

Rules and Regulations

Version 20 [Winter 2024]



Additions to the rules are in italics and deletions are in ~~striketrough text~~.

1 OFFICIALS

The Referee shall apply the rules, assess the penalties, and rule upon disputes or situations not covered by the rules. The Referee's decision on any situation in the game is final.

2 EQUIPMENT

2.1 All team members must wear jerseys of colours that make the teams distinguishable to adjudicate the game. If both teams are wearing similar coloured jerseys, the away team will be required to wear pinnies, both in the regular season and in the playoffs.

2.2 Any jersey that hinders an attempt from a defender to de-flag an opponent will be subject to a Flag Guard penalty. The officials shall try to be preventative in this matter, however if an advantage is gained, it shall be penalized as flag guarding. Penalty: PF L5 DC

2.3 The league does not allow garments that expose the side of the torso.

2.4 ~~All players on the field must wear the FPF branded pop off flag belts with the sockets on the flag belts,~~ *All players on the field must wear the FPF branded pop off flags with the sockets on the flag belts,* which must be worn in such a way that the flags point outwards away from the body. The tail end of the belt past the buckle must be tucked in. If the flag belt or one of the flags comes off, the ball carrier will be considered deflagged if touched by an opponent or if an opponent makes a reasonable attempt to touch or de-flag the ball carrier. A player found to have deliberately tampered with their flags shall be penalized for an illegal flag. The opposing team may request that the officials verify a player's flags for tampering, however requesting to do so unjustly shall result in an objectionable conduct penalty. A penalty for no flag is applied as a dead ball foul and a 5-yard penalty is awarded to the non-offending team, no option. If a player is in possession of all of their flags on the field of play, is making a legitimate effort to put them on prior to the snap, and is unsuccessful, this will NOT be penalized as there is no advantage gained. At the beginning of the game due to the flag belt not fitting, a player may ask to be classed as a "big player" and opt to play the game without a flag belt.

2.5 Any undershirt must be tucked in. The flags must not be tucked into the flag belt or turned so that they are no longer placed over the hips and tailbone. It shall be the officials' responsibility to be preventative, however if an advantage is gained, it shall be penalized as flag guarding.

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

2.7 The league does not permit any pants or shorts with pockets *or wearing a hand warmer around the waist*. 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 to allow them to change clothing. It is not permitted to play wearing clothing with pockets that are taped or zippered closed, or clothing with pockets turned inside out including pockets on the back of shorts or pants. A player with holes in their shirt or shorts must leave the field to change clothing, if in the

opinion of the official it constitutes a hygiene or safety issue. Players are strongly suggested to wear shorts or pants; playing in underwear such as boxers or bikini cut garments is not permitted even if a player's shorts are damaged during a game. Compression garments such as tights, bodysuits, leggings and yoga pants are permissible. Penalty: The offending player must change equipment immediately before continuing. A 5 yard penalty is applied on the non-offending team's next possession.

2.8 No jewelry of any kind is permitted on the field. Metal earrings and rings, including wedding bands, should be removed, or covered with tape. Watches, chains, wearable technology, and metal bracelets must be removed. All other materials such as rubber Livestrong type wristbands or those made of textiles, such as those often associated with beach vacations, are not considered jewelry. Although they are made of metal, Medic Alert bracelets are not considered jewelry for the purposes of this rule. Any player with jewelry will be asked to leave the field of play to allow them to change clothing. Penalty: The offending player must change equipment immediately before continuing. A 5 yard penalty is applied on the non-offending team's next possession.

2.9 Players are permitted to have a towel, pair of gloves, or play sheet hanging 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.

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

2.11 Players may participate in the game wearing a cast, so long as it is covered with padding to the satisfaction of the referee.

2.12 A player with an open wound must leave the field until such time as the wound is covered to the satisfaction of the referee.

2.13 ~~In the senior men's league~~ Generally, teams must use an adult sized composite or leather ball, such as those used in USPORTS, the NFL, and the CFL. Examples of unacceptable balls are junior and youth sized Wilson TDY and TDJ, Nike sizes 5-8 and Spalding J5J and J5Y. It is illegal to tamper with the ball, for example by applying an adhesive substance; doing so is considered objectionable conduct. ~~In the Co-Ed and Women's divisions,~~ a female player must receive the snap for the team to be able use a junior sized ball on any given play. Failure to comply with this is a 5-yard illegal procedure penalty with DR.

2.14 Co-Ed - *The maximum number of male players on the field is 3 in the Co-Ed division.*

3 GAME ADMINISTRATION

3.1 Captains are required to meet with the referees prior to the start of the game, separately, in proximity to each team's bench area. Game starts at scheduled time OR when both teams are ready to play after the captains' meetings.

3.2 There is no coin toss, the home team will have the first choice both at the beginning of the game and in overtime, if applicable. The home 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 the first half will automatically start on defense in the second half. For indoor games It is not permitted to change sides at halftime; the choice of goal is made once

at the start of the game. For outdoor games, teams will automatically change ends at halftime, however they are not required to move their belongings from one team bench area to the other.

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 game time, 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 that is missing players does not participate by halftime, the game ends with a 30-0 final score. Having jerseys of different colours per team is a requirement for play. If the visiting team cannot align the requisite minimum number of players in a different colour jersey than the home team by half time, this late start rule and eventual 30-0 forfeit will apply. In divisions playing 5-aside football, the requirements above are reduced commensurately.

3.5 If two teams, scheduled to play each other in the same week, have fewer than 5 players in attendance to play that game, both teams will be awarded a loss. In this case, 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. If a play is whistled in, that play must come to completion regardless of time on the clock, even if there is a Time Count by A or a Time Out by either team. *The referee will declare when the clock has started.*

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. It is perfectly acceptable for a team to call consecutive timeouts without running a play. A team timeout must be called if an injured player does not want to leave the field for one play. The clock will start on the snap after all team timeouts. Should a team elect to punt, concede, or decline a convert attempt immediately after a team time out was called, the clock will start on the subsequent snap.

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 one-minute warning at an appropriate break in the play when there is one minute 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 A punt is considered a play in the final five untimed plays.

3.14 Mercy rule

- a) If a team reaches a lead of ~~18~~ **15 points** or more, at any time once the clock has expired, the five untimed plays (or any fewer number of remaining plays, and any convert attempts) at the end of running time in the second half will not be played.
- b) If the winning team is in possession of the ball from their own 10-yard line and out and has enough 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.
- c) If a 35-point differential is reached in the 2nd half, the referee will ask the losing team's captain if they wish to continue. The losing team may choose to end the game at any time after this point.
- d) Under the referee's discretion the game will continue until its conclusion. I.E. The referee can end the game if it is deemed necessary to do so.

3.15 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.

3.16 Substitutions. Players may substitute up until the snap of the ball and the maximum number of players permitted on the field at the time of the snap is 6; non-compliance with this rule will result in an illegal substitution penalty.

3.17 Late arrivals. FPF officials MUST delay games until players in the same complex come from other fields, even if the team has 6 players to start. In addition, teams can ask to start right at game time and cannot be pressured to start early unless both teams agree to do so.

3.18 Player benches: on fields at the extremity of a facility, the team benches are located on the sideline, past midfield on the side decided at the captains meeting; alternatively, teams can use the end zones. At no time can a player be on the tarp / curtain / net divider side. On a middle field, nobody can be on the sidelines at all, the bench area must be in the end zone.

3.19 Late start If the start time of a game is delayed due to force majeure (such as an ambulance), said game must start no later than 20 minutes past the appointed start time, otherwise it will be postponed to a future time slot. A delayed start time of more than 10 minutes, and up to 20 minutes, will result in a shortened game, which will be no less than 2 halves of 17 minutes of running time plus 5 untimed plays each.

Should any game that is underway be delayed by more than 20 minutes, it will automatically be postponed to a later date at the end of the season. The game clock when delayed, score, and down and yards to gain will be carried over to the make-up date. Any subsequent games on the same field of the delayed or postponed game will follow the same rules. They will keep their scheduled start time, and if a delay of 20 minutes occurs, the game will be postponed to a later date. Each start time over the course of the night will be respected.

PRIOR TO THE START OF THE GAME

If the condition of an outdoor field is such that the officials feel that player safety is compromised, outside of the expected increased slipperiness, and it is judged that the issue cannot be resolved immediately, games on a specific field for an entire night can be postponed.

