

ALASKA FOOTBALL LEAGUE

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GRIDIRON DIVISION RULEBOOK

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Section 1: THE GAME

1.1 The Game

- A. The game is patterned after American football
- B. It is a contest between two (2) teams of nine (9) players.
- C. The team scoring the most points at the conclusion of the game is the winner.

1.2 The Field

A. Regulation Field

- 1. The field is hundred (100) yards long by fifty-five (53) yards wide.
- 2. The end zones are ten (10) yards deep.
- 3. The Team Box is designated 2 yards behind the sideline, between the 25 yard lines.
- 4. The Restricted area is the two yard area between the side line and the team box lines.

B. Line Markings

- 1. The field of play shall be marked every five (5) yards with lines extending from sideline to sideline and parallel to the goal lines.
- 2. The goal line shall run from sideline to sideline with an imaginary line extending infinitely.

C. Notes for Spotting:

- 1. When the ball is declared dead, outside the hash marks, the ball will be spotted just inside the hash.
- 2. When the ball is declared dead between the hash marks, the ball will be spotted at the dead ball spot.
- 3. When a forward pass is declared incomplete, the ball will be returned to the previous spot.

1.3 The Ball

- A. The official Game ball will be a **composite AFL Baden ball**.

1.4 Twenty-five (25) Man Rosters

- A. Each team may dress a maximum of twenty-five (25) players.
- B. The current team roster will be available 1 hour before kickoff for coach's 25 man selection
- C. The identity of all players may be subject to review by the Commissioner. Each player must have government issued picture identification in the event such identification becomes necessary. If the player's identity can't be confirmed, that player will not be permitted to be on the field and the team will forfeit that player's position on the Game Day roster.

1.5 Team Captains

- A. Each team shall designate no more than three (3) team Captains.
- B. Coaches are the only individuals that may request an explanation from the Referee on interpretation or application of rules. A time out must be taken. If it is determined that there was a misapplication of a rule the team timeout shall be withdrawn.
- C. In the case of a foul, the Captain of the offended team is given the choice of accepting the penalty or take the result of the play.

1.6 Player Positions

- A. Offense
 - 1. The offense must have five (5) players on the line of scrimmage with their shoulders substantially parallel to the line of scrimmage.
 - 2. Of the five (5) players, three (3) players are designated as the center and guards (offensive lineman). These players are recommended to wear player numbers 60-79
 - 3. The center is the player who is over the ball in a position to snap the ball to a back.
 - 4. The guards must be located on opposite sides of the center, and positioned in such a way that the distance between the outside shoulders of the Guards do not exceed three (3) yards from the ball.
 - 5. All offensive players must be simultaneously stationary for at least one second prior to any motion, before the snap
 - 6. All offensive players except the Center and two Guards are eligible pass receivers.

All backs and ends are eligible pass receivers.

- B. Defense

- 1. Defensive linemen may not line up on the line of scrimmage directly head up, nose to nose with the Snapper. Players must shade in the direction of the A gap.
 - 2. A defensive player is on the line of scrimmage if he is within 1 yard of the neutral zone at the snap.
 - 3. The remainder of the defensive players shall be designated as linebackers and defensive backs.

1.7 Substitutions

- A. A substitute may enter the field of play any time the ball is dead.
- B. If a substitute enters the game so that he can communicate with a teammate on the field he must remain in the game for at least one (1) play.
- C. A player leaving the game shall proceed directly to the sideline and outside the field of play to his designated team's bench.
- D. A team is not permitted to use player substitution as a means to deceive an opponent. In the event that Team A makes any player substitution, Team B will have the opportunity to match said substitution prior to the start of the upcoming play.
- E. If a team breaks its huddle with more than nine (9) players the infraction incurred shall be titled "illegal substitution."
- Infraction: Illegal Substitution (Dead ball)
 - Penalty: 5 yards
- F. If a team has more than nine (9) players on the field at the snap of the ball, the infraction incurred shall be titled "illegal participation."
- Infraction: Illegal Participation
 - Penalty: 15 yards

1.8 Uniforms

- A. The Head Coach from each participating team shall confirm and certify to the Referee that all players are properly equipped according to the uniform guidelines listed as follows.
- B. All players must be numbered 0 through 99. Numbers must be prominently displayed in contrasting color on the front and back of the jersey. Player nameplates are optional.
- C. No two (2) players of the same team may participate in the same game with identical numbers.
- D. Numbers may be changed during a game only in the event of a damaged jersey. However, any changes shall be reported to the Referee and to the opposing team's Head Coach. Numbers may not be changed during the game to deceive the opponents.
- E. Players of opposing teams shall wear jerseys of contrasting colors, and all players on a team shall wear jerseys of the same color and design. Such jerseys shall cover all pads worn under the jersey. The jersey must be full length and tucked into the pants or reach the belt line when a player assumes a normal standing position. Jerseys may be hemmed to reach the belt line but must be done so in a professional manner. Any nonconforming uniform item shall be prohibited.
- F. All players of a team shall wear uniform pants of the same color, (Shorts and/or sweats will NOT be allowed). The same shall apply for players electing to wear long sleeve shirts under their jerseys. Matching tights are allowed.
- G. All players must wear shoes suitable for football or turf activities. No slippers, boots, or other shoes (not designed for football or turf activities) may be worn in a game.

H. When worn, gloves or hand pads must be either neutral (black/white/gray) in color or the appropriate colors of the team's jerseys.

I. Mouth pieces are mandatory.

J. Hip, thigh, tail, and knee pads are HIGHLY recommended, but not mandatory.

K. All players shall wear the following mandatory equipment:

1. Game pants must cover the knees. No knee pads may be worn over the outside of the pants.
2. NFL and National Operating Committee on Standards for Athletic Equipment (NOCSAE) helmets and face masks, with current certification and fastened chin strap. Players of a team must wear helmets of the same color and design.
3. Shoulder pads.

