play (without interfering with any opponents) until the play is over. If a player runs alongside a teammate down the field he will be flagged for illegal blocking. If a potential running play is developing, an offensive player is allowed to run his route until the runner crosses the LOS, doing so is not considered blocking.

15. SUSPENSIONS, UNECESSARY ROUGHNESS AND OBJECTIONABLE CONDUCT

15.1 5 plays off: A player will be sent off for five plays if he is assessed an Objectionable Conduct (OC) or Unnecessary Roughness (UR) penalty; conversions count as a play off. If the half ends with a player having not served the five plays off in their entirety, they will carry over to the second half (or overtime in the playoffs).

15.2 A player will automatically be suspended one week once he has received a total of 3 (individually) or 5 (combined) UR or OC penalties (when a player is sent off for five plays) during the regular season, and three during the playoffs. This will be followed by an additional week for any two to follow. These penalties will be tracked for the duration of the season.

15.3 Automatic ejection: Any combination of two URs or OCs in the same game will result in a game ejection (e.g. one UR and one OC).

15.4 A referee has the authority to expel a player from the game at any point, depending on the severity of the infraction.

15.5 The league reserves the right to suspend a player for any violation.

15.6 Objectionable Conduct (OC): The use of profane, obscene, insulting language or gestures to an opponent, official, coach or spectator by any player or occupant of the team bench is prohibited. Unsportsmanlike conduct, including spiking a ball or throwing it an opponent or official, directing the ball off the field in an objectionable manner, deliberately delaying the game or contacting an official, are also prohibited. There will be zero tolerance for objectionable conduct. OC results in an automatic first down when called against the defense.

15.7 Unnecessary Roughness (UR): Any deliberate and intentional physical action against an opponent, official, coach spectator by any player or occupant of the team bench is prohibited. There will be zero tolerance for unnecessary roughness. UR results in an automatic first down when called against the defense.

15.8 Unnecessary contact. This would be called when a UR is not warranted but there was contact. If the contact is incidental and not excessive in nature, the referee will call Unnecessary Contact. The penalty is L5 PLS, automatic 1st D or L5 PBD, 1st D (defensive penalty) OR L5 PLS, DR or L5 PBH DC (offensive penalty). The offending player does not have to leave the field for five plays. FlagPlus Football is a non-contact league, and as much as possible, contact is to be avoided.

15.9 At the end of the season, teams that fail to comply with league rules will be issued a letter putting them on probation.



Glossary:

AFD = Automatic First Down
 DC = Downs continue (next down)
 LOB = Loss of Ball
 PBH = Point of Foul
 Or Option = Let the play stand as it concluded

DR = Down Repeated
 LOD = Loss of downs
 PLS = Point of Last Scrimmage
 PBD = Point Ball Dead (end of the play)
 Team A = The team in possession of the ball
 Team B = The team on defense

Example: Offside:

L5 DR from PLS means loss of 5 yards from the Line of Scrimmage, and the down is repeated.

16.1 Fouls on converts / PAT

Foul Committed by the Offense - Choice to the Defense

<p>Successful Attempt</p>	<ul style="list-style-type: none"> • Re-try the convert AND: • Apply yards on the attempt, OR • Apply yards on the subsequent 1st down * The offense may choose the change from a 1 pt attempt to a 2 pt and vice versa.
<p>Unsuccessful attempt</p>	<ul style="list-style-type: none"> • There is no repeat of the convert AND Yards are applied on the subsequent 1st down

Foul Committed by the Defense - Choice to the Offense

<p>Successful Attempt</p>	<ul style="list-style-type: none"> • There is no repeat of the convert AND yards are applied on the subsequent 1st down
<p>Unsuccessful attempt</p>	<ul style="list-style-type: none"> • Re-try the convert AND: • Apply yards on the attempt, OR • Apply yards on the subsequent 1st down * The offense may choose to change from a 1 pt attempt to a 2 pt and vice versa.

16.2 Fouls on scrimmage plays

Minor Offensive Fouls:

Offside	L5 PLS, DR or Option
Illegal Formation/ Motion/Snap/Procedure	L5 PLS, DR or Option
Rusher Interference	L5 PLS, DR or Option
Offensive Pass Interference	L10 PLS, DR or Option
Flag Guarding / Clothing covering flag	L5 PLS, DR or L5 PBH DC
Jumping	L5 PLS, DR or L5 PBH DC
Timecount violation	L5 PLS, DR NO OPTION
Intentional Grounding	Ball spotted at origin of the pass, DC
Unnecessary Contact	L5 PLS, DR or L5 PBH DC
Blocking	L5 PLS DR or L5 PBH DC

Minor Defensive Fouls:

Offside / Lining up near the centre / lining up in the neutral zone	L5 PLS, DR or Option
Holding (ball carrier)	L5 PLS, DR or L5 PBH DC
Illegal Deflag	L10 PLS, AFD or Option
Illegal Contact / holding a receiver	L5 PLS AFD or Option
Pass Interference	POF AFD
Unnecessary Contact	L5 PLS, AFD or L5 PBD, AFD
Contacting the passer	L10 PLS, AFD or L10 PBD, AFD

Minor Defensive Fouls:

Unnecessary Roughness	Offense: L10 PLS DR or L10 PBH or PBD DC Defense: L10 PLS, AFD or L10 PBD, AFD
Objectionable Contact	L10 PLS DR or L10 PBH DC or L10 PBD DC, AFD if on the defense
Pockets or jewelry	L10 point of next scrimmage. If against defense AFD as these are Objectionable conduct fouls.
Diving (if players in the vicinity)	L10 PLS DR / L10 PBH DC / L10 PBD DC,
Roughing the Passer	L10 PLS or PBD, AFD

Miscellaneous

No flag belt / Illegal flag	L5 PLS, DR or Option
Illegal Substitution / Too many men	L5 PLS, DR or Option

Note: For an offensive foul that occurs AFTER a 1st down is gained, the only application is PBH DC, the foul can no longer be applied at PLS.