ONCE THE GAME HAS BEGUN

In the case of an outdoor game, if the force of the rainfall is strong enough where the referees feel that player safety is at risk, we will temporarily pause the game. If less than 30 seconds elapse between a flash of lightning and the ensuing sound of thunder (indicating the lightning's approximate distance of 30 km or less), the game will be interrupted. In the case of either lightning or thunder, where it is one without the other; or where it is more than 30 seconds between the two, the game will continue. Any delay caused by lightning will automatically be at least 30 minutes in duration. As a result, any game interrupted by lightning will not be able to resume following the delay, due to the maximum delay allowance of 20 minutes, (see above.) A delay due to heavy rainfall (without lightning) has no minimum duration, and play can resume as soon as the referees feel it is suitable. Should a game resume after a rain delay of less than 20 minutes, it will unfortunately have to be shortened to allow the next game to start on time.

If a game has less than 10 minutes remaining in the second half, and cannot resume on the same date, it will be considered FINAL - and will not be resumed at a later date, regardless of the score of the game.

3.20 Health and Safety: cones or bags will be placed on the sideline to mark the line of scrimmage, the rush zone, and the line to gain. Only the officials may handle this equipment. Players are formally forbidden to spit, blow their noses, or take any other actions that place the health and safety of other participants at risk. Failure to comply with these rules is subject to strict penalties, ranging from a warning, to an Objectionable Conduct penalty, to immediate expulsion and possible further discipline from the Safety and Communication Committee.

3.21 Disregard for the safety of others

A player showing a clear disregard for the safety of others at the curtain / net separating fields can be penalized. The penalty will be 10 yards, as a deadball foul, with no option (i.e. applied after the play and a first down cannot be awarded if this occurs on 4th down with yards not gained).

4 RUSHER/PASSER

4.1 The first player to cross the line of scrimmage to rush the quarterback must be lined up seven yards in front of the LOS in the "rush zone" (the seven-yard rusher line will be marked prior to each play) in order to have straight line immunity. The rusher is not permitted to line up directly in front of the centre, they must line up at least one yard to left or right from the centre's leg, in the middle of the field, to maintain immunity.

4.2 Any rusher loses protection if they are outside the "rush zone" beginning one yard from either side of the centre's leg and extending one yard out, straight up to the QB (two yards total from either side of the centre's leg). The rusher also loses protection if they are lined up on the centre or if they switch sides once the ball has been handled by the centre, unless Team A changes its formation. A change in formation is a positional change by a Team A player.

4.3 The rusher has straight-line immunity; the centre must get out of the way and cannot impede the straight-line path even if they remain stationary. They can run straight or to either side, but they must avoid the rusher. All other offensive players must avoid the rusher. **Penalty** L5 DR, or LD from PLS, or option

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 their straight-line path for no reason, they lose immunity.

4.5 Only one rusher gets protection in the “rush zone.” The rusher getting protection must declare to the offensive team, if asked by any player on the offense. The rusher can declare by raising their 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 passer’s throwing motion. Any contact with the passer’s arm (from the shoulder down) or the ball (while in hand) during the throwing motion will result in a defensive penalty. Any form of bodily contact will be penalized under contacting the passer, and treated as a major foul, and can thus be added on to a score or carried over onto the following convert or next possession. Excessive physical contact with the passer when there is intent and/or severity can also be penalized as UR.

4.7 A player who is fewer than seven yards from the LOS when the ball is snapped may not rush the quarterback before one of the following occurs: someone from seven yards away crosses, the ball is handed off or lateralled, a lateral or handoff is feinted, or a forward pass is ~~caught~~ attempted behind the LOS. Lining up a player in the offensive backfield does not permit a rush from less than 7 yards before the rusher crosses, a feint, pass or lateral must be made to allow this.

4.8 To be considered onside, all parts of the rushers body in contact with the ground must be behind the rush cone. A rusher can pass the rush cone, return to the seven-yard rush line, and then cross the LOS, so long as all parts of their body in contact with the ground return behind the rush cone. The rusher is only penalised for offside if they actually cross the LOS having not respected this rule.

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, and at which end the entire overtime will be conducted. The home team will have the first choice.~~

~~**5.4** The overtime format is commonly referred to as the ABBA format. Each team will have three attempts to score, and if the score remains tied after three attempts each, sudden death will ensue following the ABBA sequence. The team having the first choice will choose either at which end of the field the overtime will be played, or which team will attempt to score first. The first team will have the choice to go for 1 point (from the 5-yard line), or 2 points (from the 10-yard line). The team that goes second will also have the third and sixth tries. For example, 1 Team A, 2 Team B, 3 Team B, 4 Team A, 5 Team A, and 6 Team B. If still tied, 7 Team B, 8 Team A, 9 Team A, 10 Team B, etc.~~

~~**5.1** At the start of the overtime period, the referee will meet with the two captains to determine who starts with the ball, and at which end the entire overtime will be conducted. The home team will have the first choice.~~

~~**5.2** The home team will have the first choice and will choose either at which end of the field the overtime will be played, or which team will attempt to score first.~~

5.3 *In the regular season, each team will have one attempt to score one or two points, in an attempt to break the tie. If the team making the first attempt scores (1 or 2 points), then the team making the 2nd attempt choice MUST go for 2 points. The game will end after this attempt, regardless of the outcome.*

5.4 *The overtime format in the playoffs is commonly referred to as the ABBA format. Each team will have three attempts to score, and if the score remains tied after three attempts each, an alternating shootout format will ensue following the ABBA sequence. The first team will have the choice to go for 1 point (from the 5-yard line), or 2 points (from the 10-yard line). The team that goes second will also have the third and sixth tries. For example, 1 Team A, 2 Team B, 3 Team B, 4 Team A, 5 Team A, and 6 Team B. If still tied, 7 Team B, 8 Team A, 9 Team A, 10 Team B, etc.*

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

5.6 There are no timeouts allowed in overtime.

5.7 A minor foul in overtime cannot be carried over to the next convert attempt. The non-offending team must accept the result of the play or the foul. A major foul (UR, OC, UC, contacting passer) in overtime may be applied on the next convert attempt or on a repeat of the convert, at the discretion of the non-offending team.

5.8 Instant replay - In games where FPF provides for instant replay, typically in the finals, each team has 1 challenge per game. There are no booth-initiated reviews, all challenges are initiated by the teams.

If the challenge is requested during regulation time:

- the team must have a timeout remaining and a challenge remaining in order to request a video replay challenge
- if a challenge is successful, the team in question receives another challenge and retains their timeout
- *The replay official may deem that the challenge is inconclusive, due to camera malfunction or lack of angle to render a decision. Should this be the decision, the team does not lose their challenge nor a time out. Had the inconclusive challenge been the team's first challenge, their next one is also considered a first challenge and therefore yet another may be granted if successful.*
- if a challenge is unsuccessful, the team in question loses their challenge and a timeout

If the challenge is requested during overtime:

- the team must have a challenge remaining in order to request a video replay challenge
- ~~- regardless of the outcome, the team in question may not challenge again~~
- if a challenge is successful, the team in question receives another challenge
- *Should the challenge be deemed inconclusive, the team may challenge again.*
- if a challenge is unsuccessful, the team in question loses their challenge

5.9 What is challengeable and what will be reviewed

The team requesting a challenge must specify what aspect they are challenging. If a team challenges illegal contact or DPI, all aspects of interference on the given receiver will be reviewed.

6 FORMATION/MOTION

6.1 Once a game has started, either team is permitted to play with fewer than five players on the field due to an injury, or penalty that results in a player sent off for five or ten plays or emergency. If a team has fewer than five eligible players due to player disqualification, the offending team will forfeit the game. A penalized player (OC or UR) is still eligible, and a team will only forfeit a game if there are fewer than five eligible players on their team. The order in which incidents occur doesn't matter. For example: Team A has 6 players. A88 is disqualified due to receiving 2 URs. Subsequently A6 is given an OC. Team A can play with 4 players until A6 returns. Scenario 2: Team A has six players. Player A88 gets an OC. On the following play, A1 is disqualified for throwing a punch. Result: team A will play as 4 players until A88 returns.