L. Illegal equipment is not allowed, and may include but is not limited to the following:

1. Hard, abrasive, or unyielding substances worn on the hand, wrist, forearm, or elbow, unless covered with adequate foam padding as approved by the umpire.
2. Metal or other hard substances, which may be dangerous to players.
3. Helmets, jerseys, or gloves which conceal the ball by closely resembling the ball in color.
4. Adhesive material, paint, grease, or any other slippery substance applied to a player's body or clothing that may affect the ball or an opponent.
5. Jerseys which are taped or tied in any manner.
6. Any visible bandana worn under a helmet.
7. Only Quarterbacks and Centers may wear a towel that is either white or of a matching color to the uniform. If worn, the towel cannot have any wording that would unduly draw attention to a player or have written messages that are not part of the team's official logo.
8. Eye shields must be clear. No tinted eye shields of any kind or color are permitted unless the player has a prescription/letter/medical form from a certified Optometrist (not a team physician/doctor) on file with the League Office. If so, only lightly tinted shields are allowed.
9. Any adornment to the uniform, which serves no football purpose, but only serves to highlight the individual's appearance
10. Any equipment which in the judgment of the Umpire is dangerous to other players.

M. The Umpire is the sole judge of legal and illegal equipment, and shall rule on such without appeal.

1.9 Default to NCAA

A. If there is no reference to a specific rule in this rule book, the default ruling will follow the current NCAA Football Rule Book.

Section 2: SCORING

2.1 Points for Scoring

A. The following points are awarded;

1. Touchdown: Six (6) points
2. Safety: Two (2) points
3. Field Goal (3) points
4. PAT From the 3 yard line by scrimmage play: two (2) Points
5. PAT From the 3 yard line by placekick: One (1) point
5. Returned PAT by defense to Team A's end zone: Two (2) points

2.2 Types of Scoring

A. Touchdown

1. A touchdown is scored when a player who is in possession of the ball and the ball crosses the opponent's goal area or crosses/touches the plane of the opponent's goal line before the player is declared down. The ball becomes dead at the instant of scoring a touchdown.

B. Safety

1. A safety is scored when the ball becomes dead out of bounds behind Team A's goal line, except from an incomplete forward pass, or becomes dead in possession of a player on, above, or behind his own goal line, or becomes dead by rule, and the defending team is responsible for the ball being there. (Responsibility means the ball is anywhere on, above or behind the defending team's own goal line by a member of the defending team's carry, kick, fumble, bat, backward pass, or snap.) A safety is also scored when there is an intentional grounding or illegal forward pass while in the goal area or any accepted penalty for a foul that leaves the ball on or behind the offending team's goal line.

C. Field Goal

1. Offense can attempt to kick by placekick or dropkick for a score: Three (3) points

D. Point after Touchdown (Extra Point/s)

1. After scoring a touchdown the offense will have an attempt to score again by kick or by scrimmage play from the three (3) yard line: 2 Points for run or pass and 1 point for placekick or dropkick.
2. If defense gains possession of the ball by fumble recovery or pass interception during a point after touchdown attempt, they may score two (2) points by advancing it into the offensive team's goal area.

Section 3: TIMING AND TIMEOUTS

3.1 Starting the Game

- A. The game shall start promptly at the scheduled time.
- B. If a team is late appearing on the field at the start of the First (1st) or Third (3rd) quarters the team shall be penalized for delay of game.
 - Infraction: Delay of Game
 - Penalty: 5 Yards, dead ball foul
- C. Prior to the start of the game the Captains of both teams shall meet the Referee at mid-field for a coin toss. The Referee or a dignitary shall toss a coin with the visiting team Captain making the call. The Captain of the team winning the coin toss has the following choices:
 1. To receive or kick
 2. Which end of the field to defend.
 3. Defer choice to Second (2nd) half.
- D. Unless the team winning the coin toss defers, the team losing the coin toss shall have first choice at the start of the Second (2nd) half.

3.2 Playing Periods

- A. The length of the game is sixty (60) minutes of actual playing time, divided into four (4) quarters, each fifteen (15) minutes in length. The scoreboard clock is the official time for the game, and shall be operated by a timekeeper under the direction of the Referee.
- B. Team End Zones shall be changed at the end of the First (1st) and Third (3rd) periods. At the start of the Second (2nd) and Fourth (4th) periods the ball shall be put at a point corresponding exactly to the point at the opposite end of the field where the ball became dead at the end of the previous period. It shall be put into play in exactly the same manner as if play had not been interrupted.
- C. The time between the First (1st) and Second (2nd) Quarter and between the Third (3rd) and Forth (4th) Quarter may not be longer than five (5) minutes.
- D. Halftime is Fifteen (15) minutes in length unless otherwise approved by the League Office. A team is subject to penalty if their players are not lined up on the field at the start the second half.
- E. Overtime periods are authorized in the event neither team has scored more points than the other at the conclusion of the game.

3.3 Stopping and Starting of the Game Clock

A. Stopping the Clock

- 1. Time shall start when the ball is live at the start of each half and shall continue until the ball is ruled dead and an official signals time shall stop.

2. The clock shall be stopped:

- a) For a player injury.
- b) When time expires at the end of each period.
- c) When the Referee signals an Official's time out
- d) **On a change of possession after a scoring series**

3. The clock shall be stopped in the final sixty (60) seconds of either half.

- a) For the sixty (60) second warning time
- b) When a player goes out of bounds
- c) On incomplete passes
- d) For a first down to reset the chains
- e) When a team timeout is requested.
- f) On a change of possession
- g) When the Referee signals an Official's time out

B. Starting the Clock

1. If the clock is stopped for any reason, the clock will normally start again on the ready for play signal of the Referee.

2. If the clock is stopped for any of the following reasons time will start on the snap:

- a) After a delay of game foul.
- b) Following a team timeout.
- c) Following a possession change in the last sixty (60) seconds in any half.
- d) Following an incomplete legal forward pass in the last sixty (60) seconds in any half.
- e) Following an out of bounds in the last sixty (60) seconds of either half.
- f) Anytime under sixty (60) seconds in either half, if a running clock is stopped solely for the treatment of an injured player. The injured player's team shall be charged with a timeout. If the team has no timeouts remaining and the injury occurs to a player of the team trailing on the scoreboard, a mandatory ten (10) second runoff from the clock is required prior to resuming the game.

C. Running Clock - Until the final sixty (60) seconds of either half, the clock shall continue to run until the Referee stops the clock.

