



## **Budweiser Sports League Men's Touch Football GENERAL RULES AND REGULATIONS Updated – 03/09/08**

“NEW additions to rules are bold and italicized.” Please READ before Captain’s Meeting.

\*\*The head coach is responsible for making every player aware of every rule prior to any participation by a player in any game or any portion of a game or activity.

Participants must be 21 years of age,

**1. ROSTER / WAIVER.** The number of players permitted on the team roster is 25. The Budweiser Sports League roster has room for 20 players. The league coordinator will provide a supplemental roster for teams carrying more than 20 players. Every player **MUST** sign before he or she will be allowed to play any game. Players may be added or dropped up to the midway point of any season. After the mid-season games, **ALL ROSTERS WILL BE FROZEN**. Players may be dropped, but **NO NEW PLAYERS** may be added. **EXCEPTION:** A team may replace their quarterback on the roster if the quarterback has been injured and is unable to play.

The league provides no medical insurance of any form.

The Budweiser Sports League **ONLY** recognizes players who have filled out the roster / waiver form. No other players are eligible. If there is any question to a player’s eligibility, the league reserves the right to request a signature match by that player.

“The Budweiser Sports League reserves the right to allow whomever it chooses and to refuse whomever it chooses for participation in its leagues.”

**2. PLAYERS.** Teams are made up of 7 players apiece. 5 players are required to avoid a forfeit. If a team does not have the amount of players necessary to begin the game. The opposing captain has two options. Option 1-He can elect to win by forfeit. Option 2- Allow the team to get enough players to start the game. Once

this decision is made, the team is allowed the entire first half to get enough players and the clock continues to run. This is an official game and the scores and standings will be recorded.

### **3. FORFEIT RULE.**

There is no grace period for any team for any of the scheduled start times . Game time is “forfeit time”. A team must have a minimum of 5 players to start an official game. A team in its entirety (a minimum of 5 players) has the choice at game time to allow the other team to get the remainder of its players there or they can elect to take the game time forfeit. If they choose to allow the other team time to get their players there ten (10) minutes will be given to that team. At this point the game will begin and the teams will take the field and play at the completion of ten (10) minutes the team that is short players must have at least 5 players present to continue playing or the game will be considered a forfeit. If the team in its’ entirety chooses to play then it is an official game and the game score will be posted accordingly.

Forfeit is a 17- 0 loss.

If your team forfeits two (2) games in a given session, you will have to forfeit the rest of your games for that session. You will not be entitled to a refund.

**4. COIN TOSS.** The winner of the coin toss has four options: 1) Kickoff; 2) Receive; 3) Designate which goal his team will defend; or 4) Defer his choice to the 2nd half. The loser of the coin toss shall make a choice of the remaining options.

**5. CLOCK.** The game consists of two 28-minute halves, with a 5 minute half time and two 30 second time-outs per half. The first half will be a continuous running clock and will only stop on time-outs or an official’s time-out. The second half clock will run continuously until the last 2 minutes at which point the clock stops on any incomplete pass, time-out, or dead ball situation where there is extended stoppage in play.

- Referee time out ... starts on the ready whistle.
- Injury time out ... starts on the ready whistle.
- Team time out ... starts on the snap.
- Two minute warning ... starts on the snap.
- If the situation presents itself, a team can declare they are “taking a knee” to run out the clock. In this case, the quarterback must take the snap and touch his knee to the ground immediately. There are NO FAKES. The defense cannot attempt to strip or punch the ball loose.

During the last two minutes of the half, the clock will stop for:

- Incomplete pass ... starts on the snap.
- Out-of-bounds ... starts on the snap.
- Team time out ... starts on the snap.
- Change of possession ... starts on the snap. (Adjusts rulebook.)
- Score (touchdown, field goal or safety) ... starts when the kickoff is legally touched, other than by the kicker.
- Touchback ... starts on the snap.
- First down ... dependent on the previous play. If the player is tagged in-bounds, the clock starts on the ready whistle.
- Penalties ... dependent on the previous play there will be an 8-second run-off of clock and clock could start.
- Inadvertent whistle ... starts on the ready whistle.

