

RULE 1 - GENERAL

1. TEAM SIZE REQUIREMENTS

Games are played with a maximum of 7 or 8 players on the field depending on division.

A team needs at least 5 players (7 v 7) or 6 players (8 v 8) to begin the game or they will forfeit.

Teams will be given a 5 minute grace period to field the minimum players required before a forfeit is declared. Teams are required to field as many active players as possible.

7 v 7 divisions: High School

8 v 8 divisions: All other divisions

1.2 MATCHUPS

During regular season and playoffs, teams are not required to play to even strength.

1.3 TEAM REPRESENTATIVES

Each team will have one head coach and up to two assistant coaches.

All coaches must be submitted to the Board of Directors prior to the season and have cleared background checks from the City of Parkland prior to participation.

The head coach is the **ONLY** one who can address the officials during the game.

1.4 FAIRNESS OF PLAY

All players **should** be given the opportunity to become a ball carrier at least once per game. The spirit of the rule is to provide each player with a genuine opportunity to advance the ball.

1.5 PHYSICAL CONTACT

Parkland Flag Football is non-contact league. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal. Offensive players shall not perform a block, pick, or screen. Stiff arms are also illegal. Defensive players must attempt to avoid physical contact with offensive players.

1.6 SUBSTITUTIONS REQUIREMENTS

There is no requirement to maintain a substitution form.

Teams do not have to rotate all players.

Substitutions can be made freely, but no player may sit out as a substitute for more than 6 consecutive plays.

Injury substitutions will be the only exception.

Dead ball fouls do not count as plays for the purposes of meeting substitution requirements.

The high school divisions are not required to follow rule 1.6 as long as substitution patterns are fair.

1.7 FIELD DESIGNATIONS

As indicated on the schedule found on the league website, the **HOME** team (players, coaches, family, and spectators) **MUST** set up on the west sideline (closer to Pine Island Road) and the **AWAY** team (players, coaches, family, and spectators) **MUST** set up on the east sideline (closer to the park entrance). The **AWAY** team is the first team listed on the schedule and the **HOME** team is the second team listed on the schedule. All parents, family members, and spectators are required to be on their designated sideline. This is mandatory and not optional and will be enforced by a 10 yard unsportsmanlike penalty. All players, coaches and spectators **MUST** remain between the 10-yard lines. Only one coach per team is allowed between the 10 yard line and the end zone.

1.8 FIELD COACHES

Kindergarten, Boys 6-7, Girls 6-8, Boys 8-9, Girls 9-11:

Teams in the above divisions are each permitted **ONE** coach on the field with their team. Coaches on the field may participate in the team huddle. Once the offensive huddle has broken, neither on field coach (offense or defense) may interfere, verbally instruct, or physically direct their players. This includes speaking, physically moving, or delivering signals to players. Teams may not start a play until the on field coach has completely left the huddle and is lined up a minimum of 5 yards behind the huddle.

The **Boys 8-9** and **Girls 9-11** division are permitted to follow the above rule for each teams' **first four games**. Starting with each teams' 5th game all coaches must be off the field. We strongly urge you to start transitioning to an off the field coach in your teams first or second game.

Coaches on the sidelines are permitted to interact with his or her team's players at any time.

1.9 BEHAVIOR

Air horns, whistles, and other disruptive devices are not permitted during games.

Every person at games, practices, and other official Parkland Flag Football League functions shall behave themselves in a respectful and sportsmanlike manner.

Unsportsmanlike conduct during a game by participants, family or spectators will result in a 10-yard penalty. Offensive or unsportsmanlike conduct from players, coaches, family or spectators may result in an ejection, termination of the game and disqualification of the team the offending person is affiliated with, and discipline. If asked by the league to leave the park the offending individual **MUST** immediately leave the park or wait in their vehicle in the parking lot. Compliance with the league's discipline decision will be a prerequisite to returning to the fields for future league activities.

RULE 2 - UNIFORMS & EQUIPMENT

2.1 UNIFORMS

All players must wear league approved uniforms for all games. Uniforms may not be altered in a destructive fashion. With league approval black shorts with no pockets may be worn instead of the shorts provided with the uniform.

2.1A SHIRTS & SHORTS

All players must have their shirts tucked into their shorts for the duration of a game. Only shorts without pockets are permitted in games.

2.2 EQUIPMENT

2.2A MOUTHPIECES

Mouthpieces are optional and may be used at the discretion of each parent.