D. Foul after time is expired - If at the end of a Second (2nd) or Fourth (4th) quarter, time expired during a play in which a foul occurs, the offended team may:

- 1. Decline the penalty and accept the play.**
- 2. Accept the penalty and run an untimed down, unless the penalty for the foul calls for a loss of down, at which point the down is not replayed and the quarter is not extended. If the untimed down is terminated by an official's whistle for a penalty prior to the ball being put into play the penalty shall be enforced and the untimed down played.**

3.4 Timeouts

A. Team Timeout

- 1. In each half, both teams are permitted three (3) timeouts.**
- 2. A timeout may be requested by a player or coach on the field.**
- 3. A team timeout may be up to sixty (60) seconds in length.**
- 4. During timeouts, one (1) coach may come to the center of the field to consult with his team or the team may assemble in front of the team bench and consult with more than one (1) coach.**
- 5. The game clock will start on the snap following a timeout.**

Section 4: OVERTIME RULES

4.1 Coin Toss

- A. If the score is tied at the end of regulation there shall be a three (3) minute intermission followed by an overtime period.**
- B. Prior to the start of the overtime the Captains of both teams shall meet the Referee at midfield. The Referee shall toss a coin with the visiting team Captain making the call. The captain of the team winning the coin toss shall choose one of the following options:**
 - 1. Offense or defense**
 - 2. The end of the field to defend during the overtime period.**

5.2 Overtime Periods/Team Series/Scoring

A. Overtime: each possession starts at the fifty (50) yard line. Team A has four downs to score a Touchdown or gain as many yards as possible. If Team A scores, they have the option of going for one (1) or two (2) extra point(s). Team B will then have the same opportunity to either tie or beat Team A's score or yardage gained. If unsuccessful, then Team A wins the game. If they beat team A's score or yardage gained, then Team B wins the game. In the event of a tie after each team has a possession tiebreaker will be decided by number of plays it took each team to score. Turnover ends the game.

B. Each team will have one (1) timeout during the overtime period.

Section 5: LIVE BALL, DEAD BALL, POSSESSION, OUT OF BOUNDS

5.1 Live Ball/Ball in Play

- A. The ball is considered live and in play until the ball is dead. An official shall sound his whistle after the ball is dead. The whistle does not kill the ball. The whistle is an aid to assist players in recognizing the fact the ball is dead.
- B. The ball becomes live upon being legally snapped from a scrimmage formation.
- C. The ball remains live and does not become dead because of an injury to a player or to impose a penalty. Once the ball is declared dead, an injured player may be attended to or a penalty may be enforced.

5.2 Dead Ball

The ball is dead:

- 1. When an official signals a score, ball goes out of bounds, forward pass is incomplete.
- 2. When a ball carrier behind the line of scrimmage is firmly in the grasp and control of a tackler to the extent he cannot throw the football.
- 3. When the ball carrier is contacted by an opponent and touches the ground with any part of his body, other than his hands or feet he is down by contact.
- 4. When a player in possession of the ball intentionally kneels on the ground.
- 5. When the quarterback slides feet first the ball is declared dead at the point it was held when any part of the quarterback's body, other than his hands or feet, touched the ground
- 6. When a ball carrier is not attempting to advance the ball the official shall declare the ball dead.
- 7. When a player in possession of the ball is on the ground and makes no attempt to regain his feet.
- 8. When an official sounds his whistle if the ball was not previously dead by rule. Note: A ball lying on the ground and not in possession of a player is not dead until blown dead by an official.
- 9. When the ball carrier loses his helmet the ball shall be declared dead immediately.
- 10. When the player in possession of the ball is down on the ground because of or by the opposing team player contact.

5.3 Safety

- A. A safety occurs if a Team A player causes the ball to be in his own end zone (fumbles, or directs the ball from the field of play into his own end zone or goal area) where the ball is declared dead by an official or goes out of bounds without possession being gained by either team, a safety is scored by Team B.

5.4 Loose Ball

A. A loose ball occurs when the ball is fumbled. It continues to be a loose ball until a player secures possession of the ball or it becomes dead by rule, whichever occurs first. Any Team B player may recover and advance a fumble

B. Force is a consideration and must be determined on ruling whether a loose ball which goes out of bounds in the end zone is a safety, and two (2) points are scored. A loose ball by the offense across the line of scrimmage does not interrupt the continuity of downs.

5.5 Player Out of Bounds

A. A player is out of bounds when he touches the sideline or anything that is touching out of bounds.

5.6 Out of Bounds Rulings

A. The ball remains in play if it is knocked or batted back into the field of play by a player who is off the ground and who has not touched the ground or any object out of bounds.

5.7 Out Of Bounds during final Sixty (60) Seconds of Either Half

A. During the final sixty (60) seconds of either half the clock is ran consistent with normal college timing rules.

B. A player of the offense may give himself up by purposefully by running out of bounds without defensive contact in an effort to stop the clock and preserve time.

C. The action of the offensive player must be clear to the game officials in order to stop the clock and provide adequate protection to the player.

Section 6: Offense

6.1 Offense

A. During scrimmage downs, the offensive team shall consist of 9 players, delineated as follows: One Center who must snap the ball and two Guards. If a player is positioned as a receiver on the line of scrimmage, said player remains eligible even if "covered up" by a wide receiver. Only the Center and two Guards are not eligible pass receivers.

B. Alignment: A minimum of five (5) offensive players must be stationary and on the line of scrimmage prior to the snap. This is the center, two guards and at least two receivers. Offensive linemen cannot be aligned at an angle and must face his opponent's goal line with the line of his shoulders approximately parallel there to and his head breaking the plane of the line drawn through the waistline of the snapper.

C. Motion: Only one (1) eligible receiver may be in motion laterally prior to and at the snap. Restrictions for motion receivers are:

1. Cannot begin motion until entire team is set for one second; (illegal shift)

2. Cannot block one of the three interior defensive linemen until the ball has crossed the line of scrimmage.
(Personal foul, illegal block – 15 yards)

RULE INTERPRETATIONS 6.2

OFFENSE LINEMEN

- A. The formation requirement for the three interior linemen. It follows that there may not be an unbalanced line, i.e. a snapper with the two guards on one side of the snapper. An unbalanced line is a live ball, illegal formation foul.
- B. The offensive linemen cannot be aligned at an angle. This is interpreted as requiring the offensive lineman to have his shoulders "approximately" parallel to the goal line and his head breaking the plane of the line drawn through the waistline of the snapper. The intent of the rule is to ensure the offensive lineman does not gain an advantage by lining up at an extreme angle. So long as the lineman's head breaks the plane of the line drawn through the waistline of the snapper and his shoulders are close to parallel with the goal line, he is legal. If the offensive lineman is not aligned as required herein, it is a live ball, illegal formation foul.
- C. The Guard Box is between the outside shoulders of the guards. Guards cannot be more than 1 yard split from the Center.

