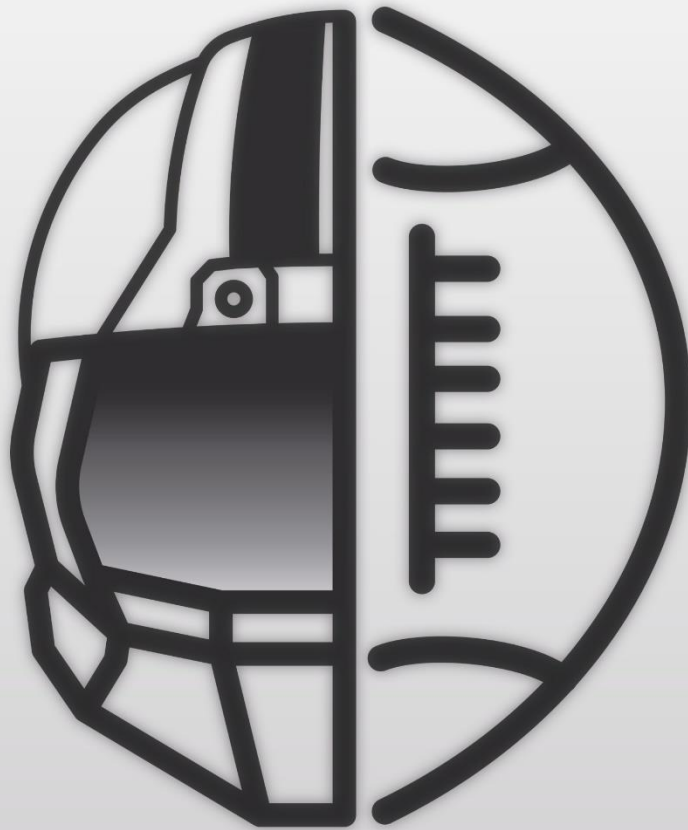


FILM TO FIELD

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9V9 PASSING
LEAGUE
RULE BOOK

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SUMMARY OF OUR 9on 9

Overview

- The game is 9on 9, controlled and limit contact, skill position, blocking touch-football.
- Players cannot make contact with another player if that contact is considered unnecessary or provokes roughness.
- Fields are no less than 50 yards wide and 40 yards long, plus end zone.
- Both teams will drive in the same direction when on offense (see Field Diagram, page 7)
- Possessions will begin on the 40-yard line (unless moved by penalty) at the hash mark of the team’s choosing.
- Teams must gain 10 yards to be awarded a new set of downs (unless the team is awarded an automatic first down by penalty). A first down marker or pylon will be spotted at the line-to-gain.
- There is no kicking in this format.
- Three-and 4-pointstances are not permitted.
- Game officials will mark the ball where the ball was at the time it became dead.
- The ball will be spotted at the closest hash mark after the ball becomes dead.
- Pre-snap fouls will stop the action (see Penalty Chart, page 23)

Clock Operation

Scheduled Block	Length of Game	Periods	Halftime	Time Outs	“stop clock” Or “pro clock”
60 minutes	40 minutes	Two 20-min Halves	5 minutes	1 per half	Used in the final two minutes of game

Offense

- There are nine players on offense including three ineligible linemen (center, guards, or tackles).
- All players are eligible receivers except the center and the closest players that initially lined up on either side of him.
- A minimum of five players must be on the line-of-scrimmage at the snap.
- Of the five required players on the line-of-scrimmage at the snap, at least two players must line up on each side of the center, one of which must be an ineligible blocking lineman. (see diagram, page 12)
- A maximum of four players may be in the offensive backfield at the snap.
- The play clock is 25 seconds.

- Passers may take snaps from under the center or from a shotgun formation.
- Snaps must be made between the center’s legs.
- Receivers must have one foot inbounds with possession to be a legal catch.
- Ball carriers are allowed to slightly leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player’s safety at risk or initiate noteworthy contact.

Defense

- The ball carrier is downed by a one-hand “tag off”. Tagging off is not a shove. Play appropriately.
- Players cannot make contact with another player if that contact is considered unnecessary or provokes roughness.
- “Locking out” at the elbow or “following thorough” with hands while downing a ball carrier by touch indicates excessive roughness.
- Defensive players may not line up pre-snap in the A-gap protected zone.
- Any defensive player may immediately rush the passer if he was at least four yards or more from the line-of-scrimmage at the snap.
- Players in the defensive ends positions at the snap may begin their rush frontline-of-scrimmage.
- Defensive players may be aligned in press coverage.
- Stripping or attempting to strip the ball from a player in possession is illegal.
- Whether or not a ball was tipped in the air has no bearing as it pertains to fouls (example, illegal contact, etc.).

Scoring

Touchdown	<ul style="list-style-type: none"> • 6 points
Extra Points	<ul style="list-style-type: none"> • 1 point = 5-yard line • 2 points = 10-yard line
Interception	<ul style="list-style-type: none"> • 6 points only if returned for a touchdown

Overtime/Ties

- During the regular season, there is no overtime period. A tie will be entered into the standings.
- During the postseason, if the score is tied at the end of regulation time, overtime periods will be played until a winner is declared.

RULE 1: GENERAL ADMINISTRATION

1. Our Governing Philosophy

- 1) Our mission is to provide a superior football experience to our players, coaches and spectators.
- 2) 9 on 9 football is a finesse game, not the brute strength game of tackle football. Play accordingly.
- 3) Remind yourself and others that no college scholarships will be awarded at the game so just relax and enjoy.
- 4) We retain the right to amend, update or edit these rules as situations require.
- 5) Our rule book is an evolving document. Your feedback is appreciated. Send comments or questions to filmtofield@gmail.com
- 6) Updates to the rule book can be found at www.filmtofield.com
- 7) When more details are needed than are outlined in our Rule Book, game officials will defer to the most current North Carolina High School Athletic Association Rule Book.
- 8) This document uses the pronouns he, his, and him for readability and is not an act of gender bias; the program seeks and encourages inclusive participation.

