



2016

WEST CENTRAL SPORTS
COMPLEX OFFICIATING MANUAL

WCSC

4521 John Barrow Road

Little Rock, AR 72204

01/01/2016

Welcome Message

Welcome to the West Central Sports Complex Sports Officials' Program, a part of City of Little Rock Parks and Recreation department. As a sports official, you are an important part of our sports program. Often officials are only criticized and rarely commended. The job that you do often goes unappreciated by most. Without the hard work and dedication of our officials and scorekeepers, our youth sports program could not exist. Officials and scorekeepers have the most personal contact with the participants in the programs and events we provide. You are a reflection of our Officials' Program, the sports program, and the City of Little Rock Parks and Recreation.

Please read this manual and refer to it for answers to questions you may have throughout the year. Also, do not hesitate to contact me with any questions or concerns you have regarding anything. Thank you for the work that you do. Good luck out there!

Sincerely,

Larry Gilmore

Larry Gilmore

Athletic Sports Director

Table of Contents

▶ Section 1 – General Expectations.....	3
▶ Section 2 – Game Day Expectations.....	3
▶ Section 3 – Uniforms.....	3
▶ Section 4 – Meetings and Training.....	4
▶ Section 5 – Payroll Information.....	4
▶ Section 6 – Scheduling.....	4
▶ Section 7 – Substitutions.....	5
▶ Section 8 – Sportsmanship Ratings.....	5
▶ Section 9 – Evaluations.....	6
▶ Section 10 – Protests.....	6
▶ Section 11 – Ejections.....	7
▶ Section 12 – Accidents and Injuries.....	7
▶ Section 13 – Weather Conditions and Cancellations.....	7
▶ Section 14 – Participation in Sports by Officials.....	8
▶ Section 15 – Other Officiating Opportunities.....	8
▶ Section 16 – Successful Officiating Tips.....	9
▶ Section 17 – Important Phone Numbers and Websites.....	10

Sec.1 GENERAL EXPECTATIONS

Be professional and courteous at all times when interacting with West Central Sports Complex and Parks and Recreation staff, supervisors, fellow officials, players, and spectators. Remember that you are representing the WCSC Officials' Program, the sports program, and Little Rock Parks and Recreation.

- ▶ Spend time learning all rules and mechanics necessary to officiate to the best of your ability.
- ▶ Don't be on time, **BE EARLY!**
- ▶ Check with the Athletic Director or the City of Little Rock Sports Officials' webpage often for information, schedules, and updates at www.littlerock.org
- ▶ **Be Early** – Once again, be early.
- ▶ **Be Ready to Work** – Arrive prepared both physically and mentally, dress according to expectations, and maintain a proper appearance throughout your shift.
- ▶ **Supervisors** – The WCSC Athletic Director is your direct supervisor while working. You are required to listen to and follow his instructions at all times.
- ▶ **Field Set Up/Tear Down** You are required to set up and tear down of your assigned field. This includes removal of the score keeping machines and score sheets. You are required to submit the score sheets for your field to the Administrative Assistant to the Athletic Director at the end of the day. Failure to do so will result in your pay check being withheld until the score sheets have been submitted.
- ▶ **Dugout Clean Up** – You are required to clean out the dug outs for your assigned field between games and at the end of the last game.
- ▶ **Food** – You are required to pay for all food and water received from concessions.
- ▶ **Dealing with Teams** – Get teams signed in and conduct pregame captains meetings in order to start each contest on time. Do not be overly friendly with teams and players before, during, or after contests. This could give the appearance of favoritism.

Sec. 3 – UNIFORMS

Professionalism starts with your uniform. Appearance is extremely important in officiating. The Official's dress code will be strictly enforced. If you are not properly dressed, you will not be allowed to work and will be responsible for your missed shift.

- ▶ **Shirts:** A striped shirt will be provided for officiating or scorekeeping all sports contests. Long sleeved or short sleeved undershirts or sweatshirts may be worn under the striped shirt, but they should be black or white, and no graphics or lettering should show through the striped shirt. All shirts must be tucked in at all times. WCSC shirts must be returned when notified by the WCSC Staff. Officials may purchase and wear their own striped shirts.