Section 7: Defense

7.1 Defense

- A. There are no defensive formation restrictions behind their line of scrimmage. Exception: The Nose Guard may not lineup directly head to head with the Center. He must shade towards the A-Gap.
- B. Defensive linemen are permitted to stunt, loop, twist, or scrape.
- C. Linebackers and Defensive Backs are allowed to blitz.

Section 8: Scrimmage Play

8.1 Scrimmage Play

A. Ready for Scrimmage Play

1. The Referee shall begin each scrimmage play by giving the "Ready for Play" signal.
2. This signals the offensive team has 25 seconds to put the ball in play.
3. Neither team may delay the officials from spotting the ball or the snap of the ball.
 - Infraction: Delay of Game
 - Penalty: 5 yards, dead ball foul
4. If the Referee suspends play while a player who's helmet comes off during the down or from action related to the down in the game or needs repair done to his equipment, that player is required to leave the game for at least one (1) play. If the player does not leave the game the team is charged with a timeout.

5. If the Referee suspends play while an injured player receives medical attention on the field that player is required to leave the game for at least one (1) play. If the player does not leave the game the team is charged with a timeout.

B. Scrimmage Snap

- 1. A scrimmage snap is initiated by the center who takes a position over the football facing his opponent's goal line.**
- 2. The center shall put the ball in play by snapping it back between his legs in one continuous motion to another offensive player who is behind the line of scrimmage and in the backfield.**
- 3. The ball must leave the center's hands and he may not touch the ball again until it has been in possession of another player.**
 - **Infraction: Illegal Snap**
 - **Penalty: 5 yards, previous spot**

C. Illegal Movements

- 1. The center may not fake a snap or, having assumed his stance over the ball, bob his head, move his shoulders, flex his knees, or make any other movement simulating a snap in an effort to draw the defense across its line of scrimmage.**
 - **Infraction: Snap Infraction**
 - **Penalty: 5 yards, dead ball foul**
- 2. Once the line of scrimmage is set, no player of the offense may be offside.**
 - **Infraction: Offside**
 - **Penalty: 5 yards, dead ball foul**
- 3. Once the line of scrimmage is set, no defensive player may be in the neutral zone at the snap.**
 - **Infraction: Offside**
 - **Penalty: 5 yards, live ball foul**
- 4. Once the line of scrimmage is set, no player of the defense may make contact with an offensive player prior to the snap or be unabated to the quarterback.**
 - **Infraction: Encroachment**
 - **Penalty: 5 yards, dead ball foul**
- 5. With the exception of the offensive player in motion, all other offensive players shall remain motionless for a period of at least one second prior to the scrimmage snap.**
 - **Infraction: Illegal Shift**
 - **Penalty: 5 yards, previous spot**

6. No offensive player on the line of scrimmage may make any motion which simulates the snap. This includes the quarterback bobbing his head, moving his shoulders, flexing his knees, making any quick movement, or any other movement or signal which is an attempt to simulate the start of the play prior to the snap.

- Infraction: False Start
- Penalty: 5 yards, Dead Ball Foul

7. The motion player may not motion diagonal to the line of scrimmage prior to the snap of the ball.

- Infraction: False Start
- Penalty: 5 yards, Dead Ball Foul,

Section 9: PASSING & RUSHING

9.1 Forward Pass

A. Definition

1. A legal forward pass is a pass thrown by an offensive player from a point in or behind the neutral zone towards the opponent's end line to any eligible receiver. A pass is illegal if it is thrown by a player whose entire body is beyond the neutral zone when he releases the ball.
2. The offense may make only one forward pass during a scrimmage down.
3. During a forward pass, the ball is in the possession of the offense until the pass is ruled complete, incomplete, or intercepted

B. Eligibility of the Passer

1. The offensive player throwing a forward pass is called the passer. He is also an eligible receiver.
2. The passer does not need to be the first player to receive the ball (scrimmage snap) from the center.

C. Eligibility of Receivers

1. All offensive players except snapper and guards
2. Any defensive player, whether or not the forward pass is legally thrown, is eligible.
3. If a forward pass is touched by or touches a defensive player, all players of both teams become eligible receivers.
3. No ineligible offensive player may be downfield more than three (3) yards (expanded neutral zone) on a pass play if the pass crosses the line of scrimmage.
 - Infraction: Ineligible downfield
 - Penalty: 5 yards from previous spot

D. Complete Forward Pass - A forward pass is considered complete under the following conditions;

1. When caught by an eligible offensive receiver.
2. When caught by a defensive player.
3. When caught simultaneously by players of both teams who maintain possession until the play is dead. The ball is awarded to the offense.
4. If an eligible receiver of either team catches a pass near the sideline and touches the ground in bounds, the team of the player receiving the ball shall retain possession even if the receiver's next step takes him out of bounds.

E. Incomplete Forward Pass - A forward pass is declared incomplete and the ball will next be put in play at the previous spot with downs continuing, under the following conditions;

1. When the ball strikes the ground.
2. When the ball goes out of bounds, even if touched by a player in the field of play.
3. When the passer has commenced his forward passing motion with the ball moving forward and as a result of contact with an opponent, the ball leaves the passer's hand and strikes the ground.

F. Intentional Grounding - If the passer deliberately throws the ball out of bounds or to an area in which there is not an eligible receiver for the purpose of avoiding loss of yardage, his team shall be penalized.

- Infraction: Intentional Grounding
- Penalty: 5 yard and loss of down from the spot of foul (point at which pass was thrown). If pass is thrown from the goal area, a safety shall be awarded to the defense. It is not intentional grounding if the quarterback is outside the Guard Box and throws the ball toward the line of scrimmage, provide the ball first touches the ground or goes out of bounds beyond the line of scrimmage.