2. Our Game Officials

- 1) Our officials are High School level officials. Please treat them with respect.
- 2) Our officials administer the rules of this league not any other organization past or present.
- 3) Our officials are encouraged to use the “preventative style” of officiating which allows them to talk to, remind and help players avoid violations whenever feasible. Cautions and teaching points are appropriate most times.
- 4) It is not the mission of game officials to flag every small, nuanced infraction of traditional football rules (for example, breaking the huddle incorrectly) or other insignificant issues that do not produce a significant unfair advantage.

3. Your Required Personal Conduct

- 1) Players, coaches, spectators, and officials must avoid profanity.
- 2) Disrespectful language; racist, sexist, homophobic remarks; obscene or threatening gestures/behavior; and bullying are prohibited by anyone attending our events to include coaches, parents, players and spectators.
- 3) Foul play will not be tolerated.
- 4) Any staff member who hears or sees anything that in his judgment is an infraction of the required personal conduct standards may require the person responsible to leave the event.
- 5) If a player or non-player fails to comply with our requests, we have the authority to forfeit the game and have that individual(s) removed from the rented complex.

- 6) Fighting will lead to an immediate ejection, possible suspension or even a lifetime exclusion.
- 7) Alcohol, intoxicants, tobacco products, vaping, weapons, and drones are prohibited at our rented facilities.
- 8) Our staff, game officials, players and non-players must comply with the rented facility's rules.

4. Your Required Team Conduct

- 1) For the safety of our officials and their ability to administer the game all team personnel and spectators must remain at least two yards off the sideline and inside the designated or notional team boxes.
- 2) Our staff at each site will determine where spectators can and cannot observe from and will err on the side of safety for our players and game officials.
- 3) Officials may require that boom boxes or other noise-producing devices be turned off or eliminated as they interfere with the game official's ability to communicate and administer the game.
- 4) After the game, teams are required to clean up and remove their garbage.

5. Rosters

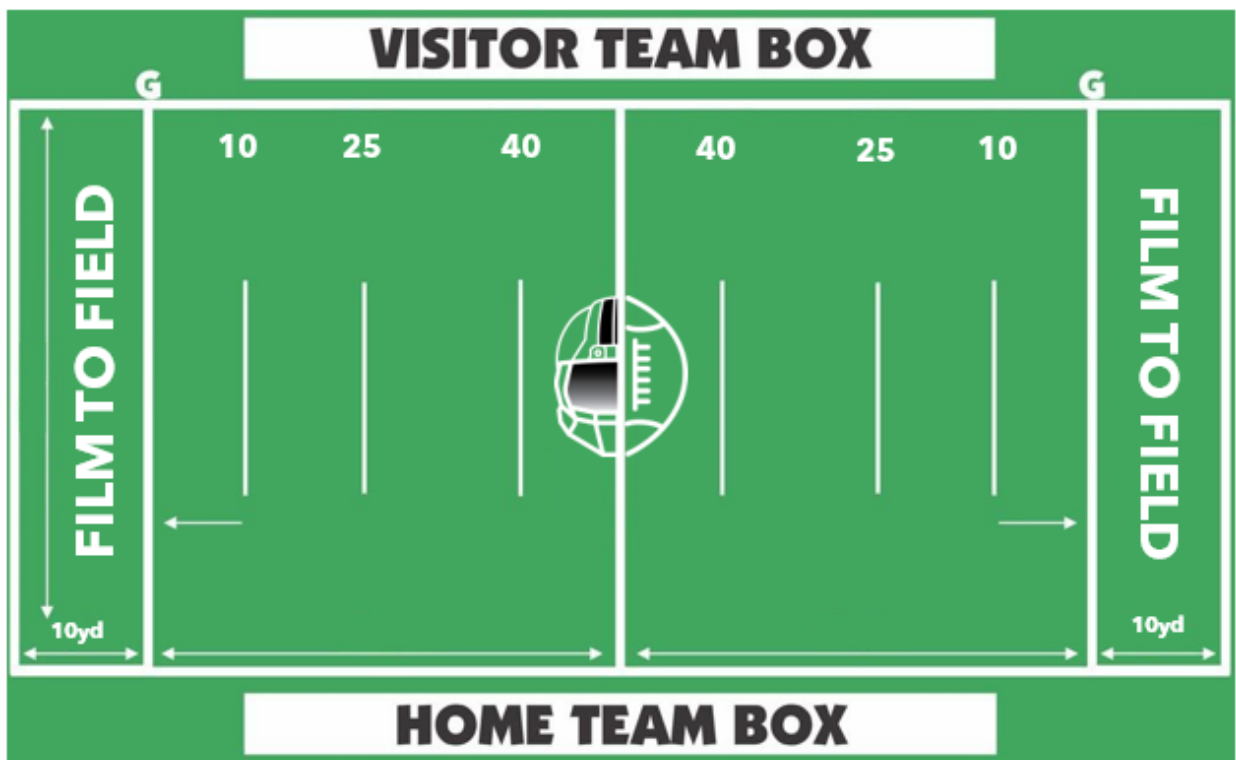
- 1) Only players on an officially approved Film To Field roster may participate.
- 2) The opposing team is not required to "adjust down" when a team cannot field the required number of players but may do so to show sportsmanship.
- 3) If a team "borrows" a player(s) from another team to give it the required number of players, the game will be recorded as a forfeit and the game may be played.

6. Coaches Conduct and Bench Fouls

- 1) We ask that coaches maintain the spirit and the intent of our rules.
- 2) Coaches are responsible for the conduct of their sidelines to include players, spectators, guests, and their team staff.
- 3) Coaches who elect to be on the field cannot interfere with a play or imminent play in any physical or verbal way (examples may include inadvertent screening or blocking, blocking the lines-of-sight, impeding a player or official, becoming entangled in the play or distracting from their opponents' cadence). If they do, the team may incur a bench foul.
- 4) Coaches are prohibited from "chasing the play down field" in the way a game official does.
- 5) For convenience and to speed the game along teams may huddle on the field-of-play near the sidelines. However, only five players and one coach are allowed in the huddle.
- 6) Coaches are responsible to know down and distance. Officials should endeavor to remind them.

