

## **Equipment**

### **JERSEY**

Players should wear a jersey with their team's designated color as registered with the league. Jerseys should be tucked into shorts or pants.

In the event of a game with two team's and similarly coloured jerseys, the visiting team will be required to wear an alternate colour and will be notified prior to the game start.

### **SHORTS / PANTS**

Short or pants must not have pockets. Pockets may be taped. No towels or objects are to be attached to your belt. Officials may enforce an illegal equipment penalty at their discretion.

### **JEWELRY**

All jewelry, including rings, chains, bracelets, earrings or other piercings must be removed prior to play. A 10 yard delay of game penalty will be called for failure to remove the jewelry.

### **EYEWEAR**

Corrective eyewear is permitted. Sunglasses are permitted as well so long as they don't pose a safety hazard.

## **FLAGS**

All players must use the flags provided by the league. Belts must be securely fastened with no loose ends. The flags must be worn on the sides of the hips with the flags pointed away from the body. If a player started the play with flags in the wrong position or accidentally lost a flag then they will only need to be touched for the play to end. Players' shorts must not match the color of their flags.

## **Game**

### **DURATION**

All games will be played in two equal halves based on the allocated time for the game. (1 hour)

### **RUNNING TIME**

Games are not stop time, but instead running time. Games scheduled for one hour will run 23 minute halves plus 5 plays at the end of the half.

### **START OF GAME**

Captains should arrive early before game start to meet the officials. Unregistered players that have not signed waivers will not be allowed to participate.

The home team gets a choice of either determining which team receives the ball or alternatively select an end. The visiting team will decide the remaining option.

Teams need a minimum of 4 players on the field at the start of the game or their team will take the forfeit loss. A team can wait up to a maximum of 5 minutes into the game to get their 4th player but they will incur a 10 yard delay of game penalty. If both teams can't field a team, the result will end in a 0-0 tie.

## **SUBSTITUTE PLAYERS**

Substitute players are eligible to play but must sign the waiver at the field if they are not members of the league. If a team wishes to use a substitute player that is on another team within the same division, the opposing team must agree to allow the substitute player.

In the event that a team is short players to start a game, players from other teams in the same division may be a substitute for the team that is short if the opposing team agrees to it. Once a team has 7 of their registered players available to play, the substitute from within the division must exit the game.

## **FIVE PLAYS REMAINING IN A HALF**

The officials will signal when there are 5 plays remaining in each half.

In the last 5 plays, any penalty against the defence will be applied at the point of the infraction and the offensive team will not lose a play. The offensive team also has the option accepting the penalty and reducing the plays left.

The head referee has the authority to shorten or eliminate a time out during the last 5 plays of the game if time is running out on scheduled field time.

## **HALFTIME**

A brief 3 minute halftime will be upon the whistle to end the first half. Teams will switch ends to open the second half.

## **END OF GAME**

Captains should confirm the final score and statistics with the officials.

The head referee has the authority to end games early if there is rough play, weather issues or if we are running out of scheduled field time. If half a game is played and must be stopped due to weather, the score will be Final.

## **INCLEMENT WEATHER**

Games will proceed in inclement weather unless the officials deem that proceeding would be a safety hazard (i.e. hail, lightning, darkness). If at least half a game has been played, it will count as a completed game will be official. If we can't get half a game played then we will try to continue the game based on availability of fields on another date. If we can not schedule a continuation game then it will result in a tie.

## **Play**

### **KICKOFFS**

There are no kickoffs, Instead upon starting with the ball; your team will begin 5 yards out from their endzone and push towards the opponents endzone.

### **FLAGGING**

Defending players will stop the forward progress of the ball carrier by removing a flag from the ball carrier. Defenders should raise their arm with the flag in hand until they hear the official whistle the play dead.

The officials will enforce a unsportsmanlike conduct penalty for early flagging (removing a players flag before they have possession of the ball) or for flagging a player without possession.

Failure by the defender to return the flags to the flagged player will result in a delay-of-game penalty.

In the event that a flag falls off on a player, that player is still eligible to advance the ball, but will be deemed down when touched with one hand.