G. Offensive Pass Interference

1. Pass interference restrictions start for the offense at the snap.
 2. Offensive pass interference is contact by an offensive player that interferes with a defensive team player after the scrimmage snap.
 3. Offensive team player contact with defensive team players within one (1) yard of the defensive line of scrimmage is not considered offensive pass interference.
 4. Offensive pass interference cannot occur if the pass does not cross the line of scrimmage.
- Infraction: Offensive Pass Interference
 - Penalty: 15 yards

H. Defensive Pass Interference

1. Pass interference restrictions start for the defense when the ball is thrown, provided it is a forward pass.
2. Defensive pass interference is interference or contact by a defensive player on an eligible offensive player after the ball has crossed the line of scrimmage.
3. Such interference must be ruled as intent by a defensive player to impede an eligible offensive player or prevent an eligible offensive player from catching a catchable forward pass.
 - Infraction: Defensive Pass Interference
 - Penalty: 15 yards from the previous spot. Automatic first down
4. Defensive pass interference cannot occur if the pass does not cross the line of scrimmage.
5. A defensive player may make contact with an offensive team player with which he is aligned on in the first five (5) yards off the line of scrimmage, provided that defensive player is pressing the offensive receiver. (Note: If the offensive player is driven out of bounds by the defensive player, he must re-establish himself inbounds to become eligible.) Defensive contact on a player after he is out of bounds may result in an 15 yard Personal Foul penalty against the defense if the official deems it excessive.
6. Prior to a pass being thrown beyond the defensive line of scrimmage, a defensive player occupying a position beyond the line may use his hands or arms to ward off an opponent who threatens his defensive position as a potential blocker.
7. When a pass crosses the defensive line of scrimmage, a defensive player may not interfere with an eligible offensive player, or that player's attempt to catch the ball.
8. A defensive player may not "chuck" an eligible receiver who is more than five (5) yards beyond the defensive line of scrimmage and is not a potential blocker. Once an offensive receiver reaches the same yard line as the defensive player, he is no longer a threat to block the defensive player. The fact the ball is not thrown in that direction has no bearing on this violation.
 - Infraction: Illegal defensive contact
 - Penalty: 5 yards and automatic first down
9. A defensive player may not interfere with an eligible offensive player on a point after touchdown attempt.
10. When a pass has been intercepted by the defense, any defensive player may block an opponent anywhere within bounds provided that contact is made legally above the waist of the opponent and from the front or side.
11. Pass interference is not called if:
 - a. During the pass, offensive and defensive players make contact in a simultaneous attempt to catch or bat the ball.
 - b. During the pass, the ball has previously been touched by an eligible player.
 - c. The pass is uncatchable.
 - d. The pass does not cross the line of scrimmage.

e. A defensive player “face guards” without making interference or contact.

f. **Illegal Touching** – It is illegal for an ineligible offensive player to deliberately touch or catch a legal forward pass until it has first been touched an opponent.

- Infraction: Illegal touching or catching a forward pass
- Penalty: 5 yards from previous spot, loss of down

g. **Interception in the Goal Area**

1. An intercepted ball, which is downed in the defensive team’s end zone, is a touchback.

2. An intercepted ball that is fumbled in the defensive end zone may be legally recovered by the offense for a touchdown.

3. Any personal fouls by the offensive team in the field of play or in the defensive end zone after the defense intercepts a pass in its own goal area where the ball is ruled dead are administered from the defensive team’s 20 yard line.

- Infraction: Personal Foul
- Penalty: 15 yards from the 20 yard line

h. **Momentum Rule** – If a pass is intercepted by a defensive player between the goal line and the five (5) yard line, and the player’s momentum carries him into his own goal area and the ball becomes dead, the ball is put in play at the point of the interception. It is not ruled a safety.

9.2 Laterals or Backward Pass

A. A lateral or backward pass is a ball thrown, batted, or fumbled by a player parallel to or in the direction of his goal line.

B. The initial direction is the factor which determines whether it is a forward or backward pass, regardless of the direction in which it goes afterwards.

C. A lateral or backward pass striking the ground is not dead and may be recovered and advanced by either team. When a lateral or backward pass goes out of bounds in the field of play, the ball shall be put in play from the point where the ball went out of bounds.

9.3 Handoff

A. A handoff occurs when the ball is handed by one offensive team player to another, backwards beyond the offensive line of scrimmage or handed backward or forward behind the offensive line of scrimmage. There is no restriction on the number of handoffs that can be made on any one scrimmage play.

- Infraction: Illegal forward handoff
- Penalty: 5 yards from the spot of foul

9.4 Punting

A. On fourth down the offensive team has the option to punt. Fake punts are allowed.

Section 10: FREE KICKS AND SCRIMMAGE KICKS

10.1 FREE KICK

- A. A free kick is used to begin each half, following a successful or unsuccessful point after touchdown, and/or following a safety.
- B. A Free Kick is a kickoff which occurs from the kicking team's 35 yard line at any point between the sidelines.
- C. K's 35 yard line is the kicking team's restraining line.
- D. The receiving team's restraining line is K's 45 yard line.
- E. The area between the two restraining lines is the neutral zone.
- F. At Least 3 players of the kicking team must be aligned up on both sides of the ball from the ready for play signal until the ball is kicked
- G. No K player, except the kicker, maybe lined up more than 5 yards behind the corresponding line from which the ball is kicked.
- H. Besides the receiving teams restraining line, there are no restricted free kick formations for the receiving team.

10.2 LIVE BALL FOULS

- A. No member of either team may violate their respective restraining lines prior to the ball being kicked. (Exception is allowed for the kicker or holder)
- Infraction: Live Ball Foul
 - Penalty: 5 yards. Offended team has the option to decline the penalty and take the result of the play or replay the free kick down with the five (5) yard penalty from the previous spot or take the result of the play and have the 5 yards enforced from the succeeding spot.
- B. No member of the kicking team may block a member of the receiving team until the ball has touched the ground and traveled ten (10) yards or has been touched by a player of the receiving team.
- Infraction: Illegal Block
 - Penalty: 10 Yards. Receiving team can take the result of the play and accept the foul with a 10 yard penalty tacked on to the end of the run.

10.3 ONSIDE KICK

- A. No kicking team player may touch a free kick prior to the ball touching the ground and traveling ten (10) yards or having been first touched by a receiving team player
- Infraction: Illegal Touching
 - Penalty: Receiving team may take possession of the ball at the point of illegal touching, or may take the result of the play.
- B. The clock shall start when the ball is legally touched by either team in the field of play between the goal lines.

C. A free kick is a live ball after it has touched the ground and traveled ten (10) yards or is touched by the receiving team. At this point it can be recovered by either team.