16.3 Fouls on scoring plays other than PATs - If a minor foul occurs on a scoring play, the non-offending team has the option of the penalty or the score. If a major foul occurs on a touchdown, the non-offending team may apply it on either the convert attempt or on the first play of the next drive. If they choose to apply it on the convert, they may choose a 2 point attempt and still the penalty (to the 5 ½ or to the 1,) however the normal red zone restrictions will still apply regarding running plays.

16.4 Fouls on the last play of a half

- Minor fouls:
 - Should an accepted foul occur on the last play of a half, the half will be extended by 1 play. NOTE: This does not apply to loss of down penalties (Intentional Grounding, 2 consecutive runs, and illegal red zone run).
 - In order to extend the half by one play, the foul must be applied from PLS (except pass interference penalties).
- Major fouls:
 - In addition to the options for minor fouls, any major foul can be carried over to the 1st play of the following half.
 - If a major foul occurs on a touchdown on the last play of the 1st half, the non-offending team may apply it on either the convert attempt or on the first play of the next drive. They will also choose if this next play will take place as one last play in the first half, or on the first play of the second half.

16.4 Fouls behind the LOS Both offensive and defensive penalties behind the LOS will be applied from the LOS, e.g. flag guarding by the offense or holding by the defense. A flag guard is a ten yard penalty behind the LOS.

16.5 Fouls in Own End Zone by Offense If the ball carrier commits a foul in their own end zone, a safety touch is awarded to the defense. Example, QB flag guard in the end zone. If an offensive player other than the ball carrier commits a foul in their own end zone, the applications do not change per the above table.

16.6 Fouls Near the Goal Line:

If the offense commits a foul which is applied from PLS, and PLS is at or inside the Team A 1-yard line, the penalty becomes LOD. NOTE: This does not apply on 4th Down unless the foul normally results in loss of ball, e.g. 2 runs in a row.

If the defense commits a foul that would move the ball into a no rush zone, the offense may accept the penalty however may elect to scrimmage the ball at the 5 ½ yard line (or 5 ½ yards from mid-field) and be permitted to run. This is applicable even for defensive pass interference spot fouls in the end zone or red zone. This does not apply if the ball was previously in a no rush zone on that series.

If the defense commits a foul, and the full yardage unrestricted by the goal line would have the ball reach the goal line or the line to gain, the offense is awarded a 1st Down. Example: Ball on the 4 yard line and defense is called for offside.

If ball is scrimmaged at the 1 yard line or less and there is a defensive penalty, the application is AFD.

16.7 Penalties inside the last 5 plays

- If a foul is applied from PLS, the down as well as the number of plays remaining will be repeated. Example, 1st and 10 with 5 plays left, the rusher is called for offside. It will become 1st and 5 with 5 plays left.
- If a foul is applied from PBH or PBD, the downs will continue and the plays remaining will be reduced by that play. Example, with 5 plays remaining, ball carrier is called for flag guarding. Penalty is L5 PBH, 4 plays remaining.
- If a flag guarding foul occurs behind the LOS and is applied from the LOS, the play is consumed.
- Defensive Pass Interference penalties are applied at the POF and do not use a play.

16.8 Dead ball fouls

a) when a player is assessed a dead ball foul, the only application possible is at the point of next scrimmage. Examples include objectionable conduct between plays, and penalties for wearing jewelry or playing with pockets. I.E. these fouls cannot be used to cancel the previous play.

b) on 4th Down - If the offense fails to gain the yardage for a first down, the ball has been turned over to the other team. If the team that was up until then on defense commits a major foul after the ball is dead, there is no automatic first down. The penalty is applied on 1st down after the turnover.

16.9 Double fouls When a team has been guilty of two or more fouls on the same play, the non-offending team may take its choice of one of the penalties. If one of the fouls is a major foul, it shall be added to the penalty chosen, at the point of application chosen by the non-offending team.

16.10 Dual fouls

- A dual foul situation occurs when each team has committed one or more fouls on the same play.
- The team having the option of accepting or declining the first foul will determine the point of application of the penalties if there is an option to be given.
- The yardage for both penalties will then be adjusted at the appropriate point.
- If the point of application chosen also determines that the downs continue, the penalties will be adjusted at the point the ball was held at the time of the first foul and downs continue.
- If one of the penalties is a non-distance foul, such as 2 consecutive runs, it will be treated as a 5-yard penalty in balancing dual fouls.
- If the offense commits a foul on fourth down that would involve a loss of down, and the defense also commits a foul during the play that is accepted, 4th down must be repeated at the appropriate point.

If a player has any questions or comments concerning the rules and regulations they can contact us at info@flagplusfootball.com