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. All receivers must be at least two yards away from the snapper on the LOS. Should Team A have fewer than 6 players on any given play, they must still respect the aforementioned.

6.3 The quarterback must be a minimum of five (5) yards behind the snapper when receiving the snap.

6.4 The player accepting the snap may not receive the ball while making forward progress towards the line of scrimmage in order to gain an advantage.

6.5 One receiver can be in motion laterally or backwards before 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 them or one (1) yard to either side. Defenders covering the centre must still respect the 1-yard neutral zone even if they are playing shade, 1 yard to the side of the center.

6.7 A huddle before each play is not compulsory.

6.8 The centre must align the ball with the middle of the field prior to the snap, between their 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. Specifically, the center cannot line up with both feet on either side of the middle of the field, nor can they line up behind the line of scrimmage to create an advantage.

6.9 Team B may not mimic Team A's pre-snap cadence, for example by shouting out « HUT ». Doing so results in a 5-yard illegal procedure penalty against the defense.

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 point of last scrimmage. This means that there is an automatic turnover in the event of 3 consecutive pre-snap fouls by Team A. The clock will stop after a time count violation and restart at the snap.

7.2 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 or any other permanent fixture (dome or building), the play is whistled dead, and it will be ruled an incomplete pass. If there is a mid-air collision between two players attempting to catch a pass, the pass is caught, and both players fall to the ground, the ball is dead.

~~**8.2** There are no fumbles and once the ball carrier loses possession of the ball, the play is over at the point where the ball was last possessed before being fumbled. A fumble is an unintentional act by the ball carrier losing control of the ball. When the ball is fumbled it is declared dead at the point of last possession by the ball carrier. A ball is whistled dead when a backward pass hits the ground. A lateral pass is an intentional act by the ball carrier to pass the ball laterally or backwards. A handoff pass is an intentional act whereby the ball is handed from one player to the other, without leaving the hands of either player entirely in the interval. A muffed handoff pass is when the exchange between the two players results in the ball becoming loose.~~
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. *If a lateral pass behind the LOS hits the ground behind the line of scrimmage, it is declared dead at the point it first hits the ground. If a handoff pass behind the LOS is muffed, and hits the ground, the ball is dead where it hits the ground. If a Team B player catches a lateral pass or a muffed handoff pass behind the line of scrimmage, Team B is awarded possession of the ball. For further clarity, Team B cannot stick their hand into the area where the handoff pass is being made and create a muffed handoff. Doing so shall be penalized under unnecessary contact.*

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 their body besides their hands on the ground in bounds. The pylons at the corners of the end zones and the cones along the sidelines are considered out of bounds and a player cannot step on them to establish an inbounds position.

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, they are permitted to regain their footing and continue their progress. A player cannot intentionally roll forward and gain yardage, even if no defender is nearby. A referee can blow potentially dangerous plays dead anytime e.g. dual possession of a ball, a player on the ground in a crowd, etc.

8.5 After an interception, the intercepting player will not be ruled down until an opponent deflags them, touches them if they are on the ground, if the intercepting player 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 when they were deflagged. Forward progress will be spotted at the point closest to the team in possession's deadball line where the ball or any part of any one of the ball carrier's flags is at the time of the deflag.~~ A player is considered deflagged when the flag becomes detached, not when it hits the ground. If the ball is clearly still in the hand of the passer when the flag becomes detached, the play is dead.

8.7 If a player not in possession of the ball loses their flag during a play, they remain eligible to catch a pass. If a receiver is deflagged and bobbles the catch at the same time; the ball will be dead at point of the deflag so long as completion is eventually made

8.8 If a snap touches the ground in close vicinity to the quarterback, as a result of a bad snap or mishandling, the ball will remain live provided that the quarterback can safely retrieve the ball before the rusher is in close proximity to the play. Any plays deemed dangerous will be blown dead by the referee. Snaps traveling over the quarterback's head *or if the QB has to turn to get the ball that has gone directly behind them and it touches the ground*, will be blown dead immediately. On a bad snap, Team A will lose a minimum of 5 yards from the PLS, DC. If a ball rolls from the field of play into goal and is subsequently ruled dead by the referee, the ball will be placed at a point on the field of play where the ball first landed; a safety touch cannot be awarded in such a case.

8.9 When a player is bumped out of bounds by a defender before landing in bounds with possession, in a manner that would merit a UC or UR foul, a force out reception will be awarded along with the UC or UR penalty.

8.10 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 does not result in a penalty but it will result in an incomplete pass, and downs continue. If a player goes out of bounds, returns to the field of play, and tips the ball, the opposing team may complete a catch/interception, however the player who had gone out of bounds and their teammates are no longer able to do so. If a player is forced out by a defender, they may return and catch a pass legally.

8.11 A forward pass must be thrown from behind the LOS. If the passer crosses the LOS, they are 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 LD 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. Furthermore, this play is not considered a run. **Note:** The passer is considered over the line when their core, including the flag, is on or over the line. An illegal forward pass on a convert attempt results in a failed convert.

8.12 Once a ball carrier passes the LOS, they 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.

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

8.14 When a team is in the red zone, it will not be permitted to attempt an underhanded forward pass. The passer's hand cannot be cradling (underneath) the ball. Rule as illegal forward pass, loss of down at PLS or option and on 4th Down, loss of ball at the PLS.

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

8.16 Legal deflag *Legal and illegal early 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 or sack. *A legal deflag that does not result in the play being called dead is a definitive status, the player cannot put their flag(s) back on during the play.* Deflagging a Team A player late, in the offensive backfield, who is not the ball carrier, shall also be penalized. Option to the non-offending team, L5 yards from the PLS with DR or L5 PBD with DC.

8.17 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.

8.18 Illegal Participation – It is illegal for a defender to intentionally use the out of bounds area to gain an advantage and return to the field to make the tackle. This is a 5-yard penalty with downs repeated, or option to Team A to take the result of the play. Should the rusher need to line up in an out of bounds position near the dead ball line, they are permitted to do so and may continue to participate in the play.

8.19 Holding - The initial point of contact with the flag belt apparatus itself or flags themselves is the determining point of a deflag or a hold. To be a legal deflag, the primary point of contact must be with one of the three flags and not part of the belt apparatus.

8.22 Deliberate offside pass - An offensive player may not deliberately propel the ball in any direction towards a teammate with any part of their body in lieu of attempting to catch a pass. Penalty: Incomplete Pass. Note: This does not apply to an offensive player attempting to catch a pass who unintentionally deflects, bounces, tips the ball in any direction and is caught by a teammate. Note: Team B is allowed to direct or bat the ball in any direction, and is not required to attempt to intercept the ball.

9 SERIES

9.1 Each team has four tries to obtain a first down at ten yards. In order to obtain a new series of downs, the offensive team must advance the ball at least ten yards through the result of a pass or run play or through a defensive penalty.

9.2 There is no kicking in FlagPlus Football. If a team wishes to concede its possession to the other team on fourth down, they can ask to "punt". If the punting team is scrimmaging from:

- inside their own 10-yard line, the ball will be placed at midfield.
- their own 10-yard line, up to and including midfield, the ball will be placed at the opponent's 10-yard line.
- past mid-field, the ball will be placed on the opponent's 1-yard line.

9.3 Team A must declare their intention to punt before the ball is whistled ready for play by the referee. Once the play is blown in, Team A must take a time out or a delay of game penalty should they wish to punt.

9.4 If the offensive team decides to run a play on fourth down and they do not gain the necessary yards, it will result in a turnover on downs at the PLS or the PBD.

10 RUNNING

10.1 No running zones (red zones) are located 7 yards from each defensive end zone. These red zones are enforced to avoid short yardage, power-running situations. Once the ball has reached the 7-yard line, the rest of the drive is considered to take place in the red zone, regardless of subsequent losses of yardage or penalties.

10.2 The quarterback can 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. Should the ball carrier cross the line of scrimmage and subsequently return behind it and be tackled for a loss, it is considered a running play.

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 themselves 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 can 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 their head to gain yardage. Any defensive player who has established their position before deflagging their opponent must be avoided by the ball carrier. If the runner knowingly runs into the defensive player, who has already established their position, the former will be penalized. The same can be said for a defensive player who uses their body to obstruct the path of the ball carrier rather than going for the flag. In both cases, the penalty is unnecessary contact or UR at the discretion of the officials.

