



Far North Division Rules and By-Laws Revised 7/6/12

1.0 THE FIELD

1.1 DIMENSIONS

The game shall be played upon a rectangular field 100 yards in length and 53 yards in width. When games are at a facility that does not have a regulation size football field, the field size will be 80 yards in length and 40 yards in width.

1.2 MARKINGS

First down markers are positioned at the 20, 40, 40, 20, yard lines. First downs are achieved by crossing these markers.

1.3 PLAYERS AREA

Players must position themselves within the two 20-yard lines when not on the playing field.

2.0 EQUIPMENT

Teams must have their own game ball

Cleats or turf shoes are allowed. **No** metal cleats

No Jewelry, Caps or Sweats/Shorts with pockets

Team jerseys must be of like color and have a visible number

No protective equipment

The league will provide flags and flag belts

Mouth guards are highly recommended, but not required

3.0 LENGTH OF GAMES AND TIME-OUTS

3.1 PERIODS

Games are played in two 20-minute halves with running time. There will be a 5-minute halftime. The last two minutes of the first half will be stop clock on **change of possessions only**. The two minute of the second half will be stop clock on regulation play.

Clock Regulations:

- Clock will start when the referee whistles the ball ready for play at the start of the game.
- The 40 second interval is to start immediately after a play is blown dead. Should certain stoppages or other delays occur such as team time out, referee's time out, injury or any unusual delay that interferes with the normal flow of play, a 25-second interval will be used.
- After a team time-out, the clock will start at the snap of the ball.
- The on field Captain or quarterback may request the amount of time left in the game from the official working the secondary at any time. Officials will be expected to give the correct time.
- The clock will stop for team time-outs and/or official time-outs.



- Clock will not stop on an incomplete pass, but will automatically stop at the two-minute warning of each half.

Inside the 2:00 Minute Warning:

- During the final 2 minutes of each half, traditional clock stoppage is used only when the ball carrier steps out of bounds, a change in ball possession, a score is achieved, a point after and when there is a penalty.
- Clock will start on the snap except for a penalty. Soon as the penalty is assessed and the ball is whistled ready for play the clock will start.
- Exceptions: Delay of game penalty - clock will start on the snap.
Team attempting to conserve time illegally - clock starts on the ready.
Team attempting to consume time illegally - clock starts on the snap.
- The clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes if defense does not immediately retrieve the ball.
- Team injuries (On Team Trailing) that require the officials to stop the clock will be a charged a time-out, if no time-outs remain a 5-yard penalty and 10 seconds off the clock.
- Should the offense team commit a foul with 10 seconds left in either half, time will expire. The offense will not receive an extra play.

3.2 HALF-TIME

At the end of the first half, there shall be an intermission of Five (5) minutes. During the intermission, play is suspended, and the teams may leave the field. For the second half, the captain who lost the pregame toss is to have first choice, receive or goal to defend unless the winner of the toss deferred. Prior to the start of the second half, the captains of both teams must inform the referee of their respected choices.

3.3 TIME-OUTS

Each team shall have 3 time-outs per half. Each team will be allowed 1 time-out during overtime. Time-outs will be 30 seconds in length. Time-outs may be called by any player that participated in the last play and is on the field of play.

Additional Time-outs - Additional time-outs may be called by the officials at their discretion to attend to an injured player.

If a team tries to exceed its time-out limit in either half, they will receive a **5-yard penalty**. **NOTE: Inside the 2-minute warning no penalty.**

NOTE: During a team's charged time-out, a team representative may confer with their team either on the field or at the sidelines.

4.0 SCORING

4.1 TOUCHDOWN = 6 points

4.2 FIELD GOALS = 3 points

Offense must declare a Field Goal attempt. All field goals attempted and missed will be spotted at the original line of scrimmage unless the original line of scrimmage is inside the 20-yard line, in which case, the ball will be spotted at the 20-yard line.



4.3 EXTRA POINTS

The scoring team must declare prior to marking the ball ready for play whether they will Kick the P.A.T., or go for 1 from the 3-yard line, or go for 2 from the 10-yard line. Scoring team may reconsider choice by calling a time-out or taking a Delay of Game Penalty (if no time-outs remain).

- Kicking (ball spotted at 3-yard line) = 1 point
- Running/Passing from the 3-yard line = 1 point
- Running/Passing from the 10-yard line = 2 points
- Defensive team returns an extra-point for a score = 2 points
- Drop Kicks = 1 point

If Field Goal attempt is short or blocked, defensive team has the opportunity to return for a score = 6 points. If the field does not have goal post there will be no field goal attempts or kicking extra point attempts.

FORMATION FOR EXTRA POINTS AND FIELD GOALS

Kicking team must have at least five (5) players on the line of scrimmage. Offensive tackles may not be more than one yard from the center.