- ▶ **Pants or Shorts:** Must be an athletic style (no jeans or pants with belt loops) and must be black or white.
- ▶ **Hats and Bandanas:** Blue or black hats will be provided for officiating outdoor events. No other hats may be worn. Bandanas may be worn, but they must be black or white.
- ▶ **Shoes:** Athletic shoes must be worn while officiating sporting events. Rubber or plastic cleats may be worn for outdoor events. Open toed shoes are not allowed.
- ▶ **Whistles:** Each official will receive one whistle and lanyard. Extra whistles or lanyards can be purchased for \$5.00.
- ▶ **Jewelry: NO JEWELRY IS ALLOWED** with the exception of Medic Alert jewelry, which must be taped down. This includes, but is not limited to earrings, wedding rings or bands, other rings, mouth, facial, and body piercings, necklaces, bracelets, rubber bands, Lance Armstrong (and similar) bracelets, and metal barrettes. **TAPING OF JEWELRY TO THE BODY IS NOT PERMITTED.**
- ▶ **Cell Phones:** Cell phones and similar devices are NOT to be worn or kept in pockets while officiating or scorekeeping.

Sec. 4 – MEETINGS & TRAINING

Meetings will be scheduled throughout the year to discuss rules, keep you informed of upcoming issues, and other business. Your attendance at these meetings is mandatory. Check in with the Athletic Director often to find out about upcoming meetings and training.

If you wish to officiate a sport, your attendance at that sport's meetings is mandatory.

- ▶ **Wage Rates:** Rate of pay rate will be per game for officials. The rate is **\$12.50 - \$25 per game** depending upon the league and if it is a tournament.
- ▶ **Certified Officials:** All program participants must become certified officials in order to be eligible to officiate in the WCSC program.
- ▶ **Payroll Forms:** The following forms must be completed and turned in by all new officials before they can begin working and be paid:
 1. City of Little Rock Application
 2. W4 tax form (must turn in a copy of **both** a valid driver's license or a passport **and** a social security card or birth certificate with the W4 form)
 3. I9 tax form
 4. WCSC Designation of Personal Physician form
 5. WCSC Informed Consent Agreement
- ▶ **Time Sheets:** Time sheets must be printed off, signed, and turned in to the Athletic Director by 4:00 PM each Friday. If Friday is on a holiday, time sheets must be turned in by the last

business day before that holiday. Your time sheet is available at the WCSC office. Officials will be paid every two weeks.

- ▶ **Paychecks:** Paychecks are generally available for pickup at the WCSC after 1:00.
- ▶ **Work Week:** Each work week begins on Monday and ends on Sunday.
- ▶ **Availability Sheets:** At the first meeting for each sport, you will fill out an availability sheet for that sport. This availability sheet will show the days and times you are available to work, as well as any teams you are on for that sport.

Sec. 6 – SCHEDULING

- ▶ **Schedules:** Schedules are made for the upcoming week every Wednesday, and will be available in the WCSC office and on the City of Little Rock webpage and/or emailed out every Thursday by 5:00 PM.
- ▶ **Conflicts:** If you know you are going to have a conflict that is not listed on your availability sheet (going out of town, need to study for a big test, etc.), you must notify the Athletic Director by the previous Tuesday night – the day before schedules are done for that next week. All conflicts must be in by the preceding Tuesday night (either by email or phone message).
- ▶ **Checking Your Schedule:** It is YOUR RESPONSIBILITY to check and know your schedule each week. If you have any problems getting your schedule, please come into the WCSC Office and use a computer to access it. Absolutely NO schedules will be given out over the phone. Not having or receiving the schedule is not valid excuse for a missed shift.
- ▶ **Shift Start Time: 15 Minutes Early:** Unless otherwise notified, your shift begins 15 minutes before your first scheduled game. If you are not checked in and clocked in by 15 minutes before your first game, you will be considered tardy.
- ▶ **Absences and Tardiness:** These will not be tolerated. If you are not on site, checked in, clocked in, and ready to work at the appropriate time before your first game, you will be considered tardy. Penalties are as follows:
 - ▶ Absences: 1st offense: one week suspension
2nd offense: sport suspension/possible termination
 - ▶ Tardiness: 1st offense: warning
2nd offense: one week suspension
3rd offense: sport suspension/possible termination

Sec. 7 – SUBSTITUTIONS

- ▶ **Notify Us:** If for some reason, you cannot work on a date that you are scheduled, it is your responsibility to inform the WCSC Athletic Director in advance so that a replacement can be substituted. Failure to notify the Athletic Director in advance will result in not being scheduled to officiate games for one week. Email or call the Athletic Director at least 8 hours in advance when you have an emergency and cannot officiate as scheduled or are switching shifts.