10.7 A player may leave the ground vertically or horizontally while spinning or juking. Any other leaping or diving forward is illegal. Should this action block the flags, penalize as leaping. Should contact occur, penalize as unnecessary contact, or unnecessary roughness, at the discretion of the officials.

10.8 A forward pass caught behind the LOS by any player will be considered a run, so long as the ball carrier subsequently passes the line of scrimmage. **Exception:** A pass tipped by the defense that is caught by an offensive player behind the LOS, even in the red zone. Hence, even if such a play happens after a run, it is legal. 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 A team cannot attempt two forward passes on the same play, even if the first pass is tipped back to an offensive player behind the LOS.

10.10 Any player who exposes their elbows while running with the ball will be penalized. Should this action block the flags, the officials will penalize this as flag guarding. Should contact occur, they will penalize it as unnecessary contact, or unnecessary roughness, at their discretion.

10.11 A team may not run the ball on two consecutive plays. If a run is followed by a play that is negated by an accepted penalty (applied from the PLS DR, not DC), a run is still not allowed on the following play. If a run is followed by an intentional grounding foul, a run is allowed on the next play. A team may not run on the play following an illegal run penalty (i.e. cannot run 3 plays in a row to circumvent this rule).

10.12 It is perfectly acceptable to attempt a 2-point convert attempt by running the ball on the play immediately following a touchdown scored on a running play.

10.13 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 the red zone. On a convert attempt from the red zone, the penalty for an illegal run is a failed convert.

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 contact 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 for Team B lining up in the neutral zone is offside, 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.

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

11.5 The centre must pass the ball backwards between their 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. Penalty: 5 yards from previous line of scrimmage (PLS)

and automatic first down. 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.

12.5 Tripping will be penalized as a 5-yard minor penalty, therefore L5 PLS DR or L5 PBH DC. Depending on the severity, tripping may be penalized as unnecessary roughness.

12.6 Offensive pass interference will provide the defense with several options. They may accept the result of the play, should they so desire. They may also accept a 10-yard penalty from the PLS with DR, or apply a loss of down from the PLS. Should the choice be the loss of down option on 4D, it will result in loss of possession at the PLS. On a successful convert attempt if offensive pass interference is called, Team B may choose the option that the convert is failed. If they do so, no yardage can be carried over. Should they desire the convert to be repeated, they have the option to either repeat the convert with the 10 yards applied on the repeated attempt or repeated at the PLS with the yardage applied on the next possession. Should Team B wish to allow the convert to stand, they may apply the 10-yard penalty on the next possession.

13 SCORING

13.1 A touchdown is scored when the offense is in possession of the ball in the opposition end-zone, with ~~both the~~ any part of any one of the flags of the ball carrier, and the ball, having crossed the plane of the goal line. If one of the ~~2~~ above are not in goal, the ball will be spotted at the point where either the ball or the flag is not in goal.

13.2 A touchdown will count for 6 points and will be followed by a Point after Touchdown (PAT) – also called a convert attempt, or an onside attempt.

13.3 Illegal flag - The official can ask for a player to allow them to verify that the flag has not been tampered with. This can take place on any play.

13.4 If the flag has been tampered with, the player will receive an illegal flag penalty and the play will not count.

13.5 If the player does not cooperate with the referee in the flag check, the player will receive an OC penalty and the play will not count, DR.

13.6 Should Team B intercept a pass on a scrimmage play, and subsequently be called for an illegal flag, the penalty will result in a L5 from the point the ball was intercepted, and Team B will maintain possession.

13.7 Convert / Onside attempt

After a touchdown, the scoring team has the choice to either

- go for a one-point convert from the 5-yard line, or
- go for a two-point convert from the 10-yard line, or
- decline to attempt a convert, or
- ***under certain conditions further described below,*** once per game per team, elect to make an onside attempt to retain possession

Once team A has expressed their option and the markers are set, they will be required to take a timeout if they wish to change their choice *which includes all scenarios (1 to 2, 2 to 1, points to onside, onside to points, etc)*. The non-scoring team can concede a convert being attempted for 1 or 2 points, and if they choose to do so, a 2-point convert will be awarded.

*****The conditions and applications regarding an onside attempt are as follows:**

- A team gets one try from their own 5-yard line to advance the ball past midfield.
- A team must have a timeout remaining to request an onside attempt; requesting an onside attempt stops the clock and consumes a timeout. The clock will start on the snap of the onside attempt.
- If attempted in the last 5 plays, an onside attempt does not consume a play. Also, if Team A wishes to make an onside attempt after scoring a touchdown on the last play of the game, they may do so as long as they still have a timeout.
- If Team A chooses an onside attempt, they may not punt on this play, they must run a scrimmage play.
- If they are successful, they retain possession at the PBD and obtain a first down (or score if applicable).
- If they do not make it to midfield, or if the opponent intercepts a pass, the opponent takes over at the PBD.

Team B scoring on onside attempt

- If Team B scores during Team A's onside attempt, after any subsequent applicable convert attempt, Team B will take possession of the ball on their 10 yard line as usual
- As such, team B can score a safety touch on an onside attempt, and an onside attempt can be returned for a touchdown by Team B

Penalty applications regarding an onside attempt are as follows:

- If Team A achieves the line to gain because of penalty application, Team A will have a first down.
- Had there been a penalty carried over from a touchdown, it can be applied on the Onside attempt
- If either team commits a pre-snap foul on the onside attempt, including a time count violation, the yardage is applied and the attempt is repeated.
- ~~If, during the Onside attempt, Team A commits a minor foul before crossing midfield, they fail their attempt, and no yardage is applied on Team B's possession. If a major foul is committed by Team A, it is applied on the next possession.~~

- In the case of an onside attempt with a Team A foul that occurs during the play and before the line to gain, (blocking or unnecessary contact for example), where Team A eventually gains the necessary yards, Team A will retry the onside attempt with the applicable yardage applied.

- If, during the Onside attempt, Team A commits any foul after crossing midfield, they succeed their attempt, the yardage is applied, and Team A will have a first down, regardless of where on the field they are after the yardage is applied.
 - If, during the Onside attempt, Team B commits any foul, Team A may choose to apply it as normal. I.E. if the PLS was a possible application point, Team A may apply the yards there and retry the attempt. If PBH or PBD are possible points of application, Team A may apply the yards at that point, with DC. If Team A has the choice of PLS and PBD or PBH, and the PBD or PBH application would not give Team A the line to gain, Team A may choose to apply the foul from the PLS in order to repeat their attempt.
 - If, during the Onside attempt, Team B commits a penalty which grants an AFD, and after applying any applicable yardage the ball is spotted short of the line to gain, Team A's attempt is repeated from the resulting spot. Essentially in this case, Team A does not get an AFD, they just get to repeat the onside attempt after the penalty application.
 - If Team B commits a dead ball foul after the onside attempt is dead, and A had not reached the line to gain, the attempt is failed, and the yardage is applied on B's next possession.
 - If, during the Onside attempt, both teams commit fouls during the play, the yardage is balanced at the PLS and the attempt is repeated.
- If Team A elects to attempt a convert, then Team B commits a pre-snap penalty or a penalty during the play and the convert is failed, Team A is allowed to take a timeout and change their option to an onside attempt
- if the last defender back fouls the ball carrier to prevent a score on an onside attempt, the score is awarded

13.8 The 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.

13.9 The defensive team can return an interception on a convert. The ball is considered live until the interceptor is deflagged or out of bounds. If the ball is returned into the end zone, the returning team will be awarded the amount of points the opponent was attempting to convert (1 or 2 points). This applies regardless as to whether the convert follows a TD or is a convert attempted awarded under the last defender back rule.

13.10 If the last defender back holds an interceptor on a convert attempt or otherwise illegally prevents a successful score, the play will be whistled dead immediately, and the applicable points are awarded. If a defender other than the last defender holds an interceptor or otherwise illegally prevents a successful score, the defensive team will **be awarded a convert attempt** of their own for the same number of points as the attempt by their opponent.

SAFETY TOUCH

13.11 If a ball carrier is deflagged in their end zone, crosses their 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. The ball carrier is deemed to be in the end-zone until both the flags and the ball have crossed the plane of the goal line into the field of play. If one of the 2 are in goal, the ball carrier is deemed to be in goal for purposes of this rule.