4.4 SAFETY = 2 points

The team scored against may kick/punt the ball from their own 20-yard line. Receiving team must have 4 players on the 40 yard line.

4.5 FORFEITED GAME

The winning team shall have a final score of 6-0 posted as the margin of victory (for net point purposes) for the forfeited game. Referees can and will award forfeits to one or both teams as a result of players fighting. It is the coach's responsibility to help maintain his teams composure and immediately break up any type of fighting that might occur. Please be advised that referees are not paid to break up fights and will walk off the field if team coaches do not take control of any situation that may arise. AFL takes pride in keeping the game fun for everyone!

4.6 OVERTIME TIE-BREAKER

Winner of the overtime coin toss has the option of (starting on offense or defense). The ball will be placed on the 50-yard line. Team A has 4 consecutive plays and must play all 4 downs (unless terminated by an interception), in which to gain the most yardage. Team B will then have 4 plays to cross back over the 50-yard line if this is accomplished team B wins. Teams can not score points in overtime, only yardage. If a team makes it to the end-zone, the other team must make it to the End -Zone. If both teams make it to the end- zone overtime process starts over. There will be no P.A.T.'s or field goals in overtime. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided. An interception terminates the offensive team's possession. The defense may advance the interception and negate positive yardage if advanced beyond the point of the last snap.

Note: Defense may not score points. **Negative yards are considered ZERO yards.**



The winner of Overtime shall be given one point.
During overtime teams are allowed one (1) time-out each.

Onside Possession: After a score a team trailing in the last minute of the game may call onside try. The ball will be placed on the 20 (**15 for women**) yard line and the team will get one down to score. If team is successful team doesn't receive the points but regains possession and its own 40 yard line.

4.7 MERCY RULE

Should a team be trailing by 25 or more points at or inside the 2 minute warning in the second half, the referees shall end the game immediately. There will be no exception to this Mercy rule.

5.0 PLAYERS AND SUBSTITUTIONS

5.1 PLAYERS

ON THE FIELD:

- **8-MAN:** The game is to be played by two teams of nine (8) players each. More than eight players on the field is illegal, while less than eight (8) players is legal. Must have at least seven (7) players to play a game.

During a game teams playing must be on opposite sides of the field.

5.2 SUBSTITUTION

Defense may make substitutions on any down; players being substituted for must be off the field of play prior to the snap of the ball. Offense may not break a huddle with more than the legal number of players. "Sleeper Plays" are not allowed. No player may line up closer than 5-yards from the sideline unless the player(s) came out of a team huddle on the field of play. Players leaving the field of play must go to their team's side of the field.

5.3 TEAM ROSTER

8-MAN: Teams may carry up to (16) players on their roster. Coaches must turn in their Teams Roster before the start of the first game. Player contracts and liability waiver form must be **signed** by each player before they may compete in the Alaska Football League.

In addition, Players may switch to another team up to the start of the 5th game only if the coach releases his player to do so. Team coach must notify the league commissioner to release players in question from the roster. Once on a team you are bound to that team until released.

No new player may be added to a team's regular playing roster after the start of the teams 5th game (Teams must turn in their Finalized Roster on the 5th game). It is the coaches' responsibility to make sure the roster has all the players listed and all print is readable (No Nicknames). Full Names Printed Clearly. Coaches need to have Roster Form ready to turn in at the start of the Season.

All games will start on time. This means if you do not have the Roster Form ready at the coin toss the clock will start running at the time the game should start. Form must be turned in before play may begin. No Exceptions.



5.4 PLAYOFF ELIGIBILITY

If you are on the final roster (5th Week Roster Form) you are eligible for the playoffs.

5.5 ROSTER CHALLENGE

Teams that want to challenge the opposing teams roster must do so during Half-time only after posting a (non-refundable) \$20 Fee to verify a team's roster. Notify the Commissioner or Head Referee before the start of the 2nd Half. Do not wait until the 2nd Half has started or you will void your right to a roster challenge. All Roster Challenges will be done by checking a player(s) Drivers License. If a player does not have a Drivers License a valid birth certificate or picture ID will do. If a player cannot show valid proof the team will forfeit that game. This rule is only valid after the 6th week of regular season play and in the playoffs. A team caught playing an illegal player (Not on the Roster) will forfeit the game played. It is the coaches responsibility to keep up with who is playing. **So be sure all your players are on the roster before you start the game.**

5.7 PLAYER BEHAVIOR

Any verbal badgering of officials or derogatory language between opposing players after officials have asked once for Team Captains' control may result in player(s) involved in the action being ejected. The first derogatory action or language will be penalized 15 yards and the team captain warned. The second derogatory action or language will cause player(s) to be ejected for a (1) game minimum, and a 15-yard penalty against the team of the disqualified player(s) plus a \$50 fine charged on each player ejected to be reinstated.