Field Layout/Field Diagram

1. Field dimensions are a minimum of 50-yards wide by 40-yards long plus a 10-yard endzone.
2. Two Football games are to be run at the same time going in opposing directions towards the end zones on their respective field.
3. Offensive teams will always move in the same direction.
4. Team boxes are established well off the sidelines and between the 40-yard line and the 20-yard line.
5. No player or non-player may be in the restricted area during a live ball. The restricted zone is 2-yards wide off the boundary.



RULE 2: UNIFORM AND EQUIPMENT

1. Safety

- 1) Soft-shelled helmets designed for minimum contact football must be worn as designed to include strapping the chin strap. Soft-shelled helmets may be purchased at www.filmtofield.com
- 2) Players may not wear unyielding or stiff material items that in the judgment of the officials may present a hazard to other players. Casts and braces must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick – this material is similar to the type doctor’s use.
- 3) Players must properly wear a protective mouthpiece in their mouths while on the field-of-play. Failure to comply is a safety violation, not a foul or penalty. Coaches, officials, and players share responsibility for safety.
- 4) Players must wear pants or shorts that do not have belt loops, zippers, or exposed draw strings.
- 5) Players must wear closed-toed shoes. Cleats are recommended. Exposed metal cleats are not allowed.
- 6) Players may wear eye protection to include prescription glasses or flexible sunglasses.
- 7) Players may wear a face shield molded to the face with no protrusions to protect against facial injury.
- 8) Jewelry that might endanger players must be removed before play or taped to the body.
- 9) We recommend all players wear soft gloves.

2. Team Jerseys

- 1) Players must wear a Film To Field approved jersey.
- 2) If a player does not have a team jersey it is permissible, at staff’s discretion, to wear a street shirt.
- 3) It is the team coach’s responsibility to clear a non-team jersey or street shirt with the game officials before the game.
- 4) All players must wear their team jersey as an outer garment. It is not permissible to wear jackets, rain gear, etc., over the team jersey while on the field of play but it is permitted while in the team box area.

3. Miscellaneous Uniform and Gear Issues

- 1) It is the responsibility of the teams to provide down marker volunteers.
- 2) Down markers can be chains, mono-pole boxes or cones but must accurately measure 10 yards.
- 3) Players may wear a headband made of non-abrasive material. Rubber or elastic bands may be used in hair.
- 4) Players may tape forearms, hands, and fingers.

- 5) Elbow pads, etc., may be permitted at the game official's discretion.
- 6) Teams may provide their own game ball (white balls not allowed) but they must meet these specifications and are subject to the game official's inspection and discretion. Footballs must be pebble-grained leather or rubber-covered and meet these sizes:
 - Official-Sized Ball 15U-17U

RULE 3: CLOCK MECHANICS

1. General Timing Procedures

- 1) Games are 40 minutes long (two 20-minute halves).
- 2) It is our intent to complete a game within one hour.
- 3) Officials may stop the clock as needed.
- 4) Halftime is one minute.
- 5) Each team will have one timeout per half.
- 6) Team timeout is 30 seconds. After 30 seconds the official will audibly place the offense on a 25-second play clock.
- 7) Timeouts will not roll over from the first half to the second half.
- 8) Team coaches are encouraged to yell "clock?" or "clock check?" in lieu of "time?" to avoid confusion when requesting a team timeout.
- 9) The clock will run continuously during the first half unless a team timeout is used or play is stopped by an official (example: deal with an injury, challenge, referee conference, etc.).
- 10) A stop clock or pro clock will be in effect during the final two minutes of the second half.
- 11) Officials will give a verbal two-minute warning as close as possible to the actual two-minute mark but will not interrupt a live play.
- 12) The two-minute warning will stop the clock.
- 13) The time remaining on the clock should be announced after every play inside the final two minutes of the game.
- 14) Our staff may enter the field during any dead ball situation to address matters they believe should not wait until halftime or the end of the game by calling a "staff timeout".

2. Clock Operations

- 1) The offense has a 25-second play clock to snap the ball before a delay of game penalty is assessed.
- 2) No period or half can end if there is an obvious timing error or any other irregularity has occurred
- 3) When officials go to the "stop clock" or pro clock mechanic the clock will stop and start as listed below:
 - a. Defense gains possession of the ball/on the snap

- b. Inadvertent whistle/at the ready
- c. Incomplete passes/on the snap
- d. Intentional grounding/at the ready
- e. Offense achieves a first down/clocks stops until referee whistles the ready-to-play whistle
- f. Out-of-bounds plays with a player in possession of the ball/on the snap
- g. Fumbled or thrown out out-of-bounds by a ball carrier beyond scrimmage/on the ready
- h. Penalty administration (other than Delay of Game)/ depends on previous play.
- i. Delay of game/on the snap
- j. Referee timeout/at the referee’s discretion
- k. Team timeout/on the snap
- l. Injury/when player is removed from field (depending on the status of clock on previous play)
- m. Touchdown or safety on the next snap after the PAT attempt. PATs and onside plays are untimed downs during stop/pro clock mechanics.

4) Clock runoffs for penalties that occur inside “stop clock” mechanics do not apply in this league.

RULE 4: FIRST POSSESSION

- 1) Coin Toss
- 2) Before the game begins, officials will confirm with team coaches that the teams are prepared to play in a sportsmanlike manner and are properly and legally equipped. Safety is everyone’s responsibility.
- 3) Before the game begins, officials will issue a warning about unsportsmanlike conduct, excessive rough play, etc.
- 4) The game clock and play clock shall be kept by the clock officials on the field.