13.12 If a fumble, missed snap or lateral pass lands in the offensive team's end zone on the first bounce, the ball is dead, and a safety (2 points) is awarded to the defensive team. This is subject to the provisions of the bad snap rule regarding a snap that skips immediately into the QB's possession.

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

13.14 A defensive player who intercepts a pass in the field of play, runs backwards into their end zone and is deflagged will have a safety called against their team unless their momentum takes them into the end zone – in the latter instance, it would be a touchback and scrimmaged at the 10-yard line.

LAST PLAYER BACK ON SCRIMMAGE PLAYS

13.15 On any play, if the ball carrier is illegally interfered with in any way by the last defender between themselves and the goal line, and in the opinion of the official, it is **CLEAR** that a score would have been made had the interference not occurred, the score will be awarded. In the case of a dual foul, a score cannot be awarded, and the fouls would be balanced at the appropriate point.

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 action that prevents a defender from deflagging them, they will be penalized for flag guarding. Should the ball carrier place the ball near their flags, and have it knocked out of their hand by the defender, flag guarding is applied.

14.2 Pick Play: occurs when an offensive receiver initiates contact on a defender covering another receiver, not the defender covering the receiver. If the receiver establishes a stationary position on the field and the defensive player runs into them or is forced to go around them, this IS NOT offensive pass interference.

14.3 Once a player catches a pass or begins running with the ball their 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, they will be flagged for illegal blocking. If a potential running play is developing, an offensive player can run their route until the runner crosses the LOS, doing so is not considered blocking.

15 MAJOR FOULS

15.1 A suspension may occur if a player is ejected from a game for committing a personal foul with intent to injure another player, as well as any player who verbally abuses an opponent, referee, or league official.

15.2 A referee has the authority to remove a player from the game, and if the player continues to harass the referee, they will be forced to leave the playing area. If the player refuses to do so, the referee has the authority to call the game and award a forfeited win to the opposing team.

15.3 Objectionable Conduct (OC): The use of profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player or occupant of the team bench is prohibited. Unsportsmanlike conduct, including spiking a ball or throwing it at 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. Actions under the health and safety rule that threaten the safety of other participants may be penalized under this rule. Face to face trash talking in close proximity to

opponents will automatically be penalized under this rule. There will be **zero tolerance** for objectionable conduct. OC results in an automatic first down when called against the defense.

15.4 Unnecessary Roughness (UR): Any deliberate and intentional physical action against an opponent, official, or spectator by any player or occupant of the team bench is prohibited. These include but are not limited to diving in a crowd (with or without contact), punching, head-butting, shoving, kicking and elbowing. There will be **zero tolerance** for unnecessary roughness. UR results in an automatic first down when called against the defense.

15.5 Unnecessary contact is 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. Stripping the ball once possession has been secured shall be penalized under this rule. The offending player does not have to leave the field for ten plays. FlagPlus Football is a non-contact league, and as much as possible, contact is to be avoided. Any contact to the head or face of an opponent, whether accidental or not, is considered unnecessary contact.

15.6 Ten plays off: A player will be sent off for ten plays if they are assessed an Objectionable Conduct (OC) penalty or an Unnecessary Roughness (UR) penalty. Conversions and punts count as a play off. If the half ends with a player having not served all the required plays off in their entirety, they will carry over to the second half (or overtime ~~in the playoffs~~). If the non-offending team accepts a penalty instead of the result of the play, in a DR situation, this does not consume a play for purposes of plays off. If Team A declines the opportunity to attempt a convert, or Team B decides to concede the convert, this does not consume a play for purposes of plays off.

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

15.8 Interference by unauthorized persons. If anyone other than the players legally on the field interferes with the play, there will be an automatic disqualification of the guilty player. Furthermore, if, in the opinion of the official, it is clear that a score would have been made had the interference not occurred, the score will be awarded. If it is not clear that a score would have been made, the non-offending team will be awarded a 15-yard penalty from the point of the interference. Should the foul occur on the last play of either half, and the application results in a 15-yard penalty, one more play will take place.

15.9 Unnecessary roughness and unnecessary contact on receivers: When contact in the target zone of the pass by Team B results in an incomplete pass, the non-offending team will have the option of a spot foul. Specifically, for unnecessary contact, this would result in an option of an automatic first down at the point of the foul. Similarly, for unnecessary roughness, the non-offending team will have the option of taking possession at the PF, and the offending player will serve 10 plays off. This would apply, for example, in cases where the defender separates the receiver from the ball with contact or unnecessary roughness. If the foul occurs in goal, spot foul will be the 1-yard line (or the 7 ½ for red zone purposes). In all cases, award AFD.

16 APPLICATION OF PENALTIES

Glossary:

AFD = Automatic First Down

- DR = Down Repeated
- DC = Downs continue (next down)
- LOD = Loss of downs
- LOB = Loss of Ball
- PLS = Point of Last Scrimmage
- PF = Point of Foul
- PBH = Point ball held at time of foul
- PBD = Point Ball Dead (end of the play)
- Or Option = Let the play stand as it concluded

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 <u>Offense</u> – Choice to the Defense	
Successful Attempt	<ul style="list-style-type: none"> • Re-try the convert AND: <ul style="list-style-type: none"> • 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. The offense must decide how many points will be attempted on the repeated convert before Team B decides how the penalty will be applied.
Unsuccessful attempt	<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 <u>Defense</u> – Choice to the Offense	
Successful Attempt	<ul style="list-style-type: none"> • There is no repeat of the convert AND yards are applied on the subsequent 1st down
Unsuccessful attempt	<ul style="list-style-type: none"> • Re-try the convert AND: <ul style="list-style-type: none"> • Apply yards on the attempt, OR • Apply yards on the subsequent 1st down

	<p>* The offense may choose to change from a 1 pt. attempt to a 2 pt. and vice versa. If the first attempt is a 1-point convert, the maximum penalty application on a subsequent 2-point try is 5 yards.</p>
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16.2 Fouls on scrimmage plays

Minor Offensive Fouls	
Offside	L5 PLS, DR
Illegal Formation/ Motion/Snap/Procedure	L5 PLS, DR or Option
Rusher Interference	L5 DR, or <i>LD PLS</i> , or option
Offensive Pass Interference	L10 PLS, DR; LOD PLS; or Option
Flag Guarding / Clothing covering flag	L5 PBH DC
Leaping	L5 PBH DC
Time count violation / Delay of game	L5 PLS, DR NO OPTION
Intentional Grounding	Ball spotted at origin of the pass, DC
Blocking	L5 PLS DR or L5 PBH DC
Illegal Forward Pass (pass across LOS)	LOD, DC at PLS or Option
2 runs in a row	LOD, DC at PLS NO OPTION
Illegal Red Zone Run	LOD, DC at PLS NO OPTION
<p>Note: For an offensive foul that occurs AFTER a 1st down is gained, the only application is to apply yards and have 1st down and 10.</p>	
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 or PBD; behind the LOS L10 PLS DR, or PBD DC

Tripping	L5 PLS, DR or L5 PBH DC
Illegal Deflag	L5 PLS, DR or L5 PBD DC
Illegal Contact / holding a receiver	L5 PLS AFD or Option
Pass Interference	POF AFD
Illegal Participation	L5 PLS, DR or Option
Major Fouls	
Unnecessary Roughness	10 plays off and, Offense: L10 PLS DR or L10 PBH, PF or PBD DC Defense: L10 PLS, AFD or L10 PBD, PF, or PBH, AFD
Objectionable Conduct	10 plays off and L10 point of next scrimmage. If against defense AFD.
Diving (if players in the vicinity)	10 plays off and L10 PLS DR / L10 PBH DC / L10 PBD DC,
Contacting the passer	L10 PLS or PBD, AFD
Roughing the Passer	10 plays off and L10 PLS or PBD, AFD
Unnecessary Contact	Offense: L5 PLS, DR or L5 PBH, PF, or PBD DC Defense: AFD and L5 PLS, PBD or PBH; if results in incomplete pass AFD PF
Miscellaneous	
No flag belt / Illegal flag	L5 PBD, DC
Illegal Substitution / Too many men	L5 PLS, DR or Option
Interference by unauthorized persons	L15 PF or score awarded + disqualification
Pockets or jewelry	Must change equipment before resuming, and a 5 yard penalty applied on non-offending team's next possession.
<i>Disregard for the safety of others</i>	<i>L10 dead ball foul, no option</i>

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 / onside 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 apply the penalty (to the 7 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).**
- If Team B fouls the ball carrier, the half is extended by one more play after the application of the foul from the appropriate spot. If the application of the foul results in a score being awarded, the half will end after the convert attempt.
- If a minor foul is committed on a convert attempt on the last play of the half, the yardage cannot be carried over into the second half

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 / onside 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.