Anytime a player's arm, knee or entire body is on the ground with possession of the football the play may continue unless there is a defender within a close proximity. The referee will use their discretion whether to blow the play dead or let it continue based on a safety concern.

### **JUMPING/SPINNING**

The only time they are allowed to leave their feet is if it's sideways or backwards. A player always needs at least 1

foot planted when spinning. If a player is spinning out of control and makes contact with another player, they will be assessed a 10 yard penalty unless it is deemed a roughing call.

## **DOWNS**

An offensive series consists of 4 downs to reach the midline on the field 20. They will receive another 4 downs to reach the opponents endzone after crossing the midline.

## **PUNTS**

There are no punts. After each drive the ball will start 5 yards out from the offensive teams endzone. However if the ball is intercepted and the player who caught the interception is flagged then it is turned over on downs and the new offense will start from the point where that player was downed.

## **LATERALS**

Laterals are permitted and can be thrown either underhand or overhand. Any lateral that hits the ground will be ruled a dead ball at that spot. A lateral can be intercepted and advanced by the defending team. A lateral in the end-zone that hits the ground will be ruled a safety

The player that laterals the ball to a teammate may not block or interfere with the path of the closest defender. The officials will enforce an illegal blocking penalty in this case. If a lateral is thrown behind the line of scrimmage and does not touch the receiver's hand then it's blown dead. If the ball

makes contact and falls to the ground then the player has the ability to pick up the ball and continue the play unless a defender is within close proximity.

## **HANDOFFS**

If a player (example QB) hands off the football behind their body then it's a lateral play. If a player (example QB) hands off a football in front of their body then it's considered an illegal forward handoff and the team will receive a 10 yard penalty.

## **FUMBLES**

For safety reasons, there are no fumbles. A dead ball will be whistled in the event that a player loses possession and the ball makes contact with the ground.

## **5 YARD NEUTRAL ZONE**

All defensive players must line up 5 yards from the line of scrimmage. The rusher needs to line up 7 yards away from the line of scrimmage however.

If a player is drawn offside (either the rusher or any other player) and the ball is snapped, it is a free play. The offensive team may elect to take the result of the play or accept the penalty.

If the player crosses into the neutral zone and the ball is not snapped, he can reset his position outside the neutral zone. Any defensive player crossing the line of scrimmage before the snap will be ruled offside and the play will be blown dead immediately (for safety).

When the ball is inside the defense's 5 yard line, the rusher only needs to line up 5 yards off the line of scrimmage.

## **TIPPED BALLS**

A thrown ball can be tipped/deflected in any direction to themselves or another offensive player.

## **INTERCEPTIONS**

If the defending team intercepts the ball in their own end zone and takes a knee or is flagged while in the end zone, the ball will be spotted on the 25 yard line.

## **SACKS**

A sack stat is given if an offensive player with possession of the football is flagged behind the line of scrimmage.

## **TIMEOUTS**

Each team is awarded one timeout per half. These are non-transferable.

The head referee has the authority to shorten or eliminate a time out during the last 5 plays of the game if time is running out on scheduled field time.



## **SCORING**

### **TOUCHDOWNS**

A touchdown is scored when the hip of the player crosses the goal-line. This is a distinct difference from touch football rules which state that the football must break the plane of the goal-line.

Diving across the goal-line will be penalized.

### **NO RUN ZONE**

If the offense is within 5 yards from the end zone then they are required to pass the ball into the end zone to score a touchdown. If a team attempts to run it into the end zone without making a forward pass, then the touchdown will not count and it will be loss of down for the Offense.

### **CONVERT ATTEMPTS**

Teams may attempt a 1 point conversion with a single offensive play from the 5 yard line. They have the option to line up either on the hash marks or in the middle.

A two-point convert may be attempted via a single offensive play from the 10 yard line.

Any intercepted convert attempts that is returned by the defensive team to the other end zone will be awarded the number of points that would've resulted in a successful convert (i.e. an interception returned for a score where the attempt took place on the 10 yard line will earn 2 points for the defensive team). If that player is returning the intercepted pass and gets held then their team will be

awarded the convert points or be given the option to assess the penalty on the kickoff.