RULE 5: SCORING

Touchdown	<ul style="list-style-type: none"> • 6 points
Extra Points	<ul style="list-style-type: none"> • 1 point = 5-yard line • 2 points = 10-yard line
Interception	<ul style="list-style-type: none"> • 6 points only if returned for a touchdown

RULE 6: CHALLENGE PROCEDURE

- 1) Only the head coach may ask an official about rule clarification and interpretations.
- 2) Generally, officials are happy to answer quick questions during the game if they do not impede the game. The priority is to spot the ball then address questions without impeding the play clock.
- 3) If a head coach believes an official has made a procedural error, he may call for a timeout. If the head official agrees that there has been a procedural error (example: wrong down, incorrect penalty yardage, improper rule interpretation, score recorded incorrectly, etc.), the procedural error will be addressed and the timeout will not be charged.
- 4) The challenge must be made to an official before the next snap.
- 5) In the event a head coach loses a procedural challenge and the team did not possess a legal team timeout, a 10-yard unsportsmanlike conduct penalty will be assessed to the head coach. If a coach receives two unsportsmanlike conduct penalties, he will be disqualified and must leave the event.
- 6) Only procedural issues may be addressed, not an official's judgment call or no call.

RULE 7: OFFENSE

1. General Offense

- 1) Possessions will begin on the 40-yard line (unless moved by penalty) at the hash mark of the team's choosing.
- 2) Two first downs are possible per possession, achieved when reaching the 25-yard line in three downs and reaching the 10-yard line in three downs. Once you reach the 10-yard line you have three downs to score.
- 3) The offense has three downs to gain a new set of downs or score.
- 4) Failure to achieve the line to gain will result in the ball turned over at the 40-yard line (unless moved by penalty)
- 5) Offensive players must come to a complete stop for one second before the ball is snapped. After all players have "set" one player may go "in motion".
- 6) There are no "free plays" for the offense. After the official blows the ready-for-play whistle and the snapper puts his hand(s) on the ball, no player may enter the neutral zone until the ball is moved to start the snap.
- 7) Any quick or abrupt movement by a single player or multiple offensive players in unison which simulates the snap is a false start. This includes, but is not limited to, a quarterback thrusting his hands forward when there is not a simultaneous snap.
- 8) It is a dead ball foul if any player on defense enters the neutral zone before the snap.
- 9) Direct snaps are legal to any player not on the line-of-scrimmage.
- 10) The ball will be declared dead if any portion of the ball carrier's body other than his hands or feet (knee, elbow, buttocks or ball-in-hand, etc.) touches the ground.

- 11) To prevent deceptive plays, offensive substitutes must come onto the field no less than 5 yards from their sideline sometime after the ball has been declared ready for play and before the snap.
- 12) The offense is always responsible for quickly retrieving the ball and returning it to an official or to the line-of-scrimmage at the end of each play.

2. Offensive Formations

- 1) The offensive team must have five players on the line-of-scrimmage at the snap.
- 2) Ineligible linemen must line up no wider than a double-armed distance of the center's body.

Example:



- 3) One ineligible lineman must line up on either side of the center at the snap.
- 4) Having two ineligible linemen on one side or another of the center at the snap is not allowed.
- 5) Eligible receivers may line up tight to this formation on the line-of-scrimmage or split away from it.
- 6) All shifts and motions are governed by North Carolina High School Athletic Association.

3. Blocking

- 1) Blocking is allowed anywhere on the field.
- 2) Players cannot make contact with another player if the contact is considered unnecessary or provokes roughness.
- 3) Blockers must "come to balance" and initiate blocks with their hands first.
- 4) No leading with the head, shoulders, elbows, forearms, knees etc.
- 5) Blockers may not use a driving shove (load up on), punch, attempt to launch or lock out elbows while blocking.
- 6) Blocking techniques designed to take an opponent to the ground or to hold an opponent to the ground are illegal. This is often referred to as "pancaking".
- 7) No block can initiate below the waist.
- 8) No cut blocks, blocking in the back, clipping or blindside blocks.
- 9) Centers may double-team block with another lineman if done legally.
- 10) Pulling offensive linemen is allowed

4. Fumbles and Muffs

- 1) The ball becomes dead when it hits the ground.

- 2) Any passed, pitched, muffed (uncontrolled touch) or fumbled ball that is intercepted before becoming dead will result in the intercepting team receiving two points and possession of the ball.
- 3) Forward fumbles that hit the ground will be marked where the ball carrier's feet were when he lost control and not the spot where the ball hit the ground.
- 4) Backward fumbles are marked where they hit the ground. Backward passes that hit the ground are considered fumbles.
- 5) Muffed snaps are considered fumbles and are dead where they hit the ground.