16.5 Fouls behind the LOS - Holding behind the LOS will be a 10 yard penalty from the LOS with DR, or from the PBD with DC, at the option of Team A. However, if the ball carrier comes back behind the line of scrimmage, holding remains a 5-yard penalty.

16.6 Fouls in Own End Zone by Offense If Team A commits a foul in their own end zone, while the ball is in the end zone, a safety touch is awarded to the defense. Example, QB flag guard in the end zone, intentional grounding from the end zone.

16.7 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 the red zone, the offense may accept the penalty however may elect to scrimmage the ball at the 7 ½ yard line 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 the red 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 the ball is scrimmaged at the Team B 1-yard line or less and there is a defensive penalty, the application is AFD.

16.8 Penalties inside the last 5 plays

- If a foul is applied from PLS with DR, 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.
- Similarly, if a player has been sent off for 10 plays, and a foul is applied from the PLS with DR, said player is not considered to have served a play off.
- 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, the ball carrier is called for flag guarding. Penalty is L5 PBH, 4 plays remaining.
- Defensive Pass Interference penalties are applied at the POF and do not use a play.
- If a dual foul occurs in the last 5 plays, both fouls are accepted, and one foul normally carries the option of DC, the fouls will be balanced at the PLS, DR and the play will not be consumed. Example Team A blocking before yards gained and Team B unnecessary contact.

16.9 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, or no flag belt. 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.

16.10 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.

16.11 Dual fouls

- A dual foul situation occurs when each team has committed one or more fouls on the same play.
- The team accepting 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 balanced at the appropriate point.
- If the point of application chosen also determines that the downs continue, the penalties will be balanced 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.

16.12 Non-distance fouls

On a convert attempt, the following non-distance fouls shall be applied as a 5-yard penalty on the next possession: DPI, intentional grounding. For the purposes of further clarity, no yardage may carry over for illegal forward pass, or illegal run.

16.13 Fouls and dual fouls after a convert has been intercepted. If Team B, i.e. the team that just intercepted the convert attempt, commits a foul, (for example blocking or flag guarding) they have lost the ability to score, the play will be whistled dead, and no yardage will be applied on the subsequent possession.

If a Team A player other than the last defender back commits a foul, Team B is awarded a convert attempt,. However, if during the subsequent continuing action, Team B also commits a foul, the fouls will be balanced on the resulting convert attempt with no option to carry over to the next possession.

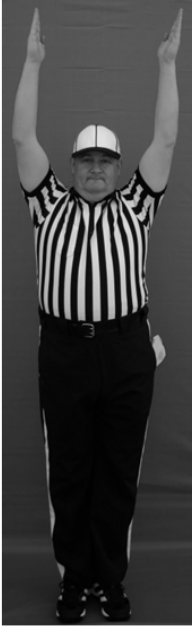
16.14 If the ball carrier commits any foul, the officials will kill the play. If Team A is guilty of blocking, the officials will kill the play in this situation as well. Downs will continue on 123D; and on 4D if YNG, the application will result in LB; in all cases penalty yardage will apply in addition to the downs continuing and the play being terminated. If the ball carrier commits a foul on a convert, or Team A is guilty of blocking on a convert, the convert will be unsuccessful and the yardage will carry over. If this happens in overtime, the attempt is unsuccessful and only major fouls can carry over. This includes flag guarding, leaping or diving forward, illegal run in the red zone, consecutive runs, and any other foul the ball carrier can commit except for illegal forward pass.

16.15 Signals below is a table of the approved officials' signals, followed by the corresponding images.

Reason	Signal #
Touchdown	1
Safety Touch	2
Convert 1 point	3
Convert 2 points	4
Time Out	5
No Penalty	6
Penalty Declined	7
First Down Awarded	8
First Down Repeated	9
Second Down	10
Third Down	11
Fourth Down	12
Lateral Pass	13

Forward Pass completed behind LOS	14
Incomplete Pass	15
Illegal Forward Pass	16
Illegal Flags	17
Jewelry	17
No Flag Belt	17
No Mouth Piece	17
Pockets	17
Flag Guard	18
Intentional Grounding	19
Lining up in the Neutral Zone	20
Lining Up to close to the Centre	20
Offside	20
Illegal Run in Red Zone	21
Illegal Formation	21
Illegal Snap	21
Procedure	21
Two Runs	21
Interfering with the Rusher	22
Delay of Game	23
Time Count	23
Illegal Participation	24
Illegal substitution	24
Too Many Players	24
Holding	25

Blocking	26
Tripping	27
Illegal Contact	28
Pass Interference	29
Interference by Unauthorized persons	29
Leaping	30
Unnecessary Contact	31
Contacting the Passer	32
Diving	33
Unnecessary Roughness	33
Objectionable Conduct	34
Disqualification	35
Roughing the Passer	33&32
<i>Disregard for the safety of others</i>	36