**6. HALFTIME.** Halftime is a minimum of 2 minutes. It may be longer at the referee’s discretion.

**7. TIME-OUTS.** Each team is allowed 3 time-outs per half. If you do not use one of your time-outs by the

two-minute warning, you will lose it at the two-minute warning. Only two time-outs can be used in the last two minutes of a half. Time-outs are for thirty (30) seconds.

**8. HUDDLE CLOCK.** The huddle clock is thirty (30) seconds. (Adjusts rulebook.)

**9. OFFICIAL TIME.** The referee keeps the game clock, in the offensive backfield.

**10. SCORING.** After any score, the teams have 1 minute to set up for the ensuing kickoff. If they take longer, a delay of game penalty will be assessed to the guilty team as assessed by the on field officials.

- Touchdown ... 6 points.
- Field Goal ... 3 points.
- Safety ... 2 points.
- Forfeited Game 1 point.
- Extra Point (Run, Pass or Kick)
- From the three-yard line ... 1 point.
- From the ten-yard line ... 2 points.
- Return of Extra Point Attempt by Defense ... 2 points.

## **11. TIE BREAKER**

1st tie breaker head to head

- 2nd tie breaker point differential (example team scored 100 pts and gave up 50 pts their differential is +50).

## **12. MERCY RULE.**

- If a team is ahead by 17 points at the two-minute warning in the second half, the game shall be declared over.
- Addendum...if a team is ahead by 5 touchdowns or more with 5 minutes left to play the game is over.

**13. EJECTIONS.** Any player/coach ejected for unsportsmanlike conduct will be ineligible for any other games that day and will be suspended for all games the following week. Any player/coach refusing to leave the park after being ejected will cause the game to be forfeited. (NOTE: The league commissioner can suspend a player or coach for a longer period of time if he deems it necessary.)

**14. ROSTER CHECKS.** All roster checks shall be made as soon as possible ... as soon as the man has participated in the game. The outcome of the game should not be the determining factor in your protest and the protest will not be allowed if the player in question has been playing the whole game prior to your protest. (NOTE: Team rosters are due by the third week of the season. If a team files a protest and you have not turned in your roster, you lose.)

**15. PROTESTS.** Only the coach may file a protest and only during the game. Judgment calls cannot be protested. Only misinterpretation or misapplication of the league rules may be protested. (NOTE: If the protest is deemed to be frivolous, the offending team will be charged a time-out or assessed a delay-of-game penalty.)

**16. LITTER.** Each team is expected to pick up its trash and debris after each game.

**17.** A scorecard must be signed by the captain of the winning team. Any disputes must be resolved at the end of the game prior to scores being posted on the website.

## EQUIPMENT

- 1. FOOTBALL.** Teams provide their own balls. There are only four (4) acceptable footballs allowed in our leagues. Wilson NCAA 1001, 1005, 1205 or the Wilson NFL. The ball must be properly inflated to the referee's satisfaction.
- 2. JERSEYS.** Players on each team are expected to have game jerseys of the same color. The league provides pullovers when teams are dressed out in the same color.
- 3. PANTS.** Any style is permitted as long as there is no padding. EXCEPTION: Kneepads are allowed.
- 4. SHOES.** Molded rubber cleats only. No metal cleats are allowed.
- 5. PADS.** No pads are permitted unless it is to protect an injury and the game officials prior to the start of the game have approved the pads.
- 6. BRACES.** The game officials prior to the start of the game must approve metal knee braces and similar braces for the ankle and elbows.
- 7. ACCESSORIES.** Gloves and ace bandages are permitted. Caps, with the brim turned backwards, are allowed.
- 8. STICK-UM.** Only spray stick-um is allowed. No goop or jells.
- 9. JEWELRY.** Bracelets and wristwatches must be removed. Necklaces must be kept inside of the player's jersey. Only studded earrings can be worn. Any other questions regarding jewelry are left to the discretion of the game officials.