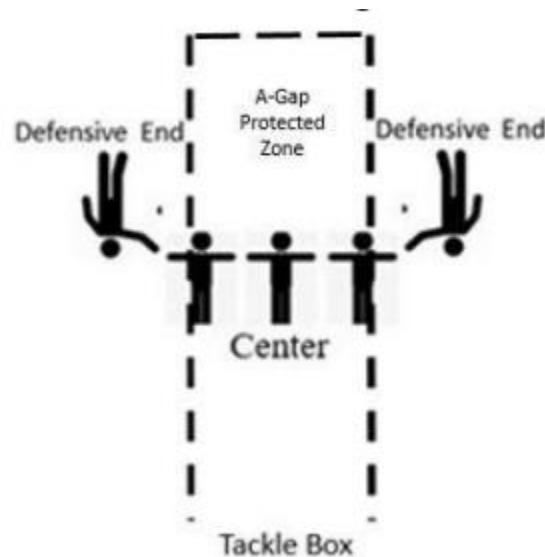
5. Running/Jumping/Diving

- 1) Ball carriers are allowed to slightly leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk. This is a judgment call by the officials.
- 2) Not every insignificant jump or small hop constitutes a safety issue. This is a judgment call.
- 3) Jump cuts or advancing between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player's safety at risk. This is a judgment call by the officials.
- 4) No player may hurdle over another player.
- 5) Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call.
- 6) Ball carriers may extend the ball out in front of them to gain additional yardage.
- 7) Diving by the defense to down a ball carrier is legal. However, officials may still make judgment calls about illegal contact and excessive roughness.
- 8) If a defender trips a ball carrier while pursuing the offensive player from the rear and the ball carrier goes to the ground (typically seen in break-away plays) -- even if the defender is making a fair and reasonable attempt to touch the ball carrier -- the defender will be called for illegal contact and may be disqualified or ejected. The defender is obliged to make a fair, SAFE, and reasonable attempt. Safety is paramount. Teaching Lesson: Coach our players to play safe.
- 9) Ball carriers must make every effort to avoid a defender who has established a stationary position.
- 10) Runners may leave their feet to avoid collision or falling on another player.
- 11) Passers may jump vertically to throw the ball over a taller defender.
- 12) Diving for a grounded loose ball is not needed as the ball is dead when it hits the ground. Scrambling for a grounded loose ball may result in an unsportsmanlike conduct penalty.

6. Passer (Quarterback) Run Plays

- 1) The passer becomes an eligible receiver after legally pitching or handing off the ball

- 2) The passer is allowed to carry the ball past the line of scrimmage as long as he leaves the notional tackle box before crossing the line-of-scrimmage.



- 3) The passer may not cross the line of scrimmage in the A-gap unless he has clearly left the tackle box first and then returned.

7. Pass Plays

- 1) Only one forward pass per play.
- 2) Once the ball has passed the line-of-scrimmage it cannot be returned to behind the line-of-scrimmage and thrown forward legally.
- 3) To be a legal pass both feet of the passer must be in or behind the neutral zone when the ball is released.
- 4) A passer may jump vertically to throw the ball over a defender.
- 5) All offensive players except the three ineligible linemen are eligible receivers unless they have stepped out-of-bounds of their own accord.
- 6) Offensive players may not re-establish themselves in the field of play or participate in any way once they have stepped out-of-bounds of their accord.
- 7) When an offensive player touches the ball after stepping out-of-bounds of his own accord it will result in a foul for Illegal Touching.
- 8) Any eligible receiver who receives either a forward or backward handoff behind scrimmage can pass the ball from behind the line-of-scrimmage.
- 9) An underhand forward pass (shovel pass) is legal and if it is dropped, it is ruled an incomplete pass, not a fumble.
- 10) A backward pass that is dropped or incomplete is ruled a fumble. The ball will be spotted where it hit the ground unless the fumble occurred behind the 40-yard line. In that case, it will be brought back to the 40-yard line and the down will be consumed.

8. Batting

Any ball in flight may be batted in any direction by an eligible receiver.

9. Intentional Grounding

- 1) A passer may not throw the ball into an area behind the line-of-scrimmage where there is no offensive player to avoid a loss of yardage or conserve time.
- 2) A passer may legally “throw the ball away” as long as the ball goes beyond the line-of-scrimmage.
- 3) It is legal for the passer to conserve time by intentionally throwing the ball to the ground immediately (spiking) after receiving either a direct hand-to-hand snap or from the “shot-gun” formation.
- 4) The spike must be fluid and immediate after the snap or it is intentional grounding.
- 5) Passers may not intentionally throw the ball out-of-bounds to stop the clock.

10. Catches

- 1) A pass is completed when the receiver simultaneously places at least one foot inbounds and maintains possession.
- 2) If the ball comes out of the receiver’s grasp due to contact with the ground or while going to the ground the pass is incomplete.
- 3) Simultaneous catches between a defensive and offensive player become dead automatically and go to the offense.
- 4) Whether or not a ball is tipped or touched in the air has no bearing on the play as it applies to fouls anywhere on the field (roughing, personal fouls, illegal contact, etc.)
- 5) If a receiver steps out-of-bounds of his own accord and is the first to touch a pass, it is Illegal Touching.

RULE 8: DEFENSE

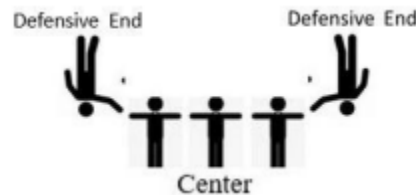
1. General Defense

- 1) The ball carrier is downed by a one-hand touch by one opponent at or below the shoulder and above the knee.
- 2) While downing a ball carrier “locking out” at the elbow or “following thorough” with hands indicates excessive roughness.
- 3) Players cannot make contact with another player if that contact is considered unnecessary or provokes roughness.
- 4) Rushers must rush the inside or outside of a blocker’s body. They may not “play through” the center line of a blocker.
- 5) Rushers may only use their hands, feet, and speed to move past a blocker.
- 6) Stripping or attempting to strip the ball from a player’s hand, including the quarterback, is illegal.

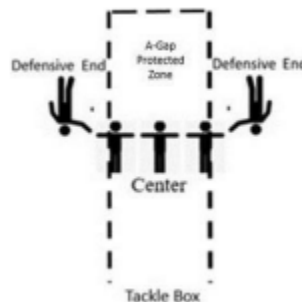
- 7) Defensive teams may not attempt to confuse the offensive team by simulating their pre-snap signals or cadence.

2. Defensive Pre-Snap Alignment

- 1) At least two defensive linemen must be on the line-of-scrimmage at the snap.
- 2) One defense lineman must be on either side of the center. No doubling on one side of the center.
- 3) The required two defensive linemen on the line-of-scrimmage at the snap must be aligned no further than an arm's length of the closest offensive player.

