



# The City of Grove City Parks & Recreation Department

4035 Broadway, Grove City, Ohio 43123-0427  
614-277-3050



Richard L. "Ike" Stage  
Mayor

## Adult Flag Football Rules

### Rule 1

#### The Game, Field, Players and Equipment

#### Section 1. General Information

**Article A.** The game shall be played between two teams of seven players on a rectangular field with an official football. There can be five players to start the game before a team will have to forfeit.

**Article B.** The teams shall be awarded points for scoring according to rule and, unless the game is forfeited, the team having the larger score at the end of the game shall be the winning team.

**Article C.** The team shall be played under the supervision of three officials: a Referee, Lineman, and a Field Judge.

**Article D.** Each team shall designate to the Referee a field captain. The field captain or a designated representative will speak for the in all dealings with the officials. A field captain's first of any option shall be irreversible.

**Article E.** All players, coaches, and spectators are subject to the rules and shall be governed by the decisions of the officials.

#### Section 2. The Field

**Article A.** The field shall a regulation sized football field and uprights used during Ohio high school play.

**Article B.** On each side of the field, a team area is designated between the twenty-yard lines for the use of the teams and coaches.

**Article C.** Soft, flexible pylons shall be placed at the corners of the four intersections of the goal lines. In addition, markers will be placed at the twenty and forty yard lines. Use of multiple sized cones may be used as substitutes.

**Article D.** The officials of the game should inspect the field and the surrounding area and remove, or order removed any obstruction that might prove dangerous to layers.

### **Section 3. The Ball**

**Article A.** The official ball shall meet the recommendations for the size and shape for regulation footballs.

**Article B.** The Referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion.

### **Section 4. Players and Playing Equipment**

**Article A.** For convenience, a player is referred to as a lineman or backfield man.

**Article B.** Players of opposing teams must wear contrasting colors. The visiting team shall make a change is necessary.

**Article C.** Each player on the field will wear a belt at the waistline with multiple flags attached, but not tied thereto: one flag on each side of the body. Each flag should extend or hang from the waist. Flags should be three inches wide and GCPRFF approved, (Flag –A-Tag.)

Wrapping or in any way securing the flags to the uniform or belt, other than prescribed by rule, or intentionally removing a flag during play is illegal. Penalty: Ten yards and possible disqualification.

### **Section 5. Illegal Equipment**

**Article A.** No player wearing illegal equipment shall be permitted to play. The Referee shall decide the legality of all equipment. Illegal equipment shall include:

- a. Any equipment that in the opinion of the Referee would confuse or endanger other players.
- b. Helmets, padded uniforms, or other hard or unyielding substance on the hands, wrist, forearms, or elbows, no matter how covered or padded.
- c. Any protection of metal or other hard substance from a player's person or clothing.
- d. Any metal shoe cleats.
- e. Jerseys or attachments which tend to conceal the ball or closely resembling it in color.
- f. Any slippery or sticky substance on a player's person or clothing.
- g. Baseball style caps or cap with a hard visor.

## **Rule 2 Definitions**

### **Section 1. The Ball**

**Article A.** A live ball is a ball in play while a down is in progress. A dead ball is that period between downs when the ball is not in play.

**Article B.** A loose ball is a live ball not in player possession, any kick, pass, or fumble.

**Article C.** A dead ball is ready-for-play when the Referee whistle sounds and signals "ready-for-play."

**Article D.** A player has possession when both holding and controlling the ball.

**Article E.** A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble before it hits the ground is an interception. If a player attempts a catch or interception while in the air, the ball must be in control when the player returns to the ground inbounds.

## **Section 2. Blocking**

**Article A.** Blocking is legally obstructing an opponent by controlling the opponent with any part of the blocker's body. Blockers must be on their feet before, during, and after contact is made with the opponent. Two on one blocking shall be limited to the area on or behind the neutral zone. Under no condition shall a high-low or rolling block be permitted.

Blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders.

Contact with an opponent may only occur between the opponent's shoulders and waist.

Offensive players may use an extended arm (pro block) provided that the palms are facing the opponent.

When using a hand or forearm block, the elbows must be outside the shoulder. The blocker's hands may not be locked. The blocker may not swing, throw, or flip an elbow or forearm. The hands may be closed or cupped, but the palms may not be facing the opponent being blocked.