## GAME RULES AND REGULATIONS

- 1. LEGAL POSITION.** Offensive players cannot be within five (5) yards of the sidelines when the ball is snapped.
- 2. MINIMUM LINE PLAYERS.** At least 3 offensive players must be on the line of scrimmage when the ball is snapped.
- 3. SNAPS.** All snaps must pass through the center's legs. Direct snaps are legal except on protected punts. Any snap touching the ground is down at that point.
- 4. LEGAL TAG.** A legal tag is made with 2 hands simultaneously touching the ball carrier between the knees and shoulders. Diving to make a tag is legal. Rough tags or any attempt to deliver a blow while making a tag is not permitted. The ball carrier may not be tackled or thrown to the ground.
- 5. CONTACT WITH THE GROUND.** If a ball carrier's knee touches the ground, the ball is dead at the spot.
- 6. FUMBLES.** All fumbles that touch the ground are dead at the spot where the fumble hits the ground.

**7. FORWARD PASSES.** Only one (1) forward pass is allowed per down. (NOTE: A forward pass behind the line of scrimmage is counted as a forward pass.)

**8. CROSSING THE LINE OF SCRIMMAGE.** A passer cannot cross the line of scrimmage, then come back behind the line of scrimmage and throw a forward pass. (Adjusts rulebook.)

**9. THREE-POINT STANCES.** Only the wide receivers on the offensive team are allowed to use a 3-point or 4-point stance. (Adjusts rulebook.)

**10. ARM IN MOTION.** The ball must have left the quarterback's hand to be considered a forward pass. If the quarterback is tagged prior to the release of the ball, the play will be whistled dead.

**11. MAN IN MOTION.** Only one man can be in motion at the time of the snap. The man in motion must be running parallel to the line of scrimmage or away from the line of scrimmage at the time of the snap.

**12. SIMULTANEOUS CATCH.** Offense is awarded possession.

**13. GOOD CATCH.** A receiver must have one (1) foot in bounds for a catch to be good.

**14. SPOT.** The ball will be spotted where the ball carrier's foot is when he is tagged or when he goes out of bounds. EXCEPTION: On touchdowns, the ball must cross the goal line.

**15. CONTACT BLOCKING.** The blocker is allowed to contact only that portion of the opponent's body between the waist and shoulder. Blockers must be on their feet before, during and after contact is made with their opponent. You may not dive to block. Two on one blocking is not permitted at any time. High-low blocks, cross body blocks and rolling blocks are never permitted. You may not block or make contact with any opponent who is on the ground. The blocker may not swing, throw or flip the elbows or forearms. The blocker's hands may not be locked together. The blocker may not use his feet, knees or legs to strike an opponent. There shall be no contact of any kind to the head or neck in an attempt to block an opponent. Clipping is not legal anywhere on the field. You may not grab the jersey of an opponent while attempting to block.

**\*\*An open hand, straight-arm block, within the framework of the blocker's body, is the ideal block. The blocker's hands may be closed or cupped and the palms may be facing the opponent being blocked.**

**16. CHUCKING RECEIVERS.** One (1) chuck per receiver is allowed within 5 yards of the line of scrimmage. On passing plays, no contact is allowed beyond 5 yards of the line of scrimmage by either offensive or defensive players until the pass is caught. EXCEPTION: Some contact may occur legally while breaking up a pass.

**17. CONTACT WITH THE CENTER.** No contact is allowed with the center until he assumes a blocking position or takes one (1) step into his pass pattern.

**18. OBSTRUCTION.** A defensive player cannot hold, grasp or impair the forward progress of a runner in an attempt to make a tag.

**18a.** Players on the sidelines may NOT travel inside the 20-yard line. This is to be called at the discretion of the referees. It is a rule to prevent distraction in the "Red Zone." First offense is a warning. Second offense and succeeding may result in a 5-yard penalty.

**19. STRIPPING THE BALL.** Defensive players cannot attempt to strip the ball carrier of the ball. (This includes attempts to steal the ball as well as knocking it loose.)