2.2B JEWELRY

No jewelry is permitted.

2.2C FLAGS

Flag belts must have three (3) flags attached. A flag must be present on each side of the player, and directly in the center of the back. Belts are allowed to be cut to better fit a player and remove excess belt material. The flags themselves are not allowed to be tampered with in any way. No player shall be permitted to attach anything to the flags, alter the flags, coat the flags in any substance, obstruct access to the flags in any way, or wear material that may be confused with a flag (i.e., waist towel, shorts with stripes, etc). Flag belts cannot be tied, tucked, or looped under any material (i.e., shorts or within the flag belt itself). Flag colors are NOT to be of the same color of a player's shorts. In the case of flags that are the same color as the primary colors on a player's shorts that player must either change their shorts or find a different color flag (trading with opponent for that game is allowed).

2.2D GLOVES

Players may wear gloves which consist of a soft, pliable, and non-abrasive material.

2.2E HEADWEAR

Players may wear knit stocking caps or elastic headbands, provided there are no major protrusions (i.e., no hats with a bill). Headwear may not contain any hard, unyielding, or stiff material.

2.2F SHOES

Cleats must be made of a soft pliable plastic or rubber. Metal, ceramic, or detachable cleats are not permitted.

2.2G PADS AND BRACES

If an official deems a pad or brace unsafe, that player will be asked to remove the brace or be ineligible to play. Casts of any kind are not allowed.

RULE 3 - TIMING

3.1 GAME LENGTH

All games will consist of two (2) halves of 22 minutes each.

3.2 PLAY CLOCK

All divisions have a 30-second play clock.

The play clock begins after BOTH the ball and defensive rush line have been set, and the official is in position to observe play.

3.3 READY FOR PLAY

An offensive team cannot snap the ball until all offensive players have broken the huddle and are legally lined up on their side of the **LOS** for at least one second and the ball and rush line have been set.

In a hurry up offense, the offense cannot snap the ball until BOTH the ball and the rush line have been set and the official signals to the offense that he is in position to observe play.

3.4 TIMEOUTS

Each team is allowed four one-minute timeouts per game with a maximum of three being used in any half. A maximum of three unused timeouts may carry over from first to second half.

It is the coach's responsibility to confirm with the referee the number of timeouts carrying over to the second half of play.

Officials may call their own timeouts for any reason.

3.5 GAME CLOCK

In the Kindergarten division, the game clock will run continuously during each half of play.

All other divisions, the game clock will run continuously except for the following:

- Official timeouts, with game clock resuming when the ball is set
- Team timeouts, with game clock resuming on the snap
- At the two-minute warning of each half, with game clock resuming on the snap
- If after the two-minute warning:
 - There is an incomplete pass
 - A ball carrier runs out of bounds
 - A penalty is called (unless the clock stoppage benefits the penalized team, then the game clock will resume upon placement of the ball)
 - A score occurs, with game clock resuming on the following possession
 - Change in possession, with game clock resuming on the following snap
 - First down, with game clock resuming upon placement of the ball and rush line marked.
 - Punt is announced.

3.6 TWO MINUTE WARNING

The clock will be stopped with 2 minutes remaining in each half (or the completion of a play that takes the clock under two minutes) and resume on the next snap.

THIS IS NOT A TIMEOUT. Coaches are not permitted to enter the field during this stoppage.

3.7 CORRECTIONS

Officials have the authority to correct obvious timing or rule misapplication errors unless discovery is made after the ball is snapped again or the period has officially ended.

3.8 COACH-OFFICIAL CONFERENCE

A **Head Coach** may call a timeout to discuss misapplication or misinterpretation of a rule before the ball is snapped again. This is only permitted if the rule in question applies to the previous play. The calling team will be charged a timeout unless the officials determine there was a misapplication or misinterpretation of a rule.

3.9 INADVERTENT WHISTLE

A referee may accidentally or prematurely blow their whistle. The team in possession of the ball has the option of replaying the down or taking the result of the play up to the time of the whistle.

3.10 INJURIES

The game clock will stop for injuries requiring on field attention from the coaches and resume when the player has left the field. An injured player must sit out at least one play and be substituted by a bench player. Any player who is bleeding or has an open wound will be required to dress or bandage the wound prior to being allowed to re-enter the game. A coach may not use a timeout to avoid losing the injured player for the next play.