Downfield blocking is defined as any blocking past the neutral zone. Downfield blocking is permitted.

## **Section 3. Clipping**

**Article A.** Clipping is the running or diving into the back, or throwing or dropping the body across the back of the legs or legs of an opponent or pushing an opponent in the back.

## **Section 4. Fumble, Muff**

**Article A.** A fumble is a loss of the ball by a player in possession during an unsuccessful attempt to hold, handoff, backward pass, or kick the ball. All fumbles are dead at the spot the touch the ground or go out of bounds.

**Article B.** A muff is an unsuccessful attempt to catch a scrimmage kick or punt. A muff can be recovered and returned.

## **Section 5. Hurdling**

**Article A.** Hurdling is an attempt by the runner to jump with both feet foremost over any player(s) still on their feet.

## **Section 6. Kicks**

**Article A.** Scrimmage Kick or Punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.

**Article B.** Drop Kick is kicking the ball by the player who drops it and kicks it as it touches the ground or as it is rising from the ground.

**Article C.** Kickoffs are placed at the thirty-yard line.

## **Section 7. The Neutral Zone**

**Article A.** The neutral zone is the area between the area that extends four yards down the line of scrimmage from the spot of the ball and is extended three yards on both sides.

## **Section 8. Passes**

**Article A.** Passing the ball is throwing it. A pass continues to be a pass until caught, intercepted, or the ball becomes dead.

**Article B.** A forward pass is a live ball thrown toward the opponents' end line. A backward pass is a live ball thrown toward or parallel to the passer's end line. Both passes continues to be a pass until caught, intercepted, or the ball becomes dead.

## **Section 9. Shift**

**Article A.** A shift is a simultaneous change of position by two or more offensive players after the ball is ready-for-play and before the next snap.

## **Section 10. Snapping the Ball**

**Article A.** Snapping the ball is the handling or passing the ball from through position on the ground. In a legal snap, the movement must be quick and continuous motion of the hand or hands during which the ball leaves the hand or hands. It must pass through the legs of the snapper. The snapper must be facing downfield. The snapper is protected and cannot be engaged until he has participated in the down. Penalty: Personal Foul, Fifteen yards and a first down.

## **Section 11. Spots**

**Article A.** The placement of the ball is based upon where the flag is pulled or crosses the out of bounds lines.

## **Section 12. Deflagging**

**Article A.** Deflagging is the legal removal of a flag of an opponent in possession of the ball. Pushing, holding, or slapping the ball carrier is not permitted. Defensive players may leave their feet to secure a flag. Offensive players may not protect or Guard Flags.

## **Rule 3** Periods, Time Factors

### **Section 1. The Start of Each Half**

**Article A.** Each half will start with the ball placed at the thirty-yard line. Prior to the start of the games, the Referee shall toss a coin in the presence of the opposing field captains. The visiting team field captain shall call the fall of the coin.

- a. The field captain winning the toss shall choose one of the following:
  1. Kick off

2. Receive
  3. Designate which goal his team will defend
  4. Defer their option to the start of the second half
- b. The loser of the toss shall make a choice of the remaining options.
- c. Before the start of the second half, the choosing of the options shall be reversed unless the winner of the coin toss deferred.

## **Section 2. Playing Time**

**Article A.** Playing time shall be forty minutes in duration, divided into two twenty minute periods.

**Article B.** At the end of the second period and the score is tied, overtime will be placed to determine a winner. Field captains will have a coin toss at mid-field to determine who will go first during the overtime period. The home team shall call the fall of the coin. The winner will choose offense or defense. Then each team will have a series of four plays from the twenty-yard line. If a touchdown is scored, the team must attempt a two-point conversion. If the score is still tied, teams will reverse series until a both teams have completed the same number of series with one team having a greater score.

**Article C.** One of the officials on the field shall keep the game clock.

**Article D.** Starting with the snap of each half, the clock shall be started. A running clock shall be used for the first eighteen minutes of each half. The clock will only stop during team or official time outs. The clock will restart after the team timeout with the snap of the ball. The clock will restart once the ball has been declared ready-for-play for an official time out.