► **Playoff Subs:** You are NOT allowed to switch or make substitutions during playoffs in any sport. If you need to get out of a shift during playoffs, notify the Athletic Director.

Sec. 8 – SPORTSMANSHIP RATINGS

Most sports will have a Team Sportsmanship Ratings form on the score sheet. It is the officials' responsibilities to make sure the ratings are completed after each contest. The following criteria are to be used when determining a team's ratings:

5	Outstanding sportsmanship & attitude of complete cooperation
4	No incidents of poor sportsmanship
3	Unsportsmanlike conduct – only minor infraction One technical foul, unsportsmanlike conduct penalty, or yellow card is issued, but that is the only problem during the contest
2	Consistently questioning officials' calls Use of profane language directed toward officials or other team Two or more technical fouls, unsportsmanlike conduct penalties, or yellow cards issued Participant or spectator ejection – ejected person was the lone problem on Team Spectator harassment of officials
1	More than one person ejected from contest (players or spectators) Other players exhibit poor sportsmanship after ejection(s)
0	Player threatens an official or supervisor Contest is terminated due to officials', or Athletic Director's decision

NOTE: Teams on which City of Little Rock employees participate are always expected to have excellent sportsmanship ratings. Officials displaying poor sportsmanship while watching or playing sporting events will NOT be tolerated.

Sec. 9 – EVALUATIONS

During each sport, the Athletic Director and veteran officials will be evaluating your performance as an official. These evaluations may be verbal or written, formal or informal, and are to be used as a learning tool to focus on what aspects of officiating you can improve on. You are welcome and encouraged to discuss you evaluations with the Athletic Director at any time.

Remember, your conduct and actions before, during, and after games will be constantly evaluated. Officials that receive consistently positive evaluations are likely to receive more shifts as the season progresses, and will also be more likely to receive playoff and championship assignments.

Teams have the option of protesting any incorrect application or misinterpretation of a rule. No protests of judgment calls will be considered. When a team requests a protest, the following procedure must take place:

1. Stop the game – no further action can take place.
2. Direct the team coach to the Athletic Director.
3. Team coach must fill out a Protest Form.
4. Athletic Director will hear the protest from the team coach.
5. Athletic Director will confer with the field/court officials.
6. Athletic Director will make a ruling.
7. Restart the game from the point of interruption.

Sec. 11 – EJECTIONS

If it becomes necessary to eject a participant or spectator from a contest, an Ejection Report must be filled out by the ejecting official and the rest of the crew immediately following the contest. The Athletic Director will have this form ready for you. When a player is ejected, the following procedure must take place:

1. Notify the Athletic Director that a person has been ejected, and identify the person to the Athletic Director.
2. Do not restart the game until the ejected person(s) have left or are clearly leaving the field/court area. (The supervisor is responsible for making sure the person(s) leave the area.
3. Immediately following the contest, fill out the Ejection Report completely. Be as detailed and specific as possible when filling out the report.

Sec. 12 – ACCIDENTS & INJURIES

- ▶ **Injured Participant:** In the case of any accident or injury, report it immediately to the Athletic Director. If necessary, take any necessary precautions such as First Aid or CPR. Your job is to keep all unnecessary people away and assist the Athletic Director as instructed. Under no circumstances are you to touch, move, or attempt to move an injured person unless instructed to do so by the Athletic Director. Keep yourself and all other people away from a bleeding player. After your shift you may need to help the Athletic Director fill out an accident report.
- ▶ **Injured Official:** If you become injured during your shift, you must report it to the Athletic Director immediately. Because officials are independent contractors you will be responsible for your own medical care.

Sec. 13 – WEATHER CONDITIONS & CANCELLATIONS

During inclement weather, it may be necessary for the WCSC to postpone or cancel contests. **DO NOT ASSUME GAMES WILL BE CANCELLED.** It is your responsibility to call the WCSC **Rain out Number at (501) 399-3443** no earlier than one hour before your shift is scheduled for up to date information regarding whether or not games have been called off. Do not call the WCSC Office to find out if games have been cancelled. Not showing up because of bad weather is not valid excuse for a missed shift.

Sec. 14 – PARTICIPATION IN SPORTS BY OFFICIALS

Officials are encouraged to participate in sports. However, you may not play during any time you are scheduled to work.