If the defense commits target zone pass interference, in the end zone, on a convert attempt, the convert will be awarded. If it is target zone interference in the field of play or if it is remote zone interference, the convert attempt can be repeated after the penalty is applied. If the offense commits pass interference, target zone or remote zone, no repeat attempt is given.

If a personal or major foul are committed by the defense on a convert attempt the offence will be awarded the following options:

1. Accept the penalty with the ball spotted on the 1 yard line and either:
  - attempt a convert for 1 point or;
  - attempt to run or pass for a 2 point conversion

## **PENALTIES**

Several penalties are reiterated here for emphasis.

## **FLAG GUARDING**

Flag guarding is the act of preventing a defender from pulling the ball carrier's flag. This may be an attempt to block a flag with a hand, to use the upper body to block access to a flag by leaning or crouching or by using the ball to deny opportunity to pull the flag.

**A 10 yard penalty will be assessed from the point of the infraction.**

## **CHARGING**

**A 10 yard penalty will be assessed from the point of the infraction**

## **BLOCKING**

**A 10 yard penalty will be assessed from the point of the infraction**

## **HOLDING**

Holding the ball carrier either by the body, jersey or flag belt when attempting to get the flag will be assessed with the option to the offensive team with the following options:

1. The offensive team may decline the foul and accept the result of the play. This will allow them to accept a touchdown or run out the end of a half.
2. The penalty can be applied as a dead ball foul 10 yards from the infraction. The down is not repeated and the play counts if one of the last 5 plays of a half, unless the last play of a half at the offensive team's choice (i.e. the offensive team will receive one more chance to run a play).
3. The penalty can be applied as a live ball foul, 10 yards from the previous line of scrimmage. The down will be repeated. The play does not count as one of the last 5 plays of a half.

## **PASS INTERFERENCE**

1. Pass interference occurs when a player takes away an opponent's positional advantage.
2. Pass interference in the target area can apply when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point for the ball. When these two conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.
3. Pass interference by the defense will result in a 10 yard or spot penalty. If an offensive player commits Pass Interference then it will result in a change of possession.
4. It is also considered pass interference if a player makes a clear attempt to obstruct another players view while not making a play on the ball. Also known as Screening.

## **INTERFERENCE WITH THE RUSHER**

Interference with the rusher occurs when any player interferes with a direct line between the rusher and the quarterback. The rusher must line up 5 yards off the line of scrimmage and at least 1 yard off the center's foot.

## **OFFSIDE**

10 yards

## **ILLEGAL PROCEDURE**

10 yards

## **MAJOR FOUL**

These are acts which threaten the safety of participants and will result in the ejection of the player responsible. They include: deliberate tripping of an opponent; striking or attempting to strike an opponent; any attempt to injure a participant in the game. Major fouls are 25 yard fouls and automatic first down (fixed distance) and are considered to be live or dead ball fouls if the foul occurred during the play at the option of the non-offending team.

## **UNNECESSARY ROUGHNESS**

15 yards and an automatic first down. Official has the discretion to eject any player he feels is putting the safety of others at risk.

Pushing a player out of bounds to prevent a touchdown will be assessed as an unnecessary roughness penalty.

## **Multiple penalties**

When there are equal amounts of penalties on both teams, we will redo the down. The exception is if there is a roughing play involved.

## **PLAYOFFS**

### **PLAYER ELIGIBILITY**

A player needs to be registered on the roster during the regular season in order to be playoff eligible. If a substitute is needed then they must register with the league before playoffs.

### **TIE BREAKERS / STANDINGS**

The regular season standings determine which teams will play each other in the playoffs. The following tie-breakers are in place to determine which team ranks higher in the standings:

1. points
2. wins

In the event of teams tied in the standings based on the above, the games between ALL of those teams (2, 3 or more teams) is ranked as follows:

1. win percentage
2. plus/minus (points for minus points against)
3. points for
4. least points against

### **TIE BREAKERS IN A PLAYOFF GAME**

**Tied playoff games** (after regulation time) will immediately proceed to a sudden death convert. The home team has the choice to go first or second. Team 'A' will decide to go for 1 or 2 points. After the play, Team 'B' the will decide to go for 1 or 2 points. The team with the most points after one round

will be the winner. Ties will move to a second round and so on until a winner is decided.