**Article E.** Approximately two minutes before each half, the official keeping the time will stop the clock and sign the two-minute warning. If this occurs during a live ball, the official we stop the clock once the ball has been declared dead. During the final two minutes, the clock will stop for the following:

1. Incomplete pass
2. Fumble
3. Out of bounds
4. Change of Possession
5. Timeouts-Note that the time will start once the ball has been declared ready-for-play.

**Article F.** If at any time one team is winning by twenty or more points, the final two minutes of the second half will not be played.

**Article G.** The offense will have twenty-five seconds to snap the ball once the ball has been declared ready for play.

**Article H.** Each team is entitled to two timeouts each half. There will be one time out per team allowed during the entire overtime period. Timeouts shall not exceed one minute.

**Article I.** In the event that the game score is separated by eight or less points, during the final two minutes of the second half, the time clock will not start until the offensive team has advanced the ball past the line of scrimmage.

## **Rule 4**

### **Ball in Play, Dead Ball, Out-of Bounds**

#### **Section 1. Ball in Play – Dead Ball**

**Article A.** A dead ball, after having been declared ready-for-play, becomes a live ball when it is snapped or free kicked, legally or illegally.

**Article B.** A live ball becomes a dead ball as provided in the rules or when the official sounds his whistle (even through inadvertently.)

**Article C.** A live ball becomes dead and an official shall sound the whistle or declare it dead:

1. When it goes out-of-bounds or when it touches the goal line (vertical plane) of the Ball Carrier's opponents. (Flags must cross)
2. When any part of the Ball Carrier's person other than a hand or foot touches the ground.  
Exception: The ball remains alive when it will be ostensibly held for a kick.
3. When a touchdown, touchback, safety, field goal, or successful try-for-point is made.
4. When, during a try-for-point, it becomes certain a try-for-point kick will not score points.
5. When a player from the kicking team catches or recovers a scrimmage kick that is beyond the neutral zone. When a scrimmage kick comes to rest on the ground and no player attempts to secure it.
6. When a pass strikes the ground or is caught simultaneously by opposing players.
7. When a fumble hits the ground.
8. When a Ball Carrier has a flag removed legally by a defensive player.

**Article D.** If there was an inadvertent whistle when:

1. A legal pass or snap is in flight or during a kick and before it hits the ground, the down will be replayed.
2. When a player is in possession, the team may choose to accept the play at that point or choose to replay the down.

**Article E.** No player shall be put in play until it is declared ready-for-play. Penalty: Five yards.

**Article F.** The ball shall be put in play within twenty-five seconds after it is declared ready-for-play, unless, during that interval, play is suspended by the Referee. Penalty: Five yards. Back to back penalties will be assessed ten yards.

#### **Section 2. Ball Out-of-Bounds**

**Article A.** A player is out-of-bounds when any part of that player touches anything other than another player or a game official that is on or outside a boundary line. A ball in player-possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line.

**Article B.** A loose ball (other than a kick that scores a goal) or a forward pass is out-of-bounds when it touches the ground, a player or anything else which is on or outside a boundary line.

**Article C.** If a live ball crosses a boundary line and is then declared out-of-bounds the ball will be placed where the Ball Carrier's body crosses the boundary line.

## **Rule 5**

### Series of Downs and Zone to Gain

#### **Section 1. A Series - How Started – How Broken – Renewed**

**Article A.** A down is a unit of the game that starts with a snap and ends with the ball next becomes dead. Between downs is any period when the ball is dead.

**Article B.** A team, in possession of the ball, shall have four consecutive downs to advance to the next zone by scrimmage. Any down may be repeated if provided for by the rules.

**Article C.** The line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the line to gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

**Article D.** If the ball is in player possession, and declared dead because of a tackle (flag pull), the ball shall be spotted where the flag was pulled and that shall be the determining point in establishing distance.

**Article E.** A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents move the ball into the next zone; or their opponents or they have obtained legal possession of a ball as a result of a penalty, scrimmage kick, pass interference or failure to gain the zone in advance of the ball.

#### **Section 2. Down and Possession after a Penalty**

**Article A.** After a penalty which leaves the ball in possession of the offense beyond its line-to-gain, or when a penalty stipulates a first down and the distance established by that penalty shall be first down with the next zone to gain.

**Article B.** After a distance penalty between the goal lines incurred during a down and before any change of team possession during that down, the ball belongs to the offense and the down shall be repeated unless the penalty also involves loss of down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves loss of a down, the down shall count as one of the four in that series.