- ▶ **Scheduling:** If you join a team, it is your responsibility to put that on your availability sheet so that you do not get scheduled during times when your team plays.
- ▶ **Sportsmanship:** As sports participants, all officials need to be an example of good sportsmanship. Show the utmost respect for the officials working your game and encourage your team to do the same. This will improve the sportsmanship of other sports participants. **Officials displaying poor sportsmanship while watching or playing sports will NOT be tolerated.**

Sec. 15 – OTHER OFFICIATING OPPORTUNITIES

Throughout the year, there will be opportunities for you to expand your officiating experience and work extra games. If you are interested in gaining some of this valuable experience and earning some extra income, come in and talk to the Athletic Director about what opportunities are available.

- ▶ **Special Events** – The WCSC Outreach Program assists many student groups with putting on successful sports events throughout the year, and many of those events need officials. Contact the Athletic Director if you are interested in officiating these sports. You will periodically receive email updates about upcoming events that require officials.
- ▶ **City Leagues** – We can assist you in getting involved in officiating in the numerous City and community recreational sports leagues in the Little Rock area. These leagues are run year round, and provide great experience for officials who already have some quality officiating experience that want to advance to the next level, or who just want more opportunities to officiate.
- ▶ **High School Sports** – We can also assist you in getting involved in junior high and high school sports officiating. The WCSC Athletic Director is Arkansas Athletic Association (AAA) sports association and can answer your questions about what it takes to officiate at that level.

Sec. 16 – SUCCESSFUL OFFICIATING TIPS

- 1. Know and study the rules!** Knowledge of the rules is the foundation of good officiating.
- 2. Be professional.** Always maintain a professional appearance. The way you look and how you carry yourself are the first impressions people get of you as an official.
- 3. Always be respectful and in control.** Officials must have the ability to maintain their composure, despite the situation. In dealing with players, coaches, and spectators, be firm, but courteous. Do NOT argue with anyone. It takes two or more to make an argument. Keep a cool head. Treat everyone with respect. Don't power trip or be antagonistic with a player, coach, spectator, or another official. The best way to get respect is to show respect.
- 4. Only respond to questions asked in a respectful manner.** Things asked of you in a respectful manner deserve a respectful response. Do not respond to statements.
- 5. Set the tone early.** Exercise strict authority in containing the use of profanity, unsportsmanlike conduct and unnecessary roughness. If you do not allow it initially, you should have fewer problems throughout the rest of the game. Your first few calls set the tone for the rest of the game.
- 6. Be confident – sell your calls!** Blow your whistle sharply, throw your flag high, and use strong hand signals. In all sports, be decisive, authoritative, and convincing – especially on close or borderline calls.
- 7. Hustle!** ALWAYS be in the best position to make the call. This will reduce complaints by participants. This means RUN and HUSTLE.
- 8. Conduct a good coaches' meeting.** Make the pregame coaches meetings informative and helpful. Answer any brief questions from the coaches. However, this meeting is not provided to explain the rules to teams. It is the teams' responsibility to know the rules. Keep this meeting brief and get done what you need to get done.
- 9. Call what you see.** Don't ever guess. If you think it happened, it didn't. If you know it happened, it did.
- 10. Learn from your mistakes.** Mistakes happen. If you miss a call that involves a rule interpretation, attempt to resolve the situation before continuing play. If you miss a judgment call, stick with your decision. Admit the mistake to yourself and learn from it.
- 11. Always show respect to your fellow officials.** Never openly criticize another official. If you want to discuss an official's call or rule application, do it privately, away from players and spectators. As officials, especially when playing, you are expected to exhibit the BEST sportsmanship and behavior, as well as making sure your team does the same. Set a good example for other players.
- 12. Always look for ways to improve.** Watch other officials work and ask questions. There is no substitute for experience.

Rating Scale and Criteria

5/ OUTSTANDING - Used only for those considered the best in the league

4/ ABOVE AVERAGE - A higher standard than average, but not the best in the league

3/ AVERAGE - Usual quality of work expected of an umpire at this level

2/ BELOW AVERAGE - Less than the usual quality expected in the league, yet at or above the minimum requirements

1/ SUBSTANDARD - Below the minimum quality of work, not an acceptable rating for continuation at this level

PLATE	BASES
Judgment of strike zone	Judgment of plays
Consistency of strike zone	Positioning for plays
Mechanics/style/form	Mechanics/style/form
Use of voice	Use of voice
Feet, body, head positioning	Timing for plays
Timing behind the plate	Hustle/mobility/coordination
Hustle/mobility/coordination	Reaction to development of
Reaction to development of	plays
plays	Communication with
Communication with	partner(s)
partner(s)	General demeanor on the
General demeanor behind	bases
the plate	Appearance
Appearance	