D. If the kicking team recovers an onside kick, they may not advance the ball. If the kicking team recovers a fumbled kick return, it may advance the ball and may block opponents above the waist in accordance with the rules. No blocking below the waist is allowed.

- Infraction: Illegal block
- Penalty: 15 yards

E. During a free kick, a player of the receiving team may block a player of the kicking team from the moment the ball is kicked provided the contact is made legally above the waist and from the front or side. No blocking below the waist is allowed.

- Infraction: Illegal block
- Penalty: 15 yards

F. If a free kick is declared dead in possession of the kicking team in the kicking team's end zone as a result of the ball contacting a player from the receiving team, a touchback is awarded and the ball will be put in play by the kicking team at the 20 yard line.

10.4 FREE KICKS OUT OF BOUNDS/TOUCHBACK

A. If a free kick goes out of bounds through the end zone, it belongs to the receiving team at the receiving team's twenty (20) yard line. (Touchback)

B. If a free kicked ball goes out of bounds through the sideline before touching a player of the receiving team, it belongs to the receiving team at the spot where it went out of bounds or accept a 5 yard penalty from the previous spot and rekick or take the ball 25 yards from beyond the previous spot.

C. On a kickoff, the ball must touch the ground and break the plane of the receiving team's restraining line or touch any player, an official or anything beyond the receiving team's restraining line before a legal touch or recovery by the kicking team can occur. If the kicking team illegally touches the free kick, the receiving team may take the ball at the illegal touching spot or take the results of the play.

10.5 SCRIMMAGE KICKS

A. A Scrimmage Kick is either a Punt, Drop Kick or a Field Goal Place Kick. K may recover a scrimmage kick from behind the neutral zone and advance the ball to reach the line to gain. K may not advance a kick. The receiving team may gain possession of the loose ball and advance from behind or beyond the neutral zone.

B. On a Field Goal/Extra Point Place Kicks defensive team is only allowed to rush four linemen (center rule still applies)

Section 11: FOULS AND PENALTIES

11.1 Illegal Acts

A. Holding

1. Holding is defined as using the hands and/or arms to grasp, encircle, or hinder an opponent, other than the ball carrier.

2. Holding hands or interlocking arms during a play is prohibited.

- Infraction: Holding
- Penalty: 10 yards

B. Clipping

1. Clipping is blocking an opponent, except the ball carrier, where initial contact is from the rear, below the waste and in such a manner that the blocker contacts across the back of the opponent's legs.

2. The application of a penalty is determined by the initial contact

Infraction: Clipping

- Penalty: 15 yards

C. Block in the Back

1. A block in the back is blocking an opponent, except the ball carrier, where initial contact is from the rear in such a manner that the player contacts the opponent's back, above the waist.

2. The application of this penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:

a. The block occurs in the area between the offensive guards, within two (2) yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area

b. The initial contact is made on the side of the opponent

c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.

- Infraction: Block in the Back
- Penalty: 10 yards

D. Crack Back Blocking

1. Offensive player in motion or moving laterally or from a stationary WR set may NOT block a defensive lineman or the blitzing linebacker.

2. An offensive player in motion may only block a linebacker or defensive back downfield.

- Infraction: Illegal Crack Back Block
- Penalty: 15 yards

E. Chop Blocking

1. A chop block is an illegal act that occurs when two (2) or more players of the same team are engaged with an opposing team's player, one of whom is blocking at or below the waste.

2. Chop blocking is prohibited in all situations.

- Infraction: Illegal Block
- Penalty: 15 yards

F. Cut Blocking

1. Cut blocking is contacting an opponent at or below the waist.

2. Cut blocking is prohibited in all situations.

- Infraction: Illegal Block
- Penalty: 15 yards

G. Horse Collar Tackle

1. All players are prohibited from grabbing the inside back collar of the shoulder pads/jersey or the inside collar of the side of the shoulder pads/jersey, and immediately pulling the ball carrier down.

- Infraction: Horse Collar Tackle
- Penalty: 15 yards and an automatic first down.

H. Tripping - A player may not use his leg below the knee to hinder the progress of any opponent, except the ball carrier.

- Infraction: Tripping
- Penalty: 15 yards

I. Aiding the Runner - It is illegal an offensive player to assist in the forward progress of the ball carrier by providing either a pulling or driving force.

- Infraction: Aiding the Runner
- Penalty: 5 yards

J. Personal Fouls or Unnecessary Roughness

1. A player shall be penalized for any personal foul or act of unnecessary roughness against an opponent except if that contact, in the opinion of the Officials, is caused by the movement of the opponent.

2. Personal fouls/acts of unnecessary roughness are live ball fouls and include, but are not limited to:

- a. Piling on by a player who falls/ jumps on the ball carrier after the play has terminated.
 - b. Contacting an opponent out of bounds in any manner.
 - c. Contacting the passer unnecessarily.
 - d. Grasping, twisting, turning, or pulling an opponent's face mask or helmet opening.
 - e. Using the helmet to butt, ram, or spear an opponent. This includes, but is not limited to, action on a passer, a receiver in the act of catching a pass, a ball carrier already down on the playing surface not attempting to advance.
 - f. Contacting the quarterback or defenseless opponent above the shoulders.
 - g. Intentional helmet to helmet contact (launching, lunging, spearing, etc.).
 - h. **Blind side blocks**
 - i. Any other act of roughness or unfair play provided it is not excessive to warrant disqualification
- J. Any player who removes his helmet and uses it or uses any other object as a weapon will be penalized for unnecessary roughness and ejected from the game. Additionally, the player shall be suspended by the League for the remainder of the season.**
- Infraction: Personal Foul or Unnecessary Roughness
 - Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the defense. If the infraction is flagrant in the judgment of the official, the player shall be ejected from the contest.
 - Infraction: Incidental grasping of the face mask
 - Penalty: 5 yards

K. Coaches Area

- 1. During a timeout, one (1) coach is allowed on the field in the huddle. If a team comes to the sideline in front of the team box, there is no limit to the number of coaches who may confer with the team.
 - 2. During live play, 3 coaches are allowed on the restricted area between the team box and the sideline between the 25 yard lines.
- Infraction: Sideline warning for first offense. Sideline violation for successive violations.
 - Penalty: 5 yards sideline violation for second offence and 15 yards unsportsmanlike conduct for 3rd and successive violations

11.2 Unsportsmanlike Fouls

A. Unsportsmanlike fouls are enforced as dead ball fouls.

B. General Application

1. The penalty for an unsportsmanlike foul is always applied at the spot where the ball would next be put in play.

2. If the foul occurs during a scoring play, the score counts and the penalty is applied at the spot where the ball would next be put in play. The offended team can choose the following spots:

a. After a touchdown, it may be enforced on the point after touchdown or on the first scrimmage play next series

b. After a successful point after touchdown, the penalty is enforced on the first scrimmage play next series

C. Unsportsmanlike Conduct - Contact fouls

1. A player shall be penalized and disqualified from any further game participation for any unsportsmanlike contact foul against an opponent.