**Article C.** After a distance penalty for a foul committed during a down and after the team possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty shall be first down with zone to gain.

**Article D.** If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

**Article E.** After a distance penalty incurred between downs, the number of the next down shall be the same as that established before the foul occurred unless enforcement for a foul by the defense leaves the ball on or beyond the zone line-to-gain.

**Article F.** A scrimmage following a penalty incurred after a series and before the next series begins shall be first down but the zone line-to-gain shall be established before the penalty is enforced

**Article G.** If offsetting fouls occur during a down, or while the ball is ready-for-play for such down, that down shall be ready for play.

## **Rule 6** **Kicks**

### **Section 1. Scrimmage Kicks**

**Article A.** A legal scrimmage kick is a punt, drop kick or place kick made in accordance with the rules.

**Article B.** When a scrimmage kick is to be made, the kicking team must announce it to the Referee before the ball is declared ready-for-play. After such an announcement, the kick must be attempted. The receiving team will have a minimum of four players on the line of scrimmage. No rushing or movement by either team until the ball is kicked is prohibited. Penalty: Five yards and replay the down.

**Article C.** Unannounced punts are permitted on other than fourth **down** provided no forward pass had been completed (during the down); ball must be turned over to the opponent.

**Article D.** The kicker must be at least five yards behind the line of scrimmage when receiving the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. The kicker will have five seconds from the snap to make contact and actually kick the ball. Penalty: Delay – Five yards.

**Article E.** A scrimmage kick that touches a player of the kicking team and then touches the ground is dead at the spot of touching by the kicking team unless the receiving team attempts to return the kick after the touch.

**Article F.** A muff is an unsuccessful attempt to catch a scrimmage kick or punt. A muff can be recovered and returned.

### **Section 2. Interference with Opportunity**

**Article A.** A player of the receiving team who is so located that he could catch a scrimmage kick that is beyond the neutral zone and in flight, must be given an unencumbered opportunity to catch such a kick. Protection terminates when the kick is touched by any player of the receiving team. Penalty: Ten yards from the previous spot or awarded fair catch at the spot of the interference.

### **Section 3. Fair Catch**

**Article A.** When a player makes a fair catch, the ball becomes dead where the caught and belongs to the receiving team at that spot.

**Article B.** No player of a team or teammate who has signaled for a fair catch may carry the ball more than two-step in any direction. Penalty; Five yards.

**Article C.** After a legal fair catch, the receiving team may attempt a free kick. The kicker may use a tee or have someone hold the ball. The kicking team must have everyone on the line if scrimmage and no one is permitted to move until the ball is kicked. The receiving team must have a minimum of four players ten yards from the line of scrimmage. No one is permitted to move until the ball is kicked. If

the ball is successfully kicked through the goal, three points will be awarded. In not, the kick will be treated as a scrimmage kick and can be returned.

**Article D.** A valid fair catch signal is one arm extended above the head and waving his hand from side to side.

**Article E.** An invalid fair catch signal is a five-yard penalty from the previous spot and the down will be replayed if accepted.

## **Rule 7**

### **The Scrimmage, Snapping, Handing, and Passing the Ball**

#### **Section 1. The Scrimmage**

**Article A.** All plays from scrimmage must be started by a legal snap from a point between the boundary lines, unless the rules provide for a free kick.

**Article B.** Any infraction of the following is a foul:

1. Before the ball is snapped:
  - a. The Snapper, after assuming the position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.
  - b. After the ball is ready-for-play and until it is snapped, no player on defense may touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the zone to give defensive signals, or shifting through the zone.
  - c. No player of the offensive team shall make a false start. A false start includes simulating a charge, or a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent may be cancelled.
  - d. In a snap proceeded by a huddle or shift, all players of the offense must come to a complete stop and remain stationary in legal position without movement of the feet, body, head, or arms, for at least one full second before the ball is snapped.
  - e. Snap must go between the snapper's legs, and he must face down field.
2. When the ball is snapped:
  - a. At least three players on the offensive line must be on their scrimmage line. The remaining players must be either on their scrimmage line or behind their backfield line, except as follows:

One player may be between the scrimmage line and the backfield line if placed in a position to receive a hand-to-hand snap from between the Snapper's legs. When in such position, that layer may receive the snap himself or it may go directly to any back.
  - b. All players must be inbounds by ten yards and only the Snapper may encroach (his arm only). However, no part of their persons may be encroaching and their feet must be stationary behind the ball.
  - c. One offensive player may be in motion, but not in motion toward the opponent's goal line.
  - d. No offensive player, while on the scrimmage line, may receive a snap. Penalty for all above: Five yards and the ball remain dead.