**20. BATTING AND KICKING.** No player shall intentionally kick the ball other than the kicker during the course of the kicking game. No player shall intentionally bat a loose ball other than a pass or fumble in flight.

**21. SPIKING OR THROWING THE BALL.** Spiking or throwing the ball, whether in anger or in celebration, is never allowed.

**22. STIFF ARMS.** Stiff arms are illegal.

**23. RUNNING OVER DEFENDERS.** A ball carrier shall not intentionally drive or run into a defensive player.

**24. HELPING THE RUNNER.** The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate in order to advance the ball.

**25. SHEDDING BLOCKERS.** The defense may not grab a blocker's jersey in an attempt to get by him. The defense may not make contact with the blocker's head or neck during his attempt to get by the blocker.

**26. ROUGHING THE QUARTERBACK.** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. Taking more than one-step and hitting the passer usually constitutes roughing the passer. If the defender contacts the passer's arm, whether or not he touches the pass, it is roughing the passer. (NOTE: No defensive player shall contact a passer who is standing still or fading back since he is considered out of the play after he has thrown the pass.)

**27. ILLEGAL CONTACT.** No player shall make contact with an opponent who is obviously out of the play before or after the ball is declared dead.

**28. DIVING.** Diving to the advance the ball is illegal. Diving to make a tag is legal.

**29. HURDLING.** As a ball carrier, the runner is allowed a "lateral slide move" to avoid a tag the runner's feet may leave the ground as long as it is in a lateral direction. The runner may not jump, hurdle, or step over his own team mate or opposing players to avoid a tag. If this infraction occurs, a penalty will be assessed of 10 yards and the down counts.

**30. INADVERTENT WHISTLE.** On an inadvertent whistle, the ball is dead once the whistle is blown. The down will count. The placement of the ball will be at the discretion of the game officials. (NOTE: If in the opinion of at least two of the three game officials, the ball carrier was clearly free of the defensive pursuit, the referee may award a touchdown to the offense.) (Adjusts rulebook.)

**31. PROTECTED PUNTS.** Prior to the ready whistle on fourth down, the referee will ask the offensive team if they want a protected punt. After declaring a punt, the offensive team must kick the ball. If a penalty occurs prior to the kick or during the play and it results in the kicking team having the right to repeat the down, the referee will again ask the offensive team if they want a protected punt. (NOTE: The offensive team can re-declare only after calling a time-out.)

**32. UNFAIR ADVANTAGE.** No player, substitute, coach or others associated with the team shall use disconcerting words or phrases or commit any act for the purposes of confusing the opponent and gaining an unfair advantage.

## **Conduct**

If two or more players are ejected from the same team, the game will immediately be forfeited by that team.

There will be absolutely zero tolerance for unsportsmanlike conduct. Anyone who engages in unsportsmanlike conduct, as defined below, will severely disqualify his team and his chances for resuming play this or any season.

Coaches are alerted to the fact that they should not bring a potential problem player onto their team. These players tend to show themselves more than once during the course of a season and will adversely affect your team's chances for success. Avert the problem and do not sign him. This is meant to be a friendly league. We will let "no one player or one team" jeopardize our good-natured, recreation pursuits of the league, our use of fields and insurance privileges.

Unsportsmanlike conduct is any conduct that is not contingent to the game. Any participant of a fight will unquestionably be expelled from the game. It will be up to the referee as to whether or not that player is to return the following week, or any game thereafter (upon consultation with league management). If a precipitator can be determined, he will be ejected. If not, both players will be automatically ejected. Any player ejected from a game is to leave the field property entirely or the team will suffer a forfeit. A referee and league officials can hold a team accountable (in the form of forfeit) for any unsuitable actions taken by the player after he is ejected.

The second player from the same team engaged in a second fight will automatically be ejected for that game plus the following game. It will be up to the discretion of the official whether or not a team should be held accountable for the actions of the second ejected player by levying a team forfeit of the current game.

A major responsibility of the refs is to watch out for cheap shots. This will lead to an automatic ejection. Anyone developing a reputation for committing cheap shots or any chronic conduct violation will be monitored closely by the league and will probably not finish the season.