3.11 GAME START

At the beginning of a game, both teams will send two (2) team captains to the center of the field. The official will then perform a coin toss (or other similar method of random selection). The visiting team will make the call. The team that wins the toss will choose either possession of the ball or direction. If the team chooses direction they will automatically start the game on defense. Direction of play will reverse in the second half and the team who began the game on defense will begin the second half with the ball. There is no "defer" rule and teams are NOT permitted to start with the ball in both halves of play.

3.12 OVERTIME

There is no overtime in the regular season. Regular season games can end in a tie.

During playoffs, all ties must be broken. Ties will be broken using a "Kansas City Playoff."

Rules are as follows:

- There will be one coin toss.
- All overtimes will be played at the same end of the field.
- Initial possession will alternate in subsequent overtimes.
- There is no game clock, but the play clock will continue to be enforced.
- For the first two overtime periods play will begin from the 10 yard line and teams will have four downs to score (absent penalties).
- If a touchdown is made, the scoring team must attempt an extra point (1 or 2 points).
- Each team must have at least one (1) possession.
- If the game is still tied after the 1st overtime a second overtime will be played.
- If the game remains tied after the second overtime, a third overtime will be played. In the third and in all subsequent overtimes, each team will get one play to score from the 5 yard line. Overtimes will continue in this 1 play format until a winner is decided. NO PAT's in third and subsequent overtimes.
- Interceptions **cannot** be returned for defensive scores in overtime.

RULE 4 - PUNTS

4.1 WHEN TO PUNT

A team may elect to punt on any 4th down situation. The punting team must inform the official of their intent to punt and cannot change the play unless a team timeout is called.

4.2 PUNTS

If a team elects to punt on fourth down, the ball shall be placed thirty (30) yards ahead of the **LOS**. If that distance would cause the opposing team to begin their drive behind their own **14-yard line**, the ball will be placed at the **14-yard line** instead. There are no physically kicked punts in any division.

4.3 PLAY CLOCK/GAME CLOCK

Play clock on 4th down runs as expected. Once a team elects to punt, the play clock will stop until the ball and rush line are set, and then the play clock will reset and begin counting down for the new offensive team.

In the final 2 minutes of a half, the game clock will stop once a team elects to punt. The clock will resume upon the following snap from the new offensive team. A team can use the entire 30 second play clock before calling a punt.

RULE 5 - OFFENSE

5.1 LINE TO GAIN

All divisions will use the **line to gain** for first downs. These are marked on the field.

5.2 DOWNS

Each team receives four (4) downs to either cross the next line to gain, or cross the opposing goal line. If an offensive team advances beyond the next line to gain, that team will be awarded a first down. A team cannot be awarded a first down for crossing a line to gain if that team has already moved beyond that line at any point in the offensive drive.

5.2A BALL PLACEMENT

The ball shall be spotted based on the conclusion of the previous play, and after penalty yards have been assessed. If the ball is spotted less than one (1) yard before the next line to gain or end zone, the ball will be placed 1 yard behind the line to gain or end zone.

When a ball carrier is stopped from further advancement, the ball will be marked at the location of the ball carrier's hips when the flag was pulled. This is the location where the flag belt was initially broken, not the location where the flags fall off the waist, where the flags land on the ground, nor the location of the defender who may be holding the flag after a pull.

5.3 STARTING POSITION

There are no kickoffs in any division. At the beginning of each half and after any scoring play, the ball will be placed at the offensive team's own 14-yard line to begin play.

5.4 LIVE PLAYS

5.4A SETUP

The offense will line up with the center directly over the ball. A player is considered on the **LOS** if that player's feet are within one (1) yard of the **LOS**. All players must be set with their hands at or above their knees for one (1) second before the ball is snapped. Teams are allowed to have a maximum of one (1) "person in motion" after players are set, but that player is not permitted to move toward the **LOS**. Teams may shift multiple players, but all shifting players must be set for at least 1 second before the snap. All players lining up on the **LOS** must be *at least* arm's width apart (fingertip to fingertip).

5.4B QUARTERBACK

The player lined up directly under center (traditional direct snap) is the only player who can recover a muffed snap.

A ball which is muffed after being snapped to a stationary QB in the backfield (shotgun formation) can be picked up only by the QB.

A stationary QB who muffs a snap has a single opportunity to pick it up and continue the play in any capacity (run or throw). If the ball is muffed a second time, it is ruled a dead ball at the spot where the ball hit the ground.