2. Such fouls, whether during a live ball or during a dead ball, are enforced as dead ball fouls.

3. These include, but are not limited to:

a. Striking or swinging at an opponent with a fist, hand, knee, or elbow in any manner whether or not physical contact is made

b. Kicking at an opponent whether or not physical contact is made

c. Any act or action resulting in contact which the Referee considers to warrant disqualification

D. Unsportsmanlike Conduct - Non Contact Fouls

1. Any player or coach may be penalized for any act which, in the opinion of the Officials, is unsportsmanlike conduct.

2. This includes, but is not limited to:

a. Verbal abuse or spitting, objectionable gestures directed at opponents, Officials, or spectators.

b. Removing the helmet on the field play other than during a timeout, quarters, during a measurement, while an injured player is being attended to, or to make repairs to the helmet which occurred during play.

c. Throwing the ball at an opponent, Official, or occupant in the opponent's sideline area

d. Interfering with the placement of the Official's flag marking the spot of a foul.

e. Continued Unsportsmanlike Conduct after a penalty has been applied.

- Infraction: Unsportsmanlike Foul
- Penalty: 15 yards and an automatic first down

3. A second Unsportsmanlike foul for a player or coach will result in a disqualification.

4. Receivers are not allowed to use the Umpire for “pick plays”. A warning is given for the first team occurrence. Subsequent violations will result in an Unsportsmanlike foul against the offending player.

E. Disqualifications

1. Any player or coach may be disqualified for any flagrant Unsportsmanlike Conduct penalty.

2. A player or coach shall be disqualified for a second foul in the same game for Unsportsmanlike Conduct.

3. Any player who is ejected during the season for fighting will be, at a minimum, suspended from the next scheduled team's game. Additional fines and or suspensions can and will be distributed if deemed necessary by the League Office. If a player is ejected for fighting in any other game during the remainder of the season he will be fined and suspended as determined by the League Office.

4. Any player who leaves his team box during a fight on the field will be ejected for the remainder of the game and suspended for a minimum of one (1) game. Teams are allowed to designate one (1) coach as a “peacekeeper” whom is allowed to enter the field in the event of an altercation to help restore order. In the event this coach intensifies the altercation he will be ejected and suspended a minimum of one (1) game.

5. The definition of fighting is the swinging of arms or legs at an opponent regardless if contact is made, in a violent manner unrelated to football activity.

- Infraction: Excessive Misconduct or Unsportsmanlike Infraction
- Penalty: 15 yards and an automatic first down if committed by the defense, plus disqualification.

6. Any player or coach, who leaves the field, into the spectator area, in an aggressive or physical manner, will be ejected for the remainder of the game, and subject to suspensions and or fines as determined by the League Office.

7. Any player or coach disqualified from the game must leave the visual confines of the stadium and may not return. Failure to do so will result in disciplinary action at the discretion of the League Office, including but not limited to, fines, suspensions, and forfeit of the game for the offending team. **If two players are disqualified for fighting they may remain on their sideline but must remove helmet and shoulder pads.**

Section 12: APPLICATION OF PENALTIES

12.1 Definition

- A. Loss of Down - In any penalty "loss of a down" means that the down upon which the foul occurred is not repeated.
- B. Spots - The enforcement spots are: the previous spot, the spot of the foul, the succeeding spot, and the spot where the run or scrimmage kick ends.

C. Enforcement Spots

- 1. Dead ball: The enforcement spot for fouls committed when the ball is dead is the succeeding spot
- 2. Snap: The enforcement spot for fouls occurring simultaneously with a snap is the previous spot
- 3. Running plays: The basic enforcement spots for fouls that occur during a running play in the field of play or end zone are as follows:
 - a. When the run ends beyond the neutral zone the basic enforcement spot is the end of the related run (Exceptions: Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.)
 - b. When the run ends behind the neutral zone before a change of team possession, the basic enforcement spot is the previous spot (Exceptions: Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.)
 - c. When there is no neutral zone, the basic enforcement spot is the end of the related run.
- 4. Pass plays: The basic enforcement spot for fouls during a legal forward pass play is the previous spot.
Exceptions:
 - a. Roughing the passer enforcement or plays that result in a completed forward pass will be enforced from the end of the last run when that run ends beyond the neutral zone and there is no change of team possession during the down.
 - b. Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.
- 5. Behind the goal line
 - a. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession (not on a try) in the field of play when the run ends behind the goal line.
 - b. The basic enforcement spot is the 20 yard line for fouls that occur after a change of team possession (not on a try) in the end zone and the ball remains in the end zone where it is declared dead.

c. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession in the end zone (not on a try) when the run ends behind the goal line and any subsequent loose ball is recovered in the field of play.

6. Fouls during or after a touchdown

a. Dead ball or unsportsmanlike fouls on a successful touchdown or after the touchdown and before the ball is ready for play on the try may either be enforced on the succeeding spot of the try or put in the bank and enforced before the first scrimmage next play next series

b. Defensive live ball fouls on an unsuccessful try when there is no change of possession are penalized half the distance to the goal line and the down is repeated, or if the try is successful the penalty may either be accepted by cancelling the score on a one (1) point try and enforcing the penalty half the distance to the goal for a replay of the try or declined the penalty.

c. Live ball fouls on scoring plays will be penalized by rule. To accept a score, the penalty must be declined. A successful field goal may be cancelled and the penalty enforced by rule.

d. Dead ball fouls by either team after a try will be enforced before the subsequent kick-off.

e. Fouls after Team B possession on a try: Distance penalties against either team are declined by rule (Exception: Penalties for unsportsmanlike contact fouls, dead ball fouls are enforced before the kickoff). A score by the team committing a foul during the down is cancelled. If both teams foul during the down and Team B had not fouled before the change of possession, the fouls offset, the down is not replayed and the down is over. If fouls that would normally offset and result in repeating the down occur, the penalties offset, any score is cancelled and the down is not repeated.