The referee can request a mandatory forfeit for a subsequent week of any team engaging as a whole or majority in unsportsmanlike actions. This can only be upheld, however, after consultation with league management. The same rules apply for any verbal assault on a referee.

The only players allowed to question the call of an official is be the coach or the designated captain. All else are subject to ejection for all or part of a game at the ref's discretion. The preface of any confrontation with a referee must be to ask for an explanation of a rule or a call -- not to chastise the official.

Harassing verbal confrontation will also not be tolerated. It will be up to the official whether or not language is fight provoking and if action need be taken. Any player abusive in this manner may be asked by the official to sit out the remainder of the half. If this persists, he may then be asked to leave the game by the official. Trash talking is discouraged as it could be considered fight-provoking behavior.

Appeals may be made to league management. Appeals may be made of rulings only, not an official's on-field call. Do not call league officials to complain of a particular call by a referee (other than a rule interpretation). All calls by officials are final and will not be overturned by league management.

Requests to amend a rule may also be made to league officials and will be decided by a vote of all coaches. No rules will be amended on game day.

**33. TAUNTING.** Taunting is defined as anything said or done in a verbal or nonverbal manner to an opponent in order to get a reaction. Once the “taunting rule” is put into effect, no more taunting will be tolerated and the offenders will be penalized and/or ejected from the game.

**34. FIGHTING.** Any player throwing a punch will automatically be ejected from the game. This ejection carries an automatic disqualification from all games for the remainder of the day and a 1-week suspension. (NOTE: The suspension may be longer at the commissioner’s discretion.)

**35. LEAVING THE BENCH.** Any player or coach leaving the sideline to participate in an altercation, even to break it up, is subject to ejection. If an entire team leaves its sideline to participate in an altercation, that team may have to forfeit the game. If both teams leave their respective sidelines to take part in an altercation, a double forfeit may occur.

## THE KICKING GAME

**1. KICKOFFS.** Unless a penalty occurs, the kickoff is from the 40-yard line on full size fields and from the 20-yard line on the 80-yard fields.

- During the kickoff the kicking team kicks the ball out of bounds the receiving team has two options (1) take the ball where it went out of bounds or (2) place the ball at their own 45 yard line.
- The receiving team lines up 10 yards away from the kicking team.
- The receiving team must have at least 3 men on the line.
- The ball may be placed on a tee or on the ground. The ball cannot be placed on the holder’s toe. (Adjusts rule-book.)
- All players must be at least 5 yards in from the sidelines.
- Any ball that hits the ground first may be picked up and advanced.
- Kickoffs may be brought out of the end zone.
- Fumbled kicks are dead at the spot where the ball lands.
- Muffed kicks may be possessed by the receiving team and advanced. Muffed kicks caught by the kicking team are dead at the spot.
- There are no on-side kicks. The ball is dead where the kicking team touches the ball. EXCEPTION: The turnover rule during the last 2 minutes of the game.
- If the kickoff goes out of bounds inside the 35-yard line, the ball is marked at the 35-yard line.
- If a touchback occurs, the ball is marked at the 20-yard line.

**2. TURNOVER RULE.** During the last two minutes of the game, if the team with the lead is receiving a kickoff, the kickoff must be returned to the 20 yard line or beyond (after all penalties that occur have been assessed) or the kicking team receives the ball at the 50 yard line, first down and ten yards to gain. (Adjusts rulebook.)

**3. PUNTS.** The offensive team may ask for a protected punt. If protection has been declared there is no rush.

- The receiving team must have 3 men on the line of scrimmage.
- There are no direct snaps. The ball must be snapped at least 5 yards.
- If the snap hits the ground, the ball is dead and the receiving team gets the ball at the spot. If the snap lands in the end zone, it is a safety.
- After receiving the snap, the punter must kick the ball immediately or risk a delay-of-game penalty.