## **Section 2. Handing the Ball**

**Article A.** No player may hand the ball forward except as followed: An offensive player who is behind the scrimmage line may hand the ball forward to a teammate who is also behind or on that line. Penalty: Five yards from the spot of foul; also loss of down if by the offensive team before team possession changes during a scrimmage down.

**Article B.** A Ball Carrier may hand the ball backward at anytime.

## **Section 3. Backward Pass and Fumble**

**Article A.** A Ball Carrier may pass the ball backward or lose player possession by a fumble at anytime except if intentionally thrown out-of-bounds to avoid loss of yardage.

**Article B.** A backward pass or fumble may be caught in flight inbounds by any player and advanced.

**Article C.** A backward pass or fumble that goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot behind a goal line it is a touchback or safety.

**Article D.** A backward pass or fumble that touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs. In the event a ball is fumbled forward in advance of the line of scrimmage, it shall be ruled at the point it leaves the players hand.

## **Section 4. Forward Pass**

**Article A.** All players are eligible to receive a forward pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the ball, when it leaves the passer's hand, is on the offensive side of the line of scrimmage. The offensive team may make as many forward passes as desired from in or behind the line of scrimmage.

**Article B.** A forward pass is illegal:

1. If the passer is beyond the line of scrimmage when the ball leaves the hand.
2. If thrown after team possession has changed during the down.
3. If intentionally thrown to the ground or out-of-bounds. Exception: The passer may intentionally throw the ball to the ground during the last two minutes of each half to stop the clock.

Penalty: Five yards from the spot of the foul; also a loss of down.

**Article C.** All players are eligible to touch or catch a pass.

**Article D.** An offensive player who voluntary goes out-of-bounds during a passing down loses eligibility until an opponent has touched the ball.  
Penalty: Loss of down at the previous spot.

**Article E.** A forward pass is completed when caught by any player of the passing team who is inbounds and the ball continues in play. If the pass is caught in-bounds simultaneously by opponents, the ball becomes dead and belongs to the passing team at the spot of the simultaneous catch. Receiver must have one foot in bounds.

**Article F.** A forward pass is incomplete when the ball touches the ground or goes out-of-bounds. It is also incomplete when a player jumps from inbounds and catches the pass but lands on or outside the boundary line.

**Article G.** Contact by a player that interferes with an eligible receiver who is beyond the line of scrimmage during a legal forward pass is pass interference.

**Article H.** Contact by a player with an opponent more than five yards past the line of scrimmage during a legal forward pass is pass interference. If prior to the pass, Defensive Holding will be charged, five yard penalty and a first down.

**Article I.** Face guarding shall be pass interference.

Penalty for pass interference: Ten yards, if by the offense and down counts. If by the defense, first down at the spot of the foul, if in the end zone, it will be first down at the one-yard line.

**Article J.** If a Ball Carrier inadvertently loses a flag, play shall be stopped at the spot where the flag drops. He is still eligible to catch a forward pass, but may not advance the ball, and the play is dead where the ball is caught.

## **Rule 8**

### **Scoring**

#### **Section 1. Value of Scores**

**Article A.** The following methods shall be used in scoring a game:

- |   |              |
|---|--------------|
| 1. Touchdown                                  | six points   |
| 2. Field Goal                                 | three points |
| 3. Safety                                     | two points   |
| 4. Successful try for point:                  |              |
| a. Run, pass or kick from the three-yard line | one point    |
| b. Run, pass or kick from the ten-yard line   | two points   |

#### **Section 2. Touchdown**

**Article A.** A touchdown shall be scored for the team to which the ball legally belongs, when a down is completed and any part of the ball is on, above or behind the opponent's goal line. Exception: Ball is placed where flags are pulled even through ball breaks plane, flags must cross.