A muff requires physical contact with the football but **WITHOUT** possession. A fumble requires actual possession of the football followed by a loss of possession.

Play will begin with a direct center to quarterback exchange or a shotgun snap.

Only one player is allowed to line up under center and receive a direct snap.

A ball that is snapped to a player in motion and muffed, is dead when it hits the ground.

All snaps, including all shotgun snaps, need to be hiked between the center's legs.

All snaps must be in one continuous motion without delay or hesitation until transfer of the ball from center to QB.

The fumblerooski play is **ILLEGAL**.

This refers to the play where the center snaps the ball and holds it at the top of the snap and waits for a player other than the QB to run past the center and take the snap.

5.4C RUNNING

Any player on the field who breaks the huddle with the offense is eligible to receive the ball. The quarterback may hand off the ball to any player except back to the center between the legs. The center may receive a hand off, but only after a clear exchange from the QB and never between the center's legs.

If a ball carrier falls down, the play is dead at the spot of the fall. A ball carrier is considered down when any part of the body above the player's feet (excluding hands) makes contact with the ground.

A runner may not stiff arm or charge into a set defender. The charge basketball principle is used.

5.4D ILLEGAL ACTIONS BY BALL CARRIER

A ball carrier may not use his or her hands (or the ball) to prevent a defender from performing a tackle. Flag guarding by a ball carrier will result in a loss of 10 yards and will be administered from the spot of the ball carrier when the foul occurred. If the penalty is accepted the down will be replayed. This may or may not result in a first down.

A runner cannot hurdle or leap over a defender.

A runner is not allowed to dive forward at any time.

A jump/juke (horizontal change of direction) while running is legal.

The runner may use a spin move.

The quarterback may jump to throw a pass.

5.4E TWO TOUCH RULE

No offensive player is permitted to become a ball carrier and advance the ball more than two (2) consecutive times until another player has the **OPPORTUNITY** to advance the ball.

Scenario 1:

Play 1: A1 runs for 5-yard gain

Play 2: A1 catches a pass for 5-yard gain

Play 3: A1 is sacked for a loss.

A1 is still ineligible to advance the ball on the next play

Scenario 2:

Play 1: A1 runs for 5-yard gain

Play 2: A1 catches a pass or has a rushing attempt

Play 3: A2 runs the ball for a loss of yards or A2 has the ball thrown to them but it is incomplete.

A1's 2 touch rule resets and he/she is eligible to receive the ball on the next play because A2 had an opportunity to advance the ball.

Note: A sack does not constitute a touch.

The rule resets after every change of possession and at the end of each half/overtime.

Coaches are to advise of a possible violation after the second consecutive touch.

5.5 UNSPORTSMANLIKE CONDUCT

While fun is encouraged, players are not permitted to spike the ball, showboat, intimidate, belittle, or use foul or insulting language directed at another player, coach, referee or spectator.

5.6 BLOCKING

All blocking penalties during running plays will result in a loss of 10 yards and will be administered from the spot of the ball carrier when the foul occurred. If accepted the down will be replayed. This may or may not result in a first down.

All offensive blocking penalties behind the LOS will be administered from the original LOS.

Picks/Blocks on passing plays are not permitted and are considered offensive pass interference which will result in a penalty from the original LOS.

A pick/block that initiates contact may be deemed unnecessary roughness by the official.

5.7 RECEIVING

A receiver needs one foot in bounds with possession of the ball to be a legal catch.

A simultaneous catch is awarded to the offensive team.

A receiver may jump or dive in an attempt to make a catch.

RULE 6 - DEFENSE

6.1 SETUP

The defensive team must line up at least five (5) yards from the LOS. If the next line to gain or goal line is fewer than five (5) yards away, the defense may instead line up no closer than the line to gain or goal line.

6.2 TACKLING

A tackler must attempt to grab a ball carrier's flags only. A tackler may not hold, pull, push, or hit anything other than the flags. Incidental contact is at the sole discretion of the official.

6.2A FLAGLESS PLAYERS

A ball carrier may unintentionally lose their flag during a live play. If this happens, the play continues as normal, but a tackle may be performed by simply touching (one hand) the ball carrier anywhere below the shoulders.

6.2B ILLEGAL TACKLES

A flag pulled from a player before that player has become a ball carrier will be considered an illegal tackle, though the play may continue. If the ball carrier at that point has no flags remaining, a tackle may be performed according to Rule 6.2A.