Consistency of Attitude

Focus on the game
Game intensity/alertness
Enthusiasm
Projection of confidence
Body language
Fraternization
Eagerness to learn and improve
Willingness to accept constructive criticism
Relationship with crew and others
Professionalism on and off the field

Handling of Non-Routine Situations

Knowledge/application of rules and interpretations
Demeanor/poise during situations

Overall ability in handling situations
(Verbal communication, taking action, tact, professionalism)
Handling of pressure

WCSC Umpire Evaluation Standards

PLATE

Stability of Head and Body Position during the pitch

Establishes "Locked In" position, does not drift side to side or up and down with pitch. Does not flinch on swings or foul tips; Feet remain stable throughout, providing solid base; Maintains proper spacing from catcher so as not to become entangled if catcher moves quickly and unexpectedly; Eyes remain at horizontal with ground and do not dip as game wears on; Head at proper height to allow unobstructed view of entire plate. Works in the "slot", not over the top of the catcher or to the outside.

Timing

Does not anticipate pitch; Allows everything that can happen, to happen, before making DECISION, then makes a call. Does not make a call as the ball is approaching the plate or crossing but, after the catcher has caught the ball.

Style / Mechanics of call

Gives clear authoritative signals; Possesses smooth, relaxed styles that projects confidence; Coordinates voice and signals to give a professional appearance. Does not showboat or change the mechanics of his call during the course of a game. Voice is loud enough to be heard but does not draw undue attention.

Consistency of Strike Zone throughout the game

Maintains the same zone throughout the game. Is the same for both teams from inning 1 to inning 5. Has a grasp of how the zone can be adjusted in lopsided game. Note: Umpires "miss" pitches occasionally just because an umpire calls a pitch that bounces a strike once does not mean that he should continue to call that pitch a strike in the name of consistency.

Judgment and Interpretation of Strike Zone

Interprets and calls the zone to its written limits. Does not call "unhittable" pitch strikes nor does he have a zone that is too small.

Crew Mechanics

Has a good knowledge of proper mechanics and rotates in the proper

situations and is alert enough to adjust if one of his partners misses coverage.

Crew Communications

Proper use of verbal and non-verbal communications. Good eye contact with partners between hitters and during developing plays.

BASES

Proper Angle / Stable Position as Play Occurs

Is either 90 degrees to angle of throw on force plays or two to three steps off the foul line for plays at first base, and 90 degrees to angle of runner on tag plays; not too close or too far away (6 to 12 feet is ideal); set and steady for play, not just the call. Not running when the play happens.

Timing

Does not anticipate the play; allows everything that can happen, to happen, before making DECISION, not call.

Judgment of calls

Is correct the vast majority of calls. Just plain gets the call right.

Crew Mechanics

Has a good knowledge of proper mechanics and rotates in the proper situations and is alert enough to adjust if one of his partners misses coverage. Read partners and fly balls well on outfield coverage and goes out as needed.

Crew Communications

Uses proper verbal and non-verbal communications. Establishes eye contact with partners between hitters and during developing plays.

GENERAL

Appearance / Presence

Looks good in the uniform. Is athletic looking and in good physical shape. Has uniform clean and pressed and shoes shined. Has good posture and professional mannerisms and body language. Looks confident, not arrogant.

Hustle

Gets into position to make all his calls. Have good agility, coordination and fluidity of movement. Does not over hustle to draw attention to himself. Moves back to proper position quickly after plays.

Game Control / Demeanor

Is in control of the game while being calm, firm and assertive. Not overly aggressive in arguments but knows when to be aggressive to keep control of a situation. Is not eager to eject players or coaches but will do so when necessary.

Relations with Game Personnel

Maintains a courteous and authoritative manner in dealing with all people involved with the contest. Does not try to impress others with his position or power. Does not take advantage of this position either in asking for favors.

Focus / Alertness / Intensity

Concentrates on the action and is able to anticipate where plays or problems may arise. Does not daydream or look into the stands during play.

Off-Field Conduct

Always maintains proper decorum and professional manners while in any public situation. Represents the WCSC favorably at all times.

Receptiveness to Criticism

possesses a willingness to learn and improve no matter how many years he has worked. Always striving to improve his umpiring.

West Central Sports Complex

Umpire Evaluation

Home Team:
Visiting Team:
Game