- There is no movement until the ball is kicked. The defensive linemen may raise their arms or jump straight up to try to block the kick.
- If the punt hits the ground first, the receiving team may pick it up and advance the ball.
- If the kicking team touches the ball, it is dead at the spot.
- If the ball goes out-of-bounds, it will be first down from the spot.
- Fumbles are dead at the spot.
- Muffed punts may be possessed by the receiving team and advanced. Muffed punts caught by the kicking team are dead at the spot.
- The offensive team can re-declare (change its decision) by using a time-out.
- NOTE: If the offensive team has not asked for protection and attempts to punt the ball, the defense can rush and can block the punt.

**4. SAFETY.** After a safety occurs, the team that was on offense will have a free kick from its own 20-yard line. The free kick may be a punt or a placekick. If a placekick is utilized, a kicking tee may not be used.

- The receiving team must have a least 3 men on the 30-yard line.
- If the ball hits the ground, it may be picked up and advanced.
- If the kicking team touches the ball, it is dead at the spot.
- Fumbles are dead at the spot.
- Muffed kicks may be possessed by the receiving team and advanced. Muffed kicks caught by the kicking team are dead at the spot.
- If the ball goes out-of-bounds, it will be first down from the spot.

**5. FIELD GOALS AND EXTRA POINTS (KICKING).** The offensive team can set up to kick a field goal or kick for one or two points, following a touchdown, by notifying the referee of their intent.

- The offense must have at least 3 men on the line of scrimmage.
- There are no gaps allowed on the offensive line. The center's foot must be in contact with the guard's foot and the guard's foot must be in contact with the tackle's foot.
- The center cannot be touched and the center cannot touch anyone. (NOTE: If there is a fake, and the center fires out into a pass pattern, the defense can legally chuck the center as with any other play from scrimmage.)
- There are no 3-point or 4-point stances allowed on any kick attempt.
- The holder may have his knee on the ground, and after receiving the snap, may hold the ball on the ground for the kick attempt, or get up to run or pass the ball. NOTE: If the holder's knee leaves the ground in order to catch the snap, he may not put his knee back down while holding the ball for a kick attempt.
- The defense cannot rush between the center and the guards on a kick attempt. This includes breaking the line of scrimmage in any attempt to jump and block the kick. The rush must be outside of the guards. (NOTE: If the guard vacates his spot in order to block a rusher, the rush can come through the vacated position.)
- The defensive team may return missed field goals.
- Blocked field goals are dead when the ball hits the ground.
- Field goals that are blocked or missed inside the 20-yard line are brought out to the 20-yard line. Field goals that are blocked or missed outside the 20- yard line are brought back to the original line of scrimmage.

## **PENALTIES**

Remember, better that a referee should miss a tag than to call one he did not see because he was blocked from view -- even if it appeared the player may have been tagged. Refs are going by their best judgment on many of these calls and harassing them may get you ejected...permanently. Only the coach or captain can maturely question the referee's judgment without repercussions. The official's ruling is final. If he does not see it, it did not happen.

**1. PERSONAL FOULS.** Personal fouls are 10-yard penalties. However, if in the opinion of the referee, the foul is flagrant, a 15-yard penalty will be assessed. The referee also has the option of removing a player for 4 plays; removing a player for the remainder of the half; or ejecting a player from the game for flagrant fouls. (NOTE: Offsetting personal fouls will result in both players being removed for at least 4 plays, more if needed.) Personal fouls include:

- Illegal blocking position (Blocker not on his feet before and after block)
- Blocking below the waist.
- Diving to make a block.
- 2 on 1 blocking.
- High/low blocking.
- Cross body blocks and rolling blocks.
- Blocking a player on the ground.
- Swinging or flipping the elbows or forearms while blocking.
- Any contact to the head or neck.
- Clipping.
- Tripping.
- Tackling the ball carrier.
- Contact with a player obviously not in the play.
- Illegal contact with the center.
- Intentionally driving or running over a defender by the ball carrier.
- Any attempt to strip the ball from the ball carrier.
- Stiff-arming by the ball carrier.
- Unnecessary roughness.
- Diving to advance the ball.
- Hurdling a defender to advance the ball.
- Roughing the passer ... Automatic first down.
- Roughing the kicker ... Automatic first down.
- Roughing the holder ... Automatic first down.
- Using a fist or forearm to make a tag.
- Using a fist to make contact during or after the play.