Sideline players are subject to the same disqualification for abusive, obscene, or badgering language to either opposing players or officials. If the Captain or Coach of the penalized team cannot control the action of his players, the game can be forfeited at the discretion of the game officials. Any player that has paid a Fine to be reinstated and is ejected a 2nd time will be suspended 3 games or 1-year or banished from the league depending on altercation.

Illegally kicking or throwing the ball after a play has been blown dead will result in a 5-yard Delay of game penalty.

5.8 TAUNTING/TRASH TALKING

No trash talking or taunting of opponents and/or referees either on the field or from the sidelines this will result in an 15-yard penalty and a team warning the next offense will be a automatic two (1) game suspension with a \$50 fine. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well. All fines will be paid in a form of cash or check. Second offense suspended 3 games or 1-year or banished from the league depending on altercation Referees can penalize a team for remarks from the sideline. This means players or fans. Any fan that makes remarks to the field will have to leave the premises. That means no religious or racial remarks will be tolerated. Players will be ejected immediately! The above goes for before, after or during any AFL game. League reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.

5.9 THREATENING OR TOUCHING AN OFFICIAL

Any verbal abuse of an official and/ or league representatives will result in an 15-yard penalty and a automatic two (2) game suspension with a \$50 fine. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well. All fines will be paid in a form of cash or check. Second offense suspended 3 games or 1-year or banished from the league depending on altercation. Any player that touches an official in anger will result in police charges being filed by the league, as well as lifetime banishment from the AFL. The above goes for before, after or during any AFL game. League reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.



5.10 FIGHTING

Fighting, which is described as pushing, shoving, punching or taunting an opposing player, fan or spectator, will result in that individual being thrown out of the specific game. Any player that throws one punch regardless of the circumstance (retaliation, etc.) will be automatically suspended by the league for two (2) games. If two or more punches are thrown, the applicable player will be suspended for a minimum of three (3) games and a maximum of the remaining portion of the season. Once a player has been ejected for fighting the player must pay a **\$100** fine to be eligible to play again in the AFFA. The above mentioned means before, after or during any AFL game. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well. All fines will be paid in a form of cash or check. Players that leave their sidelines during a fight risk being thrown out of that specific game by the referees pending the circumstances involved. The referees or commissioner will be the sole judge in question. A second infraction by a player on any of the above will result in banishment from the league.

*Alaska Football League reserves the right to suspend or banish player(s) and/or team involved in fighting and/or any of the above infractions.

AFL Far North Division takes pride in keeping the game fun for everyone!

5.11 ALCOHOL AND TOBACCO

ANCHORAGE FOOTBALL STADIUM

ALL ALCOHOL AND TOBACCO PRODUCTS MUST BE OUTSIDE THE FENCED IN PLAYING FIELD AREA! THIS IS POSTED ON THE FENCES. IF CAUGHT VIOLATING THIS RULE YOU WILL BE BANISHED FROM THE LEAGUE. (PLAYER(S) AND/OR TEAM) NO EXCEPTIONS!!!

Consumption of alcoholic beverages or smoking on the sidelines by Players, Managers, Coaches or Fans is prohibited (Its against the law to have alcohol or tobacco products inside the fenced in playing area at the Anchorage Football Stadium).

5.12 TRASH/LITTER ON THE PLAYING FIELDS

Teams must clear/clean their sidelines of all "litter" immediately after the game has ended. There will be a \$50 Fine For Littering Sidelines Or Parking Lot.

Littering will be reported by Teams that play behind you and also the Referees. If you do not report a team for trashing a field, then you may get blamed for it. WE CAN AVOID ALL PROBLEMS BY KEEPING THE FIELDS CLEAN. THE TEAM MUST PAY THE FINE BEFORE YOUR NEXT GAME.

Your help in this matter will be appreciated!

5.13 BEGGING A CALL

During a play, if a possible infraction occurs and players or Coaches from either team, either on the field or sidelines begin yelling out (Begging A Call), a penalty of 5 yards can be tacked onto the end of the play. This penalty will be marked off as a Dead ball Foul even if it occurred while play was in progress.



6.0 PLAYING REGULATIONS

6.1 COIN TOSS

Each team must designate captains, one for the offense and one for the defense. Captains act as sole representatives of their team in all communications with the officials. No other players may question the officials.

Not more than two-(2) minutes before the kickoff, the referee, in the presence of both team captains, shall toss a coin at the center of the field. The toss shall be called by the captain of the visiting team. The winner of the toss must choose one of three privileges and the loser is given the other.

THE THREE PRIVILEGES ARE:

- Receive
- Kick and goal his team will defend
- Winner of the toss can choose to defer to the second half

6.4 HUDDLE

Offense - Offense may not break the huddle with too many players.

"Sleeper Plays" are not allowed. Substituting players may not line up within 5-yards of the side line if not coming from a team huddle during that down.