A defender may dive or jump to perform a tackle, however, if the defender is leading with his or her legs this will be considered an illegal tackle (even if the contact is inadvertent)

6.3 DEFENDING THE PASS

6.3A CONTACT WITH QUARTERBACK

Defenders may raise their arms to defend a pass. **BUT ANY CONTACT** with the quarterback's arm **BEFORE, DURING or AFTER** a throw will be considered roughing the passer. The penalty is 10 yards from the previous spot OR added on to the end of the play AND the offended team will receive an automatic first down.

6.3B RECEIVERS

Defenders may not directly prevent a receiver from running his or her route at any point during a live play (no jamming even near the **LOS**).

If a defender and receiver are both attempting to catch the ball, any physical contact may be considered inadvertent at the officials' discretion.

Defensive Pass Interference will be a 10-yard penalty enforced from the previous LOS with **the down being replayed**. This may or may not result in a 1st down.

6.4 RUSHING THE QUARTERBACK-BLITZING

Defenders are permitted to rush the quarterback as soon as the live play begins. Rushers have the right to a straight line clear path to the QB (either directly opposite the center or from an angle). All offensive players may run routes but must not interfere with the rusher's straight line clear path to the QB. Doing so results in a penalty for impeding the rusher. However, if a rusher alters their straight line clear path to the QB and in doing so initiates contact with an offensive player there is no penalty on the offense for impeding the rusher.

6.5 UNSPORTSMANLIKE CONDUCT

Defenders may not attempt to strip or remove the ball from an offensive player who has possession. This is an unsportsmanlike conduct penalty.

Any player, coach or spectator receiving a second unsportsmanlike conduct penalty in a single game will immediately be ejected and will be required to leave the football fields. They will also be subject to disciplinary action. There will be a ZERO TOLERANCE POLICY for any and all harassment, intimidation, verbal or physical abuse of referees, board members or league officials.

RULE 7 - DEAD BALL FOULS

Offsides and Illegal Procedure are dead ball fouls.

These plays will be whistled dead before play begins.

Motion infractions are live ball fouls. The defense can accept the result of the play or penalize the offense 5 yards and replay the down. Example is receiver in motion turning up field before the snap even though he/she is still behind the LOS.

In cases of simultaneous infractions by the offense and defense, the penalties will offset.

If there are infractions by both teams, not simultaneous, the first infraction will be the one penalized.

RULE 8 - SCORING

8.1 RECORDS

All divisions will keep score and win/loss records. The win/loss records, however, only affect teams' playoff seeding but not whether or not a team is eligible for the playoffs.

8.1A TIEBREAKERS

For seeding purposes, ties will be resolved by the following methods:

- Head to head results
- Winning percentage
- Strength of schedule (points are not a factor)
- If necessary, the Division Head will make a final determination and may consider the McLaughlin Index $(\text{wins} * 2 + \text{ties}) / (\text{games} * 2)$

Coaches and officials must keep score, and coaches confirm score with each other at conclusion of the game. In the event of a dispute, the officials' score will be final. Both coaches must then submit the game winner and loser to the appropriate Division Head following the game.

8.2 TOUCHDOWNS

Touchdowns are worth six (6) points. A touchdown is awarded when one of the ball carrier's flags (hips) breaks the plane of the goal line. Players cannot stretch the ball over or dive to have the ball break the plane of the goal line.

8.3 EXTRA POINTS

Following a touchdown, a team will run another play to attempt to score an extra point. If the offensive team chooses a one (1) point attempt, the LOS will be placed at the five (5) yard line. If the offensive team chooses a two (2) point attempt, the LOS will be placed at the ten (10) yard line. If the offensive team is able to cross the goal line on that next play, that team will be awarded the appropriate additional points.

8.4 DEFENSIVE SCORES

8.4A SAFETIES

A safety and two points awarded to the defensive team if:

- a. the offensive player is "tackled" in the end zone
- b. the offensive player is ruled down in the end zone (knee touches, etc)
- c. the offensive player fumbles the ball from the endzone into the field of play
- d. the offensive player fumbles the ball which lands in the endzone
- e. a backward pass that that is not completed

The succeeding possession will begin at the 30 yard line for the team scoring the safety.

8.4B EXTRA POINTS

Any turnover during the PAT will end the try. The defense cannot score on a PAT.