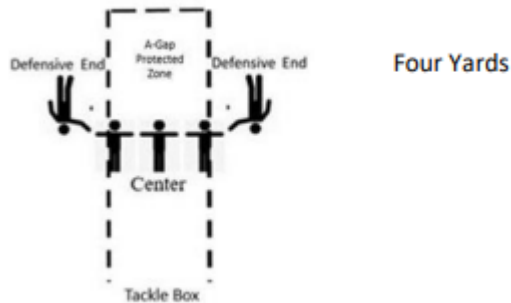


- 4) Defensive ends may line up head-to-head with their opponent but not the snapper/center.
- 5) Defensive ends may not line up in the A-gap protected zone (the space between the snapper/center and the offensive linemen immediately on either side of the snapper/center)



- 6) The A-gap protected zone is a notional zone extending laterally from the center to the inside half of the tackles and extending four yards directly in front of the center.
- 7) No defensive player may be in the A-gap protected zone at the snap. This includes defensive players attempting to time a blitz (Illegal Rush).

- 8) Any player attempting to blitz must be a minimum of four yards off the line of scrimmage at the snap regardless of the position he initially set up in.



3. Roughing the Passer

- 1) Defensive players must make a concerted effort to avoid charging into the passer.
- 2) During the passer's drop and throughout his entire throwing motion, the passer cannot be touched above the upper waist in any material way.
- 3) Defenders cannot materially touch any part of the passer's arm, hand, shoulder, or ball while the ball is still in the passer's hand. The ball is considered an extension of the passer's arm and hand.
- 4) To assist defensive players to avoid unnecessary contact with the passer the covering official will endeavor, but is not required, to announce "balls away" or some other helpful phrase when the ball has left the passer's hand.
- 5) Defensive players may not "crash" the passer's throwing arm, shoulder, or body even if the ball is touched first.
- 6) An insignificant "brush-by" may be allowed by the official but is not guaranteed. This is a judgment call.
- 7) Making contact with the passer while blocking or attempting to block a pass may result in a roughing the passer penalty.
- 8) Whether or not a ball is tipped in the air has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.).
- 9) A roughing penalty will not be enforced if a passer initiates contact with an opponent while in the throwing motion; for example, during the passer's follow through the passer's arm makes contact with an opponent's hand, arm, or shoulder. In this instance the impetus of the contact is the action of the passer and not the defender. This is a judgment call.
- 10) It is a personal foul if the passer's follow-through hand or arm makes significant contact with an opponent's head, neck or face (Personal Foul, Contact above the Shoulders). This is a judgment call.
- 11) If roughness is habitual for a single player, disqualification or ejection procedures may apply.
- 12) If roughness is habitual for a team, forfeiture procedures may apply.

4. Pass Coverage

- 1) Press coverage (jamming, bump-and-run, etc.) is allowed.
- 2) Defenders may line up inside, outside or heads-up with a potential receiver. There must be a 1-yard separation between potential receivers and defenders at the snap.
- 3) Defensive players may ward off or legally block a receiver until that player occupies the same yard line as the defender.
- 4) Defenders must do so with an open-hand technique inside the frame (between shoulders and hips) of the opponent's body.
- 5) If the receiver is past or moving away from the defender, the defender may not make contact.
- 6) Contact must be made below the shoulders of the opponent.

5. Pass Interference

- 1) Pass interference normally occurs above the waist; entangled feet are not considered pass interference.
- 2) Incidental contact is not considered pass interference.
- 3) Contact away from the direction of the pass is not considered pass interference but may be a separate foul.
- 4) Pass interference indicators are:
 - a. Shoving or pushing off to create separation.
 - b. Making noteworthy contact before the ball arrives.
 - c. Playing through the back of an opponent.
 - d. Hook-and-turn: grabbing the torso and turning an opponent before the pass arrives.
 - e. Early contact by a defender who is not playing or looking for the ball.
 - f. Arm bars, restricting, or grabbing.
 - g. Blocking downfield before the ball has been touched, commonly seen through "pick plays".
 - h. Cutting off the path of a receiver by being in front of him and slowing down or being beside him and "riding" him off his path to the ball.
- 5) Whether a pass is catchable or uncatchable has no bearing on pass interference. All passes in this league are considered catchable.

- 6) A player may use his arms or hands to obstruct the receiver's view of the ball (face guarding) without turning his own head to play the ball as long as contact is not made with the receiver.

6. Interceptions

- 1) All legally intercepted passes can be advanced by the intercepting team.
- 2) The defender needs to only return the interception to the 40-yard line to be considered a defensive touchdown (6 points, PAT follows). Intercepted team receives next possession.
- 3) If defender is touched down before the 40-yard line, play is dead and is a turnover. Intercepting team receives next possession.
- 4) Intercepting teams must secure the ball with "clean hands" to be legal -- they must not have committed a foul before or simultaneous to the interception to be awarded points.
- 5) Fouls by the intercepting team after an interception will be assessed on the next possession.

RULE 9: OVERTIME FORMAT

NOTE: Only used during playoffs, tournament play.

1. General Overtime Rules

- 1) A coin toss is used to determine who gets the ball first. The coin toss winner chooses offense or defense.
- 2) The ball is placed at the defensive team's 10-yard line.
- 3) Overtime is structured as 3 plays per team (no 1st downs) with both teams getting the chance to answer if within the same series
- 4) There are no time outs, and none carry over from regulation.
- 5) If a team turns the ball over or runs out of downs, the possession is over.
- 6) The defense can return a turnover (turnover rules apply) for a touchdown (to the 40-yard line). However, if downed before scoring, the resulting series begin back at the 10-yard line.
- 7) As in regulation, extra point attempts may not be returned for points by the defense.
- 8) Both teams get possession of the ball with the team scoring more points declared the winner. If the score remains tied at the end of overtime, the teams can play another overtime.
- 9) For all overtimes beyond the first, teams simply alternate possession and remain on the same side of the field. (AB-BA) There is no second coin flip.
- 10) This process is repeated with teams having equal chances to score until a tie no longer exists after a complete series of AB or BA.