6.5 SHIFT

Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count (1 second) before the ball is snapped or before another player may go in motion prior to the snap.

6.6 MOTION

Only 1 player is allowed to be in motion and his movement must be parallel to or away from the L.O.S. in a continuous motion at the snap.

6.7 ENCROACHMENT OFFSIDE

After the neutral zone starts, no player of either team at the snap may encroach upon it or be offside.

Supplemental Notes:

1. Unless both teams charge simultaneously, there can not be a double foul.
2. If any player crosses line of scrimmage and contacts an opponent, it is encroaching. Blow whistle immediately on contact.
3. If a defensive player charges into the neutral zone, and the action draws an immediate movement by an offensive player(s) in close proximity, the action by the defense is neutral-zone infraction.
4. If a player charges into neutral zone without violating items (2) and (3), and returns to a legal position prior to the snap a flag will be thrown but play will continue, it is not encroaching unless it is a repeated act after a warning.
5. Should a player on either side of the neutral zone line up offside, the official will wave their arm toward that player(s) team side. It is the player's responsibility to look at the referee. If that player does not get back on side



- before the ball is snapped, he will be considered as having been offside at the moment of the snap. Should a official not "offside warned" a team for lining up offside by waving their arm at that teams side, he should not call offsides on that team at the snap of the ball.
6. False movement of the football by the center shall constitute offensive encroachment.
 7. Defense may not yell out simulating the start of a play. This means sounding like the quarterback. This is a referee's judgment call.
 8. All Dead Ball Fouls shall be immediately whistled dead before play begins with a 5 yard penalty automatically marked off against the encroaching team unless a first down would occur (Captain's Choice).

6.8 FIRST DOWN / SPOTTING BALL

A team will be allowed 4 downs to advance the ball from one zone to the next. A Zone is 20 yards. The zone will be considered reached when the ball is on or over the line marking the next zone, or in this case "the line to gain" when the play is declared dead. This means the spot will be exactly where the ball is. If, after 4 consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at the spot where the 4th down ended.

6.9 STANCES

Three point stances are permitted on offense and defense.

6.10 OFFENSIVE FORMATION

LINE OF SCRIMMAGE: Offensive team must have at least 4 players on the line of scrimmage, offensive team must line up 3 linemen, not more than 1 yard in spacing, at the snap of the ball of the 3 linemen, one END lineman (WEARING FLAGS) may be an eligible receiver. Ineligible linemen are permitted to wear a flag belt, but may not wear flags. This is to designate ineligibility for catching a pass. Offensive linemen are ineligible to take handoffs or catch passes unless tipped by a defensive player first, as one hand touch will rule a lineman down. Refer to Section 2.5 for more on Flag Belt Rules. If the ball touches linemen a penalty of 5-yards and a loss of down will be marked off. Linemen may not be more than 5-yards downfield during a pass attempt. Once a pass is caught linemen may go downfield to block.

ELIGIBLE RECEIVERS: With the exception of the two-(2) linemen, all other players are eligible to run down field and catch passes. Receivers can all line up on one side, there does not have to be a balanced wide receiver set. However, at least four (4) players (counting the linemen) must be on the line of scrimmage prior to the snap. A player without the ball that steps out of bounds on his own is ineligible to touch the ball first. However, a player bumped out of bounds by the defense makes an aggressive attempt back in the field of play is eligible.

6.11 BLOCKING

During a legal block, defense and offense must initiate contact with open hands and arms extended outward only (no elbows). Open hands can be thrust forward initially to contact an opponent inside the body frame (chest area only). Hands can not be thrust forward above the shoulders to contact an opponent on the neck, face or head, nor from the side in the arms or back. As the play develops, a blocker is permitted to work for and maintain position on an opponent as long as he does not push from behind or clip. If a defensive lineman turns his back to the offensive linemen while in contact there will be no penalty for blocking in the back. Open hand blocking is allowed on all portions of the field and is not restricted to the line of scrimmage. Two on one blocking is allowed in the chest area only. Receivers may block on a run and after a pass completion not during a pass.



6.12 DEFENSIVE FORMATION

FORMATION: Defensive team must have (3) linemen positioned opposite the (3) offensive linemen. The defensive ends must be positioned no further out than the offensive tackles outside shoulder (this means that a defensive ends shoulder must be covering the offensive tackles outside shoulder). However the defensive ends may line up anywhere between the offensive tackles. The nose tackle can line up anywhere between the ends, but may not be lined head up with center due to center being in a vulnerable position. All other players are eligible to line up any place on the defensive side of the ball. No holding offensive line. Defensive linemen may drop back into pass coverage. Full rush is allowed by defense on every down.

6.13 BUMP AND RUN

One bump is allowed on a receiver within five (5) yards of the line of scrimmage by only one defensive player.

6.14 PASSING

There can be only one forward pass per play. A forward pass is defined as a live ball thrown toward the opponent's goal line. Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed forward, even if the ball is brought back behind the L.O.S. (Illegal Forward Pass).