7. Half the Distance Enforcement Procedures - No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line. (Exception: 10.1.H.6)

12.2 Penalty Enforcement Fundamentals

A. Any penalty may be declined, but a disqualified player must be removed.

B. When a foul is committed, the penalty procedures shall be completed before the ball is declared ready for play for the next down.

D. A foul that occurs simultaneously with the snap is considered as having occurred during that down. (Offside by either team is a live ball foul.)

E. When two (2) or more live ball fouls are committed by the same team, they are called multiple fouls, and the referee shall explain the alternative penalties to the field captain of the offended team, who may then elect to accept only one of the penalties.

F. If live ball fouls are committed by both teams, they are called double fouls and each such foul is an offsetting foul. The penalties cancel each other and the down is replayed. (Exception: When there is a change of possession during the down or at the end of the down by rule, the team last gaining possession may decline offsetting fouls and thereby retain possession after completion of the penalty for its infraction if it had not fouled before its last gaining possession..

G. Any dead ball fouls, or a live ball foul which is administered as a dead-ball foul, do not offset and all such dead ball or live ball fouls are administered separately and in their order of occurrence.

H. When a live ball foul is committed by one team and one or more dead ball fouls are committed by either team, both the live ball and dead ball fouls are enforced, in the order of their occurrence, provided that the live ball foul is enforced first.

I. No period may end with down in which there is an accepted penalty unless the penalty also includes a loss of down. In such case, the period shall be extended with an un-timed down or downs, as necessary, to enforce penalties which occurred during that period.



Section 13: SUMMARY OF PENALTIES

13.1 Automatic First Down Penalties

- A. Defensive pass interference or illegal contact with eligible receiver
- B. Unsportsmanlike foul penalties
- C. Defensive Personal fouls
- D. Illegal batting
- E. Horse Collar tackle

13.2 Loss of Down Penalties

- A. Illegal forward pass or handing
- B. Intentionally grounding
- C. Illegal kicking, touching or batting

13.3 Five (5) Yard Penalties

- A. Delay of Game
- B. Illegal Substitution
- C. Illegal motion
- D. Illegal formation (Offence)
- E. Illegal defensive contact with an eligible receiver
- F. Illegal formation
- G. Illegal numbering
- H. Illegal procedure

- I. False start
- J. Snap infraction
- K. Offside
- L. Encroachment
- M. Side line violation (warning first)
- N. Illegal forward pass/handing
- O. Ineligible receiver downfield
- P. Illegal touching by an ineligible receiver
- Q. Minor face mask violation
- R. Aiding the runner

13.4 Ten (10) Yard Penalties

- A. Holding/ Illegal Contact on a Receiver that is not Pass Interference
- B. Block in the Back

13.5 Fifteen (15) Yard Penalties

- A. Personal fouls
 - 1. Piling on
 - 2. Contacting an opponent out of bounds
 - 3. Roughing the passer
 - 4. Face Mask
 - 5. Contacting a quarterback or defenseless opponent above the shoulders
 - 6. Intentional helmet to helmet contact
- B. Unnecessary roughness or fighting
- C. Unsportsmanlike conduct, including contact with an official
- D. Coach/Non-Player Interference
- E. Defensive pass interference, if the spot of the foul is less than fifteen (15) yards from the previous spot and automatic first down
- F. Intentional pass interference, in addition to any other distance penalty assessed against the defense.

G. Tripping

H. Illegal Participation

I. Illegal block (below waist, cut, crack)

J. Clipping

K. Kick Catch Interference

L. Offensive pass interference

M. Illegal kicking or Illegal batting

N. Illegal Pyramid

O. Horse collar tackle

13.6 Disqualification

A. Fighting

B. Two unsportsmanlike fouls

C. Contact with an official

D. Flagrant live ball fouls

E. Player or coach entering spectator area in aggressive/angry manner

13.7 Special Enforcements

A. Offside

B. Defensive Pass Interference

1. The ball is placed at the spot of the foul and automatic first down. If the spot of the foul is less than 15 yards from the previous spot, it is a 15 yard penalty from the previous spot.

C. Penalties occurring after a change of possession in overtime

1. By Team B: No score by B can occur
2. By Team A: Penalties automatically declined and Team B awarded its possession on the 50 yard line
3. By both teams: Penalties automatically declined and the down is not replayed
4. Exception: Dead ball/live ball fouls enforced as dead ball fouls, enforced at succeeding spot.

Section 14: CASUAL PROFANITY RULE & RESERVED RIGHT

14.1 Casual Profanity

Casual Profanity is defined as expletives and verbal unsporting language that is not directed at officials or opposing players, but rather is being uttered by a player out of frustration. This type of behavior is penalized by "Loss of Ten (10) Yards" being declared against the offending team.

1. If the act is committed by the offensive team the penalty will be a loss of Ten (10) yards for the offense.
2. If the act is committed by the defensive team, the offensive team will be awarded Ten (10) yards.
3. If the violation occurs at the end of the game the ejection rule will be applied.

Purpose: The "Casual Profanity Rule" provides a lesser penalty for the gray area between accepted conduct and those situations where the offender must be ejected. This rule is to discourage the ball players from saying things, which others may feel are offensive. It has been discovered that the players will police themselves when this rule is applied. Profanity directed at officials or others will result in ejection.

The purpose of this rule is to cleanup language problems that some might find offensive and to give the game officials a tool other than ejection. The spirit of this rule is to bring the fans and families back to the ball park by providing a controlling tool, similar to the technical foul in basketball, so that officials can address profanity consistently, without creating an environment where there is a trend towards forfeiting games

The guidelines will be that if a player expresses frustration through profanity so that it can only be heard by that player and the official and has no influence on others when there is not a problem. If the profanity is loud enough to be heard by other players or the fans then we are to expect that it is loud enough to have offended someone and the penalty "loss of Nine (9)" should be imposed.

14.2 Reserved Right of the League

The AFL reserves the right to refuse participation to any team and/or individual it feels may be a detriment to the successful operation of the league and/or its affiliates.