2. Penalty Enforcement During Overtime

	Successful Attempt	Unsuccessful Attempt	Penalties That Carry Loss-of-Down	Unsportsmanlike And Personal Fouls
Foul by the Offense	Yardage assessed, Retry the attempt	Attempt no good, no retry	Attempt no good, no retry	Carries over to the next possession
Foul by the Defense	Declined, attempt is good	Yardage assessed, Retry the attempt	Not applicable	Carries over to the next possession

- 1) Penalties and play are administered as during regulation time.
- 2) Penalties that occur during overtime periods will carry over and be enforced from the next spot or possession unless declined. All 10-yard penalties will carry over.
- 3) Personal and unsportsmanlike fouls by the defense on a successful attempt are enforced on the next possession or next spot in overtime periods.
- 4) Fouls committed by the offense on a successful attempt will result in penalty yardage assessed and the down replayed.
- 5) Fouls committed by the offense on an unsuccessful attempt will be declined by rule (exception: personal and unsportsmanlike fouls).
- 6) Fouls by the offense during an attempt that carry a loss-of-down penalty (illegal advancement, illegal pass, etc.) will result in the attempt being “no good” and the attempt will not be repeated.
- 7) Fouls by the defense during an unsuccessful attempt will result in a retry after the options are administered. The offense may opt to accept or decline penalty yardage before the retry.

RULE 10: OFFICIATING

1. Marking the Spot

- 1) When the ball becomes dead in a side zone it will be re-spotted at the nearest inbound spot (hash mark). If hash marks are not present officials will estimate where the hash marks normally are.
- 2) The ball will be spotted wherever the ball was at the time the runner was downed or wherever the ball carrier left the field-of-play.
- 3) A backward pass that is dropped or incomplete is ruled a fumble. The ball will be spotted where it hit the ground unless the fumble occurred behind the 40-yard line. In that case it will be brought back to the 40-yard line and the down will be consumed.
- 4) A ball spotter/ball marker or line judge shall be used to mark the line-of-scrimmage. The marker will be placed on the sideline adjacent to the line-of-scrimmage.

2. Forfeits and Ending the Game

1. The game may not end with a penalty unless it is declined. All offensive loss-of-down penalties that occur with time expired in either half will end the game or half.
2. Offsetting penalties will not extend the half or game.
3. Forfeits that occur before the game begins are recorded as 27-0. Forfeits that occur once the game is underway will be recorded as that score or the actual score when the forfeit occurred, whichever is greater.
4. If a team plays in a habitually rough manner the game may be forfeited.
5. No period or half can end if there is an obvious timing error or any other irregularity has occurred.

3. Cool Down Period

- 1) All unsportsmanlike conduct and egregious personal fouls will be accompanied by a cool down period at a minimum.
- 2) Before -- or instead of -- disqualification or ejection an official may order, but is not required to, a player a "cool down" period if the official chooses.
- 3) Players should think of this "cool down" as a warning before being disqualified or ejected and be thankful for it.
- 4) This period will consist of five plays and will be tracked by the official who ordered it.
- 5) The player must be off the field for five plays regardless. A score or other event does not release the player back to the field. He must stay off the field for five plays.

4. Disqualifications and Ejections

- 1) Disqualifications, Ejections and Unsportsmanlike Conduct are the only three penalties that cannot be declined. They are completely the option of the game officials. The yardage portion of the penalty may be declined but the infraction itself cannot.
- 2) The difference between disqualification and ejection is at the discretion of the presiding referee and may not be appealed.
- 3) Disqualifications are normally reserved to address lower-level transgressions.
- 4) A disqualification will last for the remainder of the game in which the player was disqualified.
- 5) A disqualified player may play in the next scheduled game.
- 6) An ejected player may not play in the next scheduled game. He must sit out at least one additional game.
- 7) Any official may disqualify a player.
- 8) To eject a player all officials must agree and it must be reported to the field manager before play resumes.
- 9) Ejections and disqualifications may occur for but are not limited to:
 - a. A second unsportsmanlike or personal foul on a single player
 - b. Any act deemed egregious by the head official

- c. Disrespectfully addressing or intentionally touching an official
- d. Four unsportsmanlike or egregious personal fouls by one team (forfeiture)
- e. Fighting

5. Unsportsmanlike Conduct

- 1) Disrespect toward an official, coach, spectator or another player will constitute unsportsmanlike conduct.
- 2) Players shall not “showboat”, taunt, spike the ball toward an opponent, or be excessive in any way to include using force against or verbally attack or harass another player.
- 3) Celebrations are fine but keep them short, conservative, and not directed at an opponent.
- 4) The use of inflammatory words or gestures is prohibited.
- 5) If unsportsmanlike conduct occurs during a live play and the team did not score on that play, the penalty will be assessed from the new line-of-scrimmage (i.e., it will be added to or subtracted from the end of the play).
- 6) Players cannot make contact that is considered unnecessary or provokes roughness.
- 7) If roughness is habitual for a single player, disqualification or ejection procedures may apply.
- 8) If roughness is habitual for a team, forfeiture procedures may apply.

6. Fighting

- 1) Fighting will lead to immediate ejection, possible suspension, or lifetime exclusion.
- 2) Fighting is any act or attempt to act by a player or non-player to strike or engage a player or non-player in a combative manner unrelated to football. Such acts include, but are not limited to, attempting to strike or striking with the arms, hands, legs, feet, or foreign object whether or not there was contact.
- 3) Any player who comes off the sideline to participate in a fight will be disqualified or ejected.
- 4) If either team leaves the bench during a fight the game will be forfeited immediately.