Conditions and restrictions of laterals / backward passes below:

Any pass not forward is regarded as a backward pass. A pass parallel to the line is a backward pass. A runner may pass backward at any time. If the passer/runner is beyond the L.O.S. and the football is released forward, an illegal Forward/Pass has occurred; this will result in a 5-yard penalty and loss of down if accepted. Illegal forward passes will be marked from L.O.S. / P.O.I.

6.15 QUARTERBACK

ROUGHING THE PASSER: This is when the passer is hit above the waist before, during, or after a attempted pass. Penalty will be tacked on to the end of the play. However, if the ball is tipped by the defense there is no Roughing the passer. But, if in the eye of the referee a player intentionally runs up to hit the quarterback after a tipped ball roughing the passer will be called. There will be no penalty if blocked into the quarterback by the offense.

6.16 INTENTIONAL GROUNDING

Intentional Grounding shall constitute an illegal forward pass. This is when a quarterback throws the ball away from any point on the field of play to avoid a sack and there is not a receiver in the area.

6.17 CENTER SNAP

If the quarterback muffs the ball to the ground or the ball goes past the quarterback, it is dead where the ball touches the ground.

All center snaps must be made between the center's legs and the ball must be touching the ground when snapped. A false movement of the football by the center after being set shall constitute encroachment. The ball shall be snapped from the center of the field no more than 5-yards either side of the spot marked by the official. Ball marker must be placed in the center of the field at all times.

Direct Snaps are Legal; but there must be a clear and immediate exchange of the ball between the center and the



quarterback.

No center sneaks

6.18 BALL CARRIER

The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin or jump, but must realize that while spinning or jumping he is in a "State of Non-Control" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The ball carrier may jump over a player on the ground. The "Stiff Arm" is illegal. Penalty: 10 yards from L.O.S. (if behind the line) and repeat the down. Or from P.O.I. (if beyond the L.O.S.) and loss of down.

The ball carrier shall not protect his flags by blocking with his hand, arm, head or ball. The defensive player must have a clear opportunity to pull his flags. Flag guarding will be marked 10 yards from L.O.S. (if behind the line) and repeat the down. Or from P.O.I. (if beyond the L.O.S.) and loss of down. On kickoffs and punt returns any of the above will be marked off from the P.O.I. and first down.

6.19 DIVING AND JUMPING

Ball carriers may not dive in an effort to gain extra yardage. Diving is defined as a player clearly leaving both feet stretched out in an aggressive attempt to gain extra yards. Jumping to advance the ball is allowed. In order to jump and advance the ball legally the ball carrier must be able to land in control on his own feet. If a ball carrier jumps and falls and or initiates contact into the defense by jumping it will be considered a flag guarding penalty. (10 yards and loss of down) There is no diving. An offensive player cannot jump through the offensive line of scrimmage on a goal line play.

6.20 FUMBLE

Forward offensive fumbles will result in ball being marked dead at the point of fumble, backward fumbles will be marked at point where ball hits the ground or goes out of bounds.

6.21 PASS INTERFERENCE

Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass, and applies to both offensive and defensive players. After the pass is in the air, neither pass receiver nor defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other "strips" or attempts to "strip" the ball from his hands. A player may not use contact to break up a pass reception unless the player is playing the ball.

Receiver stripping (slapping at the ball) is defined as attempting to take the ball from the grasp of a receiver after he has placed both hands on the ball and has brought the ball into a possessive position, in which case, stripping will be called. If the player established possession of the football, the defender must go for the flag and not the ball. (Officials judgment will determine if a catch has taken place). **Penalty is 10-yards & AFD.**

Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete, must be judged by the officials as either unavoidable contact caused by both players "playing the ball" or avoidable contact which shall be penalized. Penalty will be 5 yards and AFD from POI if complete/ LOS if incomplete. If incomplete or complete, or judged to be flagrant, the penalized player may be removed from the game with a 15 yard penalty. If pass is judged to be uncatchable, penalty will be assessed from the L.O.S.



All pass interference calls, whether offensive or defensive will be Captain's choice penalties. If the captain refuses the penalty, the play will stand.

All offensive pass interference calls which are accepted by the defensive captain shall be marked off 10 yards from L.O.S. with loss of down.

All defensive pass interference calls which are accepted by the offensive captain shall be marked at the P.O.I. and awarded an automatic first down.

Screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such.

6.22 RECEIVING

One(1) foot must be "in-bounds" to constitute a legal pass reception.

Should an offensive player step out of bounds on their own during a passing down the player loses eligibility, until the ball has been touched by the other team. If the offensive player was pushed out of bounds by a defensive player, the offensive player will not lose eligibility. The lines marking the sidelines and the extreme back of the end zone shall be considered out of bounds if stepped on any degree.

Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion. After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball. The official(s) will determine (1) did pass interference occur? (2) who caught the ball? And (3) was receiver inbounds with one foot at moment of possession? A double reception always goes to the offense.

6.23 DEFLAGGING

The ball carrier is down and the ball is dead when either flag is detached from the ball carrier's belt or when the ball touches the ground. A defensive player's feet may leave the ground to pull the offensive player's flag, but he may not make contact while doing so. When a defensive player pulls the ball carrier's flag, he should stop and hold it above his head for officials to see.

A ball carrier who falls to the ground inadvertently is allowed to get back up as long as he is not single handily touched while his knee is on the ground.

Tackling is prohibited. Tackling is defined as grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as holding. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made, the responsibility of the contact lies with the defensive player. The penalty for tackling will be as follows: 10 yards for impeding (encircling of body); 15 yards for tackling with automatic first down (if tackling) from P.O. I. or L.O.S; and if, in the opinion of the officials, the act prevented a score, the official will award a Touchdown. The offender will be ejected if the act was in the official's judgment to be flagrant.

The intended receiver of either a forward or lateral pass may be deflagged only after first touching the ball - even while fumbling or bobbling the ball and before possession is established. If the receiver has not gained possession of the ball when flag is pulled, play will continue. Receiver/runner can then be downed by single hand touching after gaining possession. In the event a receiver has not gained possession of the ball (bobbling) when flag is pulled and a defensive player intercepts the pass it will be defenses ball.

If the Quarterback's hand is in forward motion when flag is pulled, the pass is allowed.

Illegal Deflagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to



become a ball carrier. Penalty: 10 yards from L.O.S. or E.O.R. A defender may not push or knock a ball carrier out of bounds, (a form of illegal deflagging). Penalty: 10 yards from P.O.I. and AFD

Stripping occurs when a defender attempts to strip the ball from the grasp of a player who has the ball in a possessive position. This is a form of Illegal Deflagging.

6.24 QUICK WHISTLE

If the official whistles the play dead prematurely, the offense shall have the choice of: 1) accepting the ball where it was whistled dead, or 2) replaying the down.

Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "Quick Whistle", will be penalized 10 yards and offense's choice of either #1 or #2 above. Offensive and defensive fouls, if they were committed before a "Quick Whistle", have priority over a "Quick Whistle".

In an event a ball carrier loses a flag or flag belt inadvertently, single hand touching of the ball carrier will constitute a legal tackle.

6.25 PUNTING

The offensive team must declare they are going to punt immediately after the official whistles ball ready for play. During a punt only the end men, as eligible receivers on the line of scrimmage at the time of the snap, are permitted to go beyond the line before the ball is kicked. All other members of the kicking team must remain at the line of scrimmage until the ball has been kicked. Exception: An eligible receiver who, at the snap, is aligned or in motion behind the line and more than one yard outside the end man on his side of the line, clearly making him the outside receiver, replaces that end man as the player eligible to go downfield after the snap.

Punting team must give a 2-yard halo around a player attempting to catch the ball as long as the ball has not touched the ground.

FORMATION: Punting team must have five (5) men on the line of scrimmage. Offensive tackles may not be more than one yard from the center at the snap or move outward from their starting position more than a yard after the ball has been snapped.

6.26 KICKOFFS

Kickoffs are from the kicking teams own 40-yard line and must travel to at least the receiving teams 40-yard line or the ball is ruled dead at the point it touches the ground with the receiving team taking possession at this spot. Receiving team must have three (3) linemen on the 40.

NOTE: On kickoffs the kicking team must use their own football!

KICKING TEES: Legal on all kickoffs.

KICKOFFS GOING OUT OF BOUNDS:

An out of bounds kickoff will be downed at the point the ball went out of bounds.

Dropped Kickoffs in the end-zone will result in the ball being spotted at the 20-yard line. All other "dropped" kickoffs will be ruled dead at the spot. Should the ball be touch in the air by the receiving team in the field of play then the ball in the air



lands in the end zone (a muff) this will be ruled a touchback with the ball being spotted at the 20-yard line.

6.27 KICKOFF/PUNT RETURNS

Upon receiving the ball player may take one step and pass the ball forward. A forward pass is defined as a live ball thrown toward the opponent's goal line. All players on the return teams are eligible to catch the pass. If the pass is incomplete ball is spotted at the spot of the pass. Multiple handoffs or laterals are allowed on the return. If the kickoff teams intercept the ball change of possession occurs.

NOTE: Women's Division can pick the ball up off the ground as long as it has not touched receiving player which ball then will be marked dead at the spot.