1.Touchdown

Both arms extended above head



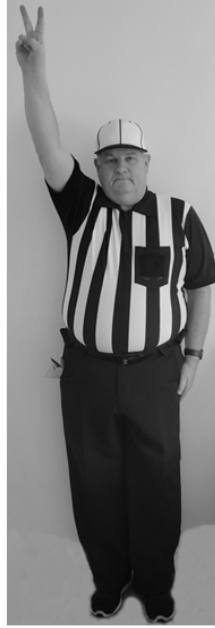
2. Safety Touch

Hands together above head



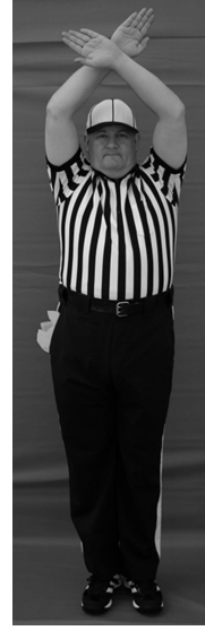
3. Convert 1point

One arm extended above head with 1 finger up



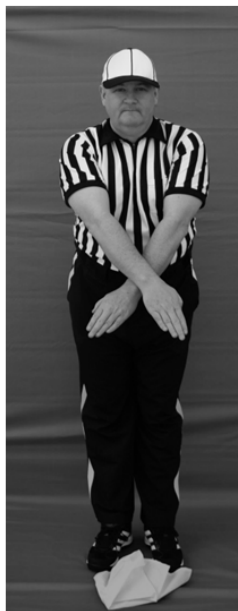
4. Convert 2 points

One arm extended above head with 2 fingers up



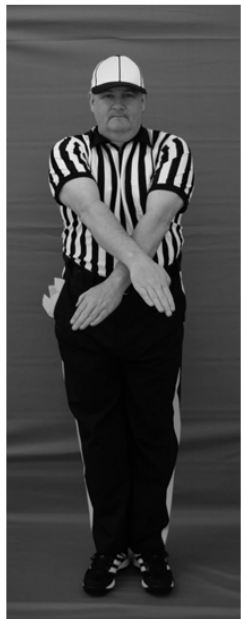
5. Time Out

Criss-cross arms above head



6. No Penalty

Throw flag to ground and crossing arms in front



7. Penalty Declined

Crossing arms in front



8. First Down Awarded

Stand parallel to ball with arm extended



9. First Down Repeated

1 finger up



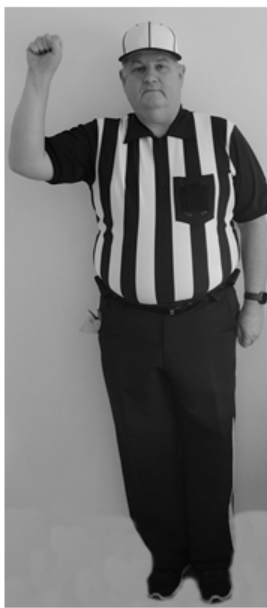
10. Second Down

2 fingers up



11. Third Down

3 fingers up



12. Fourth Down

Close fist up

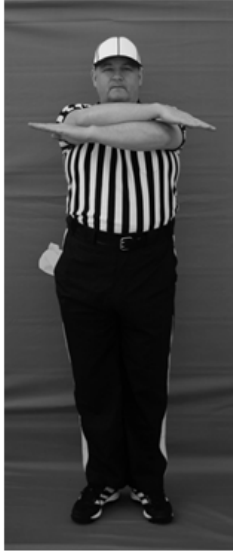


13. Lateral Pass

Extend arm back parallel to ground



14. Forward Pass completed behind LOS
Extend arm above head



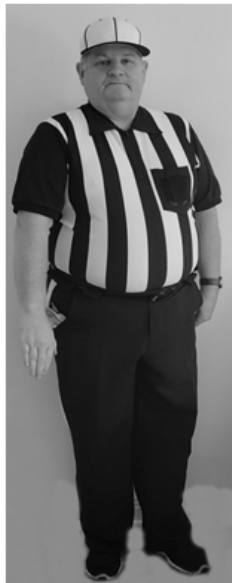
15. Incomplete pass
Crossing arms at shoulder height



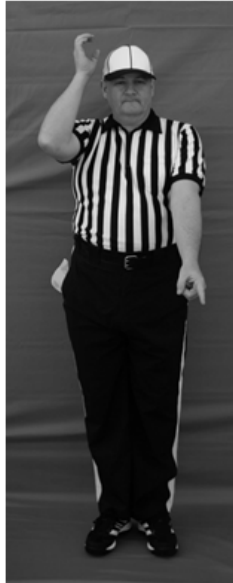
16. Illegal Forward pass
Both arms extend sideways



17. Improper Equipment
Both hands behind head



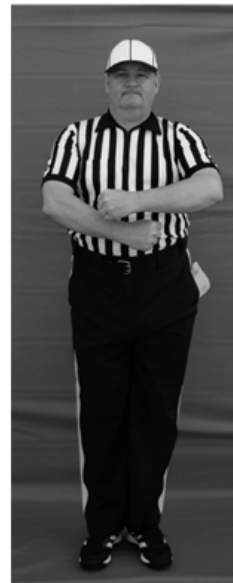
18. Flag Guard
Swing arm at waist level



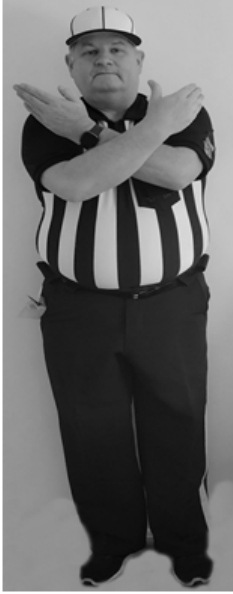
19. Grounding
One arm pointing to ground other makes a passing motion



20. Offside
Move hands into waist



21. Procedure
Rotate hands in circular motion



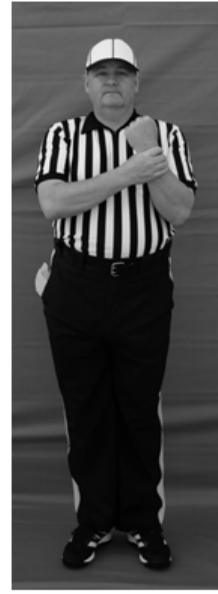
22. Interfering with the Rusher
Cross arms in front of chest



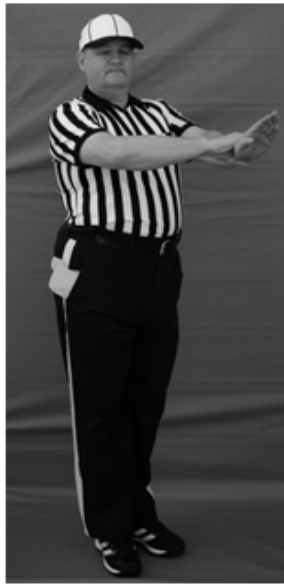
23. Time Count
Extend arm parallel to ground and move in a circular motion



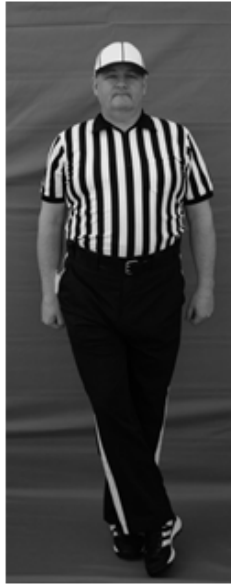
24. Substitution
Hand patting top of head



25. Holding
Grab wrist at shoulder height



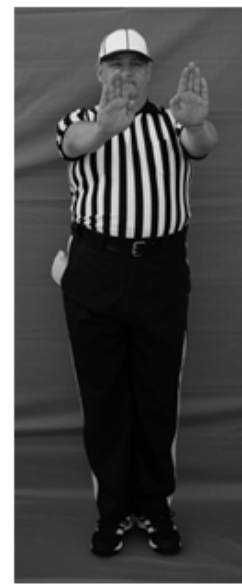
26. illegal Block
Grasping wrist and pushing forward from shoulder



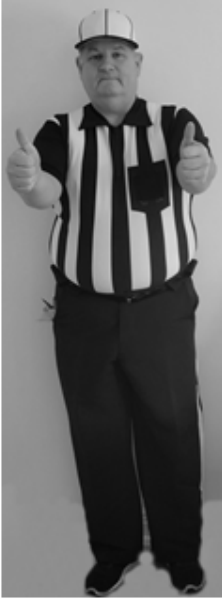
27 Tripping
Crossing one foot in front of the other



28. Illegal Contact
One arm extended with open hand

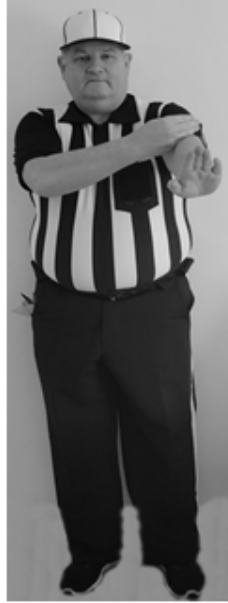


29. Pass Interference
Both arms pushing away from shoulders with open hands



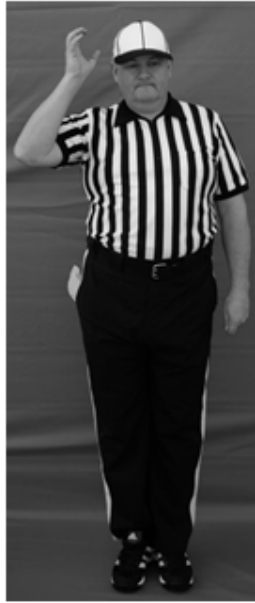
30. Leaping

Both arms extended with thumbs pointing up.



31. Unnecessary Contact

Arm extended with open hand, while making a chop motion at elbow with other



32. Contacting the Passer.

Move arm in passing motion

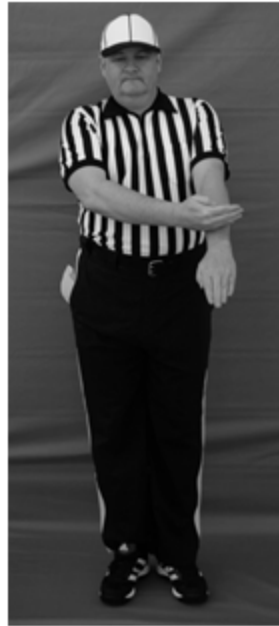


33. Unnecessary Roughness

Extended arm sideways with closed fist



34. Objectionable Conduct
Waving hand behind back



35. Disqualification
Chopping left wrist



36. Disregard for the safety of others

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

Addendum 1 Fédération du Flag Football du Québec specific rules

NB: unless an exception is indicated below, when offered, the Midget division will use the same rules as the adult divisions.