**2. UNSPORTSMANLIKE CONDUCT.** Unsportsmanlike conduct penalties are 10-yard penalties; 15 yards if flagrant. The referee also has the option to remove a player for 4 plays; for the remainder of the half; or eject the player from the game. Unsportsmanlike conduct includes:

- Intentionally bumping into any game official ... Automatic Ejection.
- Any verbal abuse of any game official.
- Taunting an opponent.
- Fighting ... Automatic Ejection.
- Intentionally kicking the ball, other than during a legal kick.
- Spiking or throwing the ball away.
- Any acts used to gain an unfair advantage.
- Use of profanity or insulting language or gestures.

**3. OFFENSIVE PENALTIES.**

- Illegal Procedure ... dead ball ... 5 yards from the line of scrimmage
- Illegal Motion ... 5 yards from the line of scrimmage.
- Illegal Formation ... 5 yards from the line of scrimmage.
- Illegal Stance ... 5 yard from the line of scrimmage.
- Illegal Contact (downfield, prior to the pass) ... 10 yards from the line of scrimmage ... repeat the down. (Adjusts rulebook.)

- Offensive Pass Interference ... 10 yards from the line of scrimmage ... loss of down. (Blocking downfield when the ball is in the air is offensive pass interference. It does not matter if the ball is behind or beyond the line of scrimmage.)
- Illegal Forward Pass ... 5 yards from the spot of the foul ... loss of down.
- Holding ... 10 yards.
- Personal Fouls and Holding Penalties will be assessed from the line of scrimmage if they occur at or behind the line of scrimmage. If they occur downfield, after a completed pass or during a run, they will be assessed from the appropriate spot and the down will count. (Adjusts rulebook.)
- Helping a runner to advance the ball ... 5 yards from the spot of the foul. If the foul occurs downfield, the down will count. (Adjusts rulebook.)

#### **4. DEFENSIVE PENALTIES.**

- Encroachment ... dead ball ... 5 yards from the line of scrimmage. Two or more consecutive encroachment penalties are 10 yards from the line of scrimmage. (NOTE: Encroachment includes jumping off sides, whether or not you make contact with an offensive player; lining up in the neutral zone; and touching the ball. Once the ball has been set for play, the defensive players must remain on their side of the line of scrimmage.)
- Illegal Contact (downfield, prior to the pass) ... 10 yards from the line of scrimmage ... repeat the down. (Adjusts rulebook.)
- Two or More chucks on the Same Receiver ... 10 yards from the line of scrimmage ... repeat the down.
- Pass Interference ... Spot of the Foul ... Automatic First Down.
- Holding ... 10 yards from the line of scrimmage.
- Roughing the Center ... 10 yards from the line of scrimmage.
- Roughing the Passer, Kicker or Holder ... 10 yards from the end of the play ... Automatic First Down.
- Personal Fouls on the defense will be tacked on to the end of the play if they occur downfield while attempting to tag the ball carrier. These include:
  - Tackling the ball carrier.
  - Unnecessary roughness.
  - Obstructing the ball carrier to make a tag.
  - Using a fist or forearm to make a tag.
  - Hitting the ball carrier out-of-bounds.
  - Late hits.

#### **5. MISCELLANEOUS PENALTIES.**

- Delay of Half ... 10 Yards.
- Too Many Men on the Field ... 5 yards. (Adjusts rulebook.)
- Illegal Substitution ... 5 yards. (Adjusts rulebook.)
- Exiting Field Improperly ... Wrong sideline or end line ... 5 yards.
- Coaches or Players on the Field ... 5 yards.
- Coaches or Players Outside of the Team Area ... 5 yards.
- Off sides (kicking team) ... dead ball ... 5 yards.
- Illegal formation (kicking team) ... dead ball ... 5 yards.
- Illegal formation (receiving team) ... dead ball ... 5 yards.