6.28 PROTEST PROCEDURE

Any protests for misinterpretation or application of playing rules must be settled on the spot before the next play. The Manager or Coach must have a copy of the rules in order to validate his protest. Otherwise, "Delay of Game" will be called. If coach/manager is wrong in the protest there will be a loss of a time-out, if no time-outs remain a 5-yard penalty will be assessed. Remember only the Captain coach/manager may confer with the officials. Judgment calls are not protestable. **Tournament or League Director may assist in protest.**

All game results are final with the exception of a roster challenge (see section 5.5).

AFL referees are certified and paid very fairly. Should any coach have a concern about any official, you must submit this concern in writing or E-mail (no telephone calls) and forward to the league office. All written inquiries will be responded to by the League Commissioner.

6.29 PENALTIES

All live ball fouls (fouls which occur while play is in progress) are Captain's choice. All dead ball fouls (fouls which occur prior to the snap or after the ball is blown dead) will automatically be marked off (except in the case a first down would occur-captain's choice). This means that if a foul occurs during a down and is a live ball foul, and then a dead ball foul occurs, both fouls will be enforced. They do not offset, even if against different teams.

After a penalty is called, only the Captain of the penalized team may discuss it with the officials. The officials making the call is obligated to give the players' number and the act they committed (without discussion) to the penalized team captain. The official will then give the opposing team captain his options on the penalty. That Captain's first choice will be final.

If, in the judgment of any game official, the following acts are deliberate or flagrant, the player(s) involved shall be ejected from the game:

1. Using fist, kicking or kneeling
2. Illegal use of hands, forearms, or elbows
3. Tackling
4. Any deliberate or flagrant act which could cause injury
5. Any act of unsportsmanlike conduct
6. Abusive, profane or insulting language
7. Any act of unfair or rough play
8. Threats or harassment of other players/officials/league representatives
9. Verbal badgering of officials



Note: Warning is not required.

This is your Warning!

There will be a minimum 1-game suspension for any person ejected from a game for any reason. Local and tournament rules may be more severe.

Once a player has had a 1-game suspension, a 2nd offense will result in a minimum (1) year suspension from the league.

6.30 ILLEGAL ADVANCEMENT

Advancement may not occur as a result of the ball being slapped, kicked, pitched, or pushed by either team in the direction of their goal line. The ball will be declared dead at the spot of such illegal advancement and there will be a 5-yard penalty plus loss of down.

7.0 LEAGUE STANDINGS

7.1 WEEKLY SCORES

AFL will have all scores posted 24 hours after all games have been completed that day. League scores and standings will be posted on the AFL Outdoor webpage at <http://akfootballleague.com/Outdoor.aspx>

7.2 END OF REGULAR SEASON

At the end of the regular season, tie breakers are determined as follows:

- ▶ Head to head.
- ▶ Most points scored.
- ▶ Biggest point differential.
- ▶ Least points scored against.
- ▶ Coin flip

Net points will determine divisional tie-breakers when three (3) or more teams are tied and no one team has beaten all the other teams they are tied with.

8.0 RAIN/LIGHTNING GAME CANCELLATIONS

There may be game cancellations due to inclement weather that could result in bodily injury or damage to the fields from RAIN/LIGHTNING. Call the rain/lightning phone for cancellations. **Game Day Phone is 717-3320**. Games canceled due to inclement weather, will be made up at the end of the season. If field availability allows.

9.0 REFEREE BYLAWS

Referees will be courteous to all teams. If a player/team is giving you any problems take the captain aside and explain the situation. Give an unsportsmanlike or eject the player/team from the game. **KNOW THE RULES! DO NOT ARGUE! DO NOT LET TEAMS DICTATE THE GAME!** Do NOT comment on the games/teams in the league. Do NOT complain about anything in the league during games. If you have a complaint take it up with the League Commissioner. The League would like to hear Referee opinions on the rules. Your professional attitude would be greatly appreciated.

10.0 LEAGUE MEETING



League Fees must be paid in a form of Cash or Check.

AFTER THE LEAGUE REGISTRATION MEETING
ALL FEES ARE FINAL! NO REFUNDS.

NO MONEY WILL BE REFUNDED FOR PLAYER EJECTIONS OR TEAM EJECTIONS OR FOR ANY OTHER REASON.

ALL FEES ARE FINAL!

GENERAL INFRACTIONS				
Penalty	Section	Yards	Marked From	Loss Of Down
ILLEGAL BALL	2.1	10	LOS	NO
UNIFORM / EQUIPMENT	2.2 - 2.4	5	LOS	NO
DELAY OF GAME	2.4 / 6.4	5	LOS	NO
DEROGATORY (ACTION / LANGUAGE)	5.7 - 5.10	15	LOS	NO
OUT OF BOUNDS (KICKOFFS)	6.26	-	SPOT OR 35	NO
BEGGING A CALL	5.13	5	EOR	NO
ILLEGAL PLAYER (NO FLAGS)	2.5	5	LOS	NO
ILLEGAL SUBSTITUTION	5.2	5	LOS	NO
ILLEGAL PARTICIPATION	5.2	5	LOS	NO
ENCROACHMENT / OFFSIDE	6.7	5	LOS	NO
HALO VIOLATION (PUNT)	6.25	5	POI	NO
FLAGRANT / DELIBERATE	6.28	15	LOS/POI/EOR	NO
ILLEGAL ADVANCEMENT	6.29	5	LOS/POI	YES
SIDELINE INTERFERENCE	6.28	15	LOS	NO
UNSPORTSMANLIKE CONDUCT	6.28	15	LOS	NO