### **Section 3. Try for Point**

**Article A.** An opportunity to score one or two points shall be granted a team scoring a touchdown.

**Article B.** If an offsetting foul occurs while the ball is ready-for-play, or during the down, the down shall be replayed. When a distance penalty is incurred by the defense during a successful try, the offense shall have the option of declining the score and repeat the try following enforcement or accepting the score with enforcement of the penalty from the spot of the next kickoff.

**Article C.** Try for point can be returned for two points if the ball is intercepted or batted and caught in the air and returned by the defensive team.

**Article D.** The defensive team is not permitted to rush the gap between the center and guard during the attempt. Exception: The guard vacates the area.  
Only a two-point stance is permitted.

**Article E.** Only a two-point stance is permitted by both teams.

### **Section 4. Field Goal**

**Article A.** A field goal shall be scored for the kicking team, when a drop kick or a place kick passes over the cross bar and over an upright or between the uprights of the receiving team's goal before touching the ground or a member of the kicking team and no penalty incurred during the down.

**Article B.** After a missed field goal attempt, the ball goes back to the previous spot, if the attempt was outside the twenty-yard line. If inside the twenty-yard line, the ball will be placed at the twenty-yard line.

**Article C.** The defensive team is not permitted to rush the gap between the center and guard during the attempt. Exception: The guard vacates the area.  
Only a two-point stance is permitted.

**Article D.** Only a two-point stance is permitted by both teams.

### **Section 5. Safety**

**Article A.** When the ball is dead in possession on, above, or behind player's own goal line, it is a safety.

**Article B.** After a safety is scored, the ball shall belong to the defending team at its own twenty-yard line and that team shall put the ball in play by a punt.

## **Rule 9**

### **Conduct of Players and Others Subject to the Rules**

#### **Section 1. Deliberate Flagrant Fouls**

**Article A.** Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the players involved shall be ejected from the game:

1. Using fists, kicking or kneeling
2. Using locked hands, elbows or any part of the forearm or hand, except according to rule.
3. Tackling the ball carrier as in regulation football
4. Roughing the kicker or holder of a kick
5. Any other deliberate or flagrant act

**Article B.** There shall be no unsportsmanlike conduct by players, coaches, or spectators.

1. Using any act of unsportsmanlike conduct including:
  - a. Abusive or insulting language
  - b. Any act of unfair play
  - c. Interference of any nature with the progress of the game.
  - d. Using a 'hide out play' by placing a player or players near the sideline who are not ten yards from the boundary line when the ball is snapped.
  - e. The punter delaying or faking the punt after declaring the punt.
  - f. Pulling or removing the flag of an offensive player without the ball intentionally.
  - g. Spiking, taunting opponent or other similar theatrics before or after a touchdown.

## **Section 2. Personal Fouls**

**Article A.** No player shall commit a personal foul during a period or during an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul.

1. No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent.
2. Engaging the snapper prior to his participating in the play.
3. There shall be no tripping or clipping.
4. There shall be no contact with an opponent on the ground.
5. The runner shall not be thrown to the ground.
6. There shall be no hurdling of players.
7. No player shall contact an opponent obviously out of play before or after the ball is declared dead.
8. There shall be no unnecessary roughness of any nature.
9. The player carrier shall not deliberately run into a defensive player.
10. Tackling
11. Using fists
12. Knocking out-of-bounds
13. Diving to gain advantage
14. Pushing a player out of bounds
15. Roughing the passer (means any contact to the passer. Defense players should attempt to pull the flag and not attempt to block the pass. If the passers arm is in motion and ball is still in hand, and the passer is legally deflagged, the passer is down.) Penalty: Ten yards and automatic first down.

## **Section 3. Use of Hands and Arms when Ball is in Possession**

**Article A.** The Ball Carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate. Penalty: Five yards

**Article B.** Ball Carriers shall not protect their flags by blocking with arms or hands the opportunity or an opportunity to pull or remove a flag. This includes stiff-arming and lowering the shoulders. Penalty: Ten yards

**Article C.** The defensive player shall not hold, grasp or obstruct forward progress of a Ball Carrier when in the act of removing a flag. Penalty: Ten yards.

**Article D.** No player shall deliberately kick a loose ball, a pass, or a ball being held for a place kick by an opponent. Penalty: Ten yards