7. Bench Fouls or Warnings

Teams may incur bench fouls for a variety of reasons to include but not limited to:

- 1) Players or non-players interfering with play or an official
- 2) Disrespect toward officials or other players or non-players
- 3) Players or non-players in the designated restricted zone during a live play
- 4) Non-players on the field of play
- 5) Teams not remaining in the designated team box
- 6) Coaches on the field or becoming entangled in a live play

8. Inadvertent Whistle

- 1) If an official blows an inadvertent whistle, he will declare the ball dead where the ball was at the time of the inadvertent whistle. The team against which the action offended may have the option of accepting the play (i.e., the yards gained and the down advances) or replaying the down from the original line-of-scrimmage.
- 2) If the ball was in the air when the inadvertent whistle occurred, it will be returned to the line-of-scrimmage and the down will be replayed.
- 3) If a penalty marker is thrown before an inadvertent whistle, an accepted penalty will be administered as in any other play situation. When the foul is accepted, the inadvertent whistle is disregarded.
- 4) When an inadvertent whistle is triggered by an unfair act or an act used to deceive or confuse an official the officiating crew may use their collective judgment to fairly adjudicate the situation. It may result in yardage awarded, a score granted, and/or the guilty player disqualified, etc. It is solely up to the officiating crew to decide.

9. Unfair Acts Rule






- 1) Neither team shall commit an act which, in the judgment of the officials, tends to make a travesty of the game.
- 2) The head official or other staff members may enforce any penalty or remedy any situation with anything he considers equitable -- including awarding of a first down, a line-zone-to-gain, a replay, a score, forfeiture, removal of forfeiture or any administrative issue or situation or not covered specifically in these rules.
- 3) If an ineligible player (example: not on the roster, previously disqualified or previously ejected) is discovered by any means (example: observation, challenge, etc.) participating in a live ball play, that team will forfeit the game and the Unfair Act is assessed to the head coach.




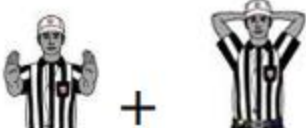

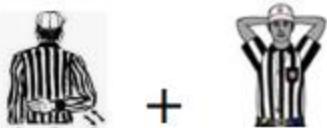



10. Last Player Rule and Penalty









- If the last defensive player aggressively pushes the ball carrier out-of-bounds, tackles, attempts to tackle, etc. the offensive team will be awarded at least one line-zone-to-gain distance from the spot of foul and an automatic first down.
- In the spirit of the Unfair Acts Rule, officials have the discretion to award a score if a flagrant foul occurred inside the final line-zone-to-gain if they reasonably believe a foul is the only thing that prevented the ball carrier from scoring. There must be total agreement of all officials who saw the foul.
















9 on 9 FLEX FOOTBALL PENALTY CHART




- Penalties will be assessed half the distance when the penalty yardage is more than half the distance available.
- All penalties may be declined except cool downs, personal fouls, unsportsmanlike, disqualifications, or ejections
- The yardage portion of any penalty may be declined. The automatic first down portion of penalties may be accepted without accepting the yardage portion of the penalty.
- While the ball is spotted at the 40-yard line all offensive penalties will incur a loss-of-down instead of yardage.
- While the ball is spotted at the 40-yard line all muffed snaps will incur a loss-of-down and the ball will be re-spotted at the 40-yard line.
- Most fouls carry a 5-yard penalty except those that are bad contact or bad conduct.

5-Yard Dead Ball Penalties	Yards	Signal
Delay of Game (whistle action dead)	5	
False Start / Snap Infraction / Illegal Procedure (whistle action dead)	5	
Offside / Encroachment (whistle action dead)	5	
A-gap Violation	5	
Illegal Motion / Shift (whistle action dead)	5	 <small>Illegal shift - 2 hands Illegal motion - 1 hand</small>

Illegal Formation (including lining up nose-to-nose with a potential receiver. There must be a one yard separation between potential receivers and defenders at the snap.)	5	
Illegal Substitution with snap imminent (whistle action dead)	5	
5-Yard Loss of Down Penalties	Yards	Signal
Illegal Advancement (Diving, Hurdling, Passer Sneak from under center, Passer breaking the line of scrimmage while inside the tackle box / A-gap.)	5	
Offensive Pass Interference	5	
Intentional Grounding	5	
Illegal Forward Pass / Handling	5	
5-Yard Live Ball Penalties	Yards	Signal
Illegal Rush (Defense)	5	
Stripping or Attempted Strip	5	
Holding	5	

Defensive Pass Interference	5 + Auto First Down	
Illegal Substitution (too many players during live play)	5	
10-Yard Live Ball Penalties		
	Yards	Signal
<i>NOTE: All 10-yard penalties come with an automatic first down or loss of down as appropriate</i>		
Charging / Bull Rush / Leading with Shoulder (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Illegal Block (physical contact – leading with head, elbows, forearms, knees or shoulders). Blocks below the waist are illegal.	10	
Roughing (Passer or Center) (Defense) (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Unsportsmanlike Conduct	10	
Unnecessary Roughness (Including laying on a downed opponent) (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Tackling (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	

Illegal Contact (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Disqualification and Ejection	Yards	Signal
Fighting (Auto Ejection)	10	 + 
Second Unsportsmanlike by Same Player / Coach (Disqualification / Ejection)	10	 + 
Second Egregious Personal Foul by Same Player (Disqualification / Ejection)	10	 + 
Intentionally Touching or Disrespectfully Addressing Game Official	10	 + 
Habitual Roughness	10	 + 
Special Enforcement	Yards	Signal
Bench Warning	Warning	
Bench Foul	5, 10, 15 then 15 for all subsequent	
Illegal Touching	Loss of Down	
Last Player Rule	Awarded at least one line-zone- to gain	

Unfair Tactics	Referee's Discretion	
<p>Coach's Choice: The yardage portion of any penalty may be declined.</p> <p>The automatic 1st down portion of penalties may be accepted without accepting the yardage portion of the penalty.</p>	Coach's Discretion	
Offensive penalties while ball is spotted at the 40-yard line (no penalty yardage)	Loss of Down	
Fourth Unsportsmanlike and/or Egregious Personal Fouls by same team	Forfeiture	