OVERTIME INFRACTIONS
ALL DEFENSIVE PENALTIES - YARDAGE WILL BE MARKED OFF AS IN REGULATION PLAY WITH REPLAYING THE DOWN.
ALL OFFENSIVE PENALTIES - YARDAGE WILL BE MARKED OFF AS IN REGULATION PLAY.
EXCEPTION: OFFENSIVE PASS INTERFERENCE YARDAGE PLUS A LOSS OF DOWN.

OFFENSIVE INFRACTIONS				
Penalty	Section	Yards	Marked From	Loss Of Down
CLOTHING COVERING FLAG	2.2	10	LOS	NO
BEYOND (LOS)	2.2	10	POI	YES
UNIFORM / EQUIPMENT	2.2-2.4	5	LOS	NO
ILLEGAL FLAGS (carries a disqualification as well)	2.5	15	LOS	YES



FLAGS OUT OF POSITION	2.5	10	POI	NO
(BEYOND LOS)	2.5	10	POI	YES
DIVING OR JUMPING ON PLAYER	6.19	10	POI	YES
ILLEGAL SNAP	6.17	5	LOS	NO
ILLEGAL MOTION / SHIFT	6.5-6.6	5	LOS	NO
LINEMEN DOWNFIELD	6.10	5	LOS	NO
ILLEGAL FORMATION	6.9/6.10	5	LOS	NO
ILLEGAL FORWARD PASS	6.14	5	LOS/POI	YES
ILLEGAL BLOCK	6.11	10	LOS	NO
(DOWN FIELD)	6.11	10	POI	YES
INTENTIONAL GROUNDING	6.16	5	LOS	YES
PASS INTERFERENCE	6.21	10	LOS	YES
CHARGING INTO DEFENSE	6.18	10	LOS	NO
(BEYOND LOS)	6.18	10	POI	YES
FLAG GUARDING / STIFF ARMING	6.18	10	LOS	NO
(BEYOND LOS)	6.18	10	POI	YES
BREAKING HUDDLE TO MANY PLAYERS	6.4	5	LOS	NO
ILLEGAL TOUCHING OF BALL IN AIR	6.10	5	LOS	YES
EXCESSIVE CONTACT	.	10/15	LOS	NO
(DURING PASS)	6.21	10/15	LOS	YES
PENALTIES ON (KICKOFFS OR PUNTS)	-	-	POI	NO

DEFENSIVE INFRACTIONS

Penalty	Section	Yards	Marked From	Loss Of Down
ILLEGAL FORMATION 4.3/6.7/6.12/6.25	6.26	5	LOS	YES
RUNNING INTO / ROUGHING THE PUNTER	6.25	5/15	LOS	AFD
ROUGHING THE HOLDER/KICKER (DURING A FIELD GOAL OR P.A.T.)	4.3	20	EOR	GOOD
FIELD GOALS/PAT'S (CENTER TACKLE GAP)	4.3	-	LOS	AFD
PUNTS (RUNNING BETWEEN THE CENTER TACKLE GAP)	6.25	5	LOS	AFD
ROUGHING THE PASSER	6.15	10	LOS/EOR	AFD
PASS INTERFERENCE	6.21	-	POI	AFD
STRIPPING RECEIVER OF BALL	6.21	10	POI	AFD
SCREENING RECEIVERS EYES	6.21	-	POI	AFD
ILLEGAL CONTACT 6.13	6.21	5	LOS/POI	AFD
ILLEGAL SWIM/RIP MOVES	6.12	10	LOS	YES
HOLDING	6.23	5	LOS/POI	AFD
TACKLING/TRIPPING (IF BEYOND LOS)	6.23	15	LOS/(POI)	AFD
ENCIRCLING/IMPEDING (IF BEYOND LOS)	6.23	5	LOS/(POI)	AFD



IMPEDING TOUCHDOWN (LAST MAN)	6.23	TD	-	TD
STRIPPING RUNNER OF BALL	6.21	10	LOS/POI	AFD
PUSHIN BALL CARRIER OUT OF BOUNDS	6.23	10/15	LOS/POI	AFD
FAKING DEFLAGGING	6.23	10	LOS/POI	YES
EARLY DEFLAGGING	6.23	10	LOS/POI	NO
UNNECESSARY ROUGHNESS	6.28	15	LOS/POI	AFD