8.4C INTERCEPTIONS

If a defender legally secures possession of the ball (i.e., interception) and successfully returns it to the opposing end zone, the defense will be awarded a touchdown.

A ball which becomes airborne during an exchange or run can be intercepted by the defending team. If the ball hits the ground, it is marked dead at the spot.

9.0 ONSIDE KICK RULE FOR ALL DIVISIONS

This rule applies to **ALL DIVISIONS EXCEPT KINDERGARTEN**. If, with two minutes or less remaining in the second half of a game, a team scores a touchdown to cut the deficit to 8 points or less, they may elect to go for an "onside kick." A team may elect to go for an onside kick **ONCE** per game. If elected, the ball will be placed on their own 5-yard line and the team will have **ONE** play to get a first down (15 yards). The onside kick play ends when the ball carrier crosses the first line to gain (20-yard line). **The referees will blow the play dead once the offense has possession of the ball past the 20-yard line.** If successful, the team will keep possession of the ball and the game will continue with a 1st down at the 20-yard line. If unsuccessful the game ends at the conclusion of the failed onside kick attempt. A penalty that results in an automatic first down constitutes a successful onside kick. **Any LIVE ball foul by the offense will result in an unsuccessful attempt.** The onside kick is a timed down for purposes of the game clock.

10.0 EXCESSIVE SCORING

Part of the goal of this league is to promote sportsmanship and character development. A team should not continue to make attempts at scoring points excessively in a game. If a team is determined to have run up the score on their opponents during any game, the Head Coach of that team will be suspended for one (1) game. Repeated violations may result in a suspension of the Head Coach for the remainder of the regular season and postseason.

10.1 Mercy Rule. If a team is leading by 17 points with less than 2 minutes remaining in the game, the final two minutes will be played with running clock.

11.0 BRINGING GOOD SPORTSMANSHIP BACK-HIGH FIVE LINE

Immediately upon the conclusion of every game both teams' players and coaches will meet at midfield and create a high-five line where players and coaches high-five the opposing team. This is to be done before any post-game team meetings or discussions. Any player or coach that refuses to participate in the high-five line will be required to serve a one game suspension during their teams' next game.

12.0 VIDEO TAPING OF GAMES AND PRACTICES

Family members, relatives, friends, persons and coaches are welcome to attend, watch, or scout any game or practice, but they are strictly prohibited from photographing or videoing any games or practices that their child or relative are not participating in. Any family member, relative, person, or coach photographing or videoing a game or practice that their child or relative is not participating in will be disciplined, to include the serving of a suspension from attending all league activities.

13.0 SUPER BOWL WEEK PRACTICES

If a team has qualified for the Super Bowl and the Super Bowl game is more than 5 days from the day they qualified, that team may have two (2) practices during the time they are waiting for their Super Bowl game. No other practices are permitted.

14.0 ALCOHOL PROHIBITED

All parents, relatives and spectators are reminded to abide by the City of Parkland rule that PROHIBITS alcohol at the fields. Should alcohol be suspected the park ranger will be called to enforce the City of Parkland rules. Furthermore, all spectators of Parkland Flag Football events must adhere to all rules and regulations of Parkland City parks.

15.0 GAMES STOPPED DURING PLAY FOR WEATHER OR OTHER REASONS

Any games stopped before halftime for weather or other reasons will be picked up from the exact point of stoppage. Coaches are to record the field position, down, distance to first down, score, timeouts remaining per team, time remaining, and who started the half with the ball. Any games stopped for weather or other reasons at the conclusion of the first half will be final and not resumed.

16.0 MISCELLANEOUS

All rules not covered or addressed in this document will revert to NRSA High School rules. During the season the Board reserves the right to change, edit or amend any and all rules, add rules, or delete rules if deemed to be in the best interest of the league.

16.1 Only play resulting in an automatic first down are:

- a) Roughing the Passer
- b) Illegally secured Flag Belt (by the defense)

16.2 Only plays that result in a loss of down:

- a) Illegal Forward Pass
- b) Illegal Backward Pass
- c) Intentional Grounding
- d) Illegally tampered or secured flag belt (by the offense)
- e) A live ball foul by the offense on an onside conversion attempt.

16.2 The principle of penalty enforcement is awarding the yardage gained without the assistance of the foul, and penalizing from that point. Down is replayed unless noted in the exceptions listed. All fouls that occur behind the LOS, will be penalized from the previous LOS. The only exception is intentional grounding which is penalized from the spot of the foul.