1. Number of players on the field — FPF Junior / FFFQ games are played in a 5 v 5 format. Players will wear three flags on their flag belt. The field will be 25 yards wide.
2. Rush bag — In the 8U and 10U divisions, the rush cone will be placed 10 yards from the line of scrimmage. In the 12U, peewee and bantam divisions, the rush cone will be placed 7 yards from the LOS.
3. Playing time — after the 22 minutes of running time in each half, there will be 2 untimed plays in all divisions.
4. Mercy rule — Once a 30-point differential is reached at any point in the second half of a game, the score is final. The game will continue on as normal, but the scorekeeper will no longer update the score nor take stats. 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 untimed play(s) will not be played.
5. Formation — the ball must be snapped between the legs of the snapper, from the point of scrimmage to the quarterback. There is no minimal distance required between the snapper and the quarterback, who can be either under-centre or in shot-gun formation. There is no minimum number of players required on the line of scrimmage aside from the snapper.
6. Punt — There is no option to punt in FPF Junior. A failed fourth-down attempt results in the opposing team getting possession of the ball back at their own 10-yard line.
7. Passing — Underhand passes where the ball is cradled by the passer are permitted everywhere on the field, including the red zone, in FPF Junior.
8. Series
 - a. The offensive team gains possession of the football at the 10-yard line and has four tries to gain a fresh set of downs by advancing the ball past midfield.
 - b. Once the offense passes midfield, they have another four tries to cross the goal-line for a touchdown.
 - c. 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 10-yard line.
 - d. All possession changes (start of a half, following a turnover on downs, or following a score) begin at the offensive team’s own 10-yard line, barring an interception or a penalty.
 - e. If the opposing team’s last drive ended with an interception, the intercepting team will take over possession *at the PBD where the last play ended*.
 - f. 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 gain a first down by crossing mid-field.

g. If a team has a first down on B's side of midfield, and due to penalty application (for example flag guarding on an interception or after yards are gained) will instead end up with a first down on their own side of midfield, gaining another first down is no longer possible unless yet another penalty is applied that results in an automatic first down.

9. Running — A play is considered a run if the ball crosses the line of scrimmage in the possession of a ball carrier and not through the air. A team in possession of the football is only permitted to run the ball once per set of downs. There are 'red zones,' otherwise known as no-run zones, from the opponent's 7-yard line to their goal line. A team cannot run the ball once the red-zone is gained. The player who receives the snap from the centre (typically, the Quarterback) is not allowed to cross the line of scrimmage in possession of the ball (run the ball). The player who receives the snap must hand the ball off to another player in order for the ball to be carried legally past the line of scrimmage.

10. Converts — The defensive team cannot return an interception on a convert.

11. Bad snap — In the case of a bad snap that skips off ground in front of the QB and is immediately recovered, the ball is live. In the case of any other bad snap, the play will be terminated by the officials. The ball will be returned to the PLS and DC, regardless of whether the bad snap is in the end zone or the field of play. A safety will not be awarded as a result of a missed snap, nor will any loss of yardage.

12. Interceptions near own end zone — Should a defensive player intercept a pass in the field of play, run backwards into their end zone and get deflagged, the play will result in a touchback (not a safety) and will be scrimmaged at the 10-yard line.

13. Conduct of players towards participants – Players may be penalized for Objectionable Conduct or Unnecessary Roughness for their actions towards opponents, coaches, spectators, or officials.

14. Time count – in the Development Program, Team A will have 30 seconds to snap the ball from the time of the whistle. In the pre-assembled-teams category, Team A will have 20 seconds to snap the ball. Failure to snap the ball within the permitted time will result in a loss of down in all junior categories; on 4th down a time count violation will result in a loss of possession. In all junior categories, the time clock will continue to run if a time count penalty is assessed.

15. Ball review – the teams shall bring their game balls to their captain's meeting for review by the officials.

16. Ball size –

8U Wilson K2 or equivalent

10U Wilson K2 or equivalent

12U Wilson TDJ or equivalent

Pee-Wee Wilson TDJ or equivalent

Bantam Wilson TDY or equivalent

17. Mouthguard – players are required to wear mouthguards at all times when on the field.

18. Offensive offside – officials will whistle the play dead and replay the down in the case of offensive offside in the junior categories.

19. Coaches & team bench area -

In the 8U, 10U and 12U categories one coach at a time per team is allowed on the field all season long, including the playoffs. For Pee-Wee and Bantam categories, coaches are not allowed on the field. For all categories, a maximum of 3 team representatives may be on the team bench area during the game, all other attendants must be behind the dead ball line or in the stands. In all categories, one coach per team is allowed to be on the sideline to facilitate play calling, even if the team bench is located behind the end zone. The coach must make every effort to stay out of the way of the official on their sideline.

20 - Divisions

Developmental program will have the following categories

12U

10U

8U

Organized teams program will have the following categories

PEE-WEE

BANTAM

21. The onside attempt rule recently instituted in FPF adult will not be in use for FPF Junior / FFFQ.

22. There is no intentional grounding penalty in the FPF Junior / FFFQ.

Summary of FPF junior age-category specific rules

	8U	10U	12U	Pee wee	Bantam	Midget (when offered)
Rush cone	10 yds	10 yds	7 yds	7 yds	7 yds	7 yds (adult)
Untimed plays	2	2	2	2	2	5 - adult rule
Runs per possession	1 per set of downs	1 per set of downs	1 per set of downs	1 per set of downs	1 per set of downs	not allowed consecutive plays - adult rule

Punt	no	no	no	no	no	yes - adult
Time count	30 sec	30 sec	30 sec	20 sec	20 sec	20 sec - adult rule
Ball size	K2	K2	TDJ	TDJ	TDY	Adult sized ball, see rule 2.14
Coaches on field	1 all season	1 all season	1 all season	No	No	No - adult
Coaches in team bench	3	3	3	3	3	3

NB:

- Mouthguards are required for all Junior division games, including Midget
- No exemption from the restriction on pockets and jewelry, this is an FPF rule and applies in all divisions, including Junior

Addendum 2 – FPF Women’s Division specific rules

1. **Field dimensions** — the field will be 25 yards wide
2. **Flag belts** – the women’s division will use the Sonic Boom pop-off flags, with 2 flags, one on each hip.
3. **Punt** — There is no option to punt in the women’s division
4. **Series** —
 - a. The offensive team gains possession of the football at the 5-yard line and has four tries to gain a fresh set of downs by advancing the ball past midfield.
 - b. Once the offense passes midfield, they have another four tries to cross the goal-line for a touchdown.
 - c. 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 5-yard line.
 - d. All possession changes (start of a half, following a turnover on downs, or following a score) begin at the offensive team’s own 5-yard line, barring an interception or a penalty.
 - e. If the opposing team’s last drive ended with an interception, the intercepting team will take over possession *at the PBD where the last play ended*.
 - f. In cases where a team has a first down in their own half of the field, elsewhere than on their 5-yard line, (following an interception, a defensive penalty which grants a first down, ~~or an offensive penalty applied after yards are gained~~), they may gain a first down by crossing mid-field.
 - g. If a team has a first down on B's side of midfield, and due to penalty application (for example flag guarding on an interception or after yards are gained) will instead end up with a first down on their own side of midfield, gaining another first down is no longer possible unless yet another penalty is applied that results in an automatic first down.
5. **Rusher** – Team may send as many rushers as they choose on any given play, so long as these rushers are in the rush zone. All rushers have immunity from interference by Team A.
6. **Method of scrimmage** – there are no restrictions on positioning on the line of scrimmage, Team A players can be as close to the centre as they wish. There is no requirement to line up any number of players on the line of scrimmage, nor to close the line with a receiver, so long as the FPF motion rule is respected.
7. **Running** – Team A players may run with the ball so long as there is a handoff or a lateral after the snap. I.E. the player receiving the snap may not run with the ball unless it has been handed off. There is no restriction on consecutive runs, and teams may not run in the red zone.
8. **QB distance from centre** – there is no restriction to be any distance from the centre, the QB may line up under centre or in shotgun.
9. **Number of players** – the women’s division will play with 5 players on the field per team.
10. **Bad snap** — In the case of a bad snap of any kind, the play will be terminated by the officials, and the ball will be returned to the PLS and DC. This applies to a wild snap over the passer’s head, or a snap that skips off ground in front of the QB and is immediately recovered. This applies equally in the field of play and in the end zone.
11. **Grounding** - it is allowed to intentionally throw away the ball, intentional grounding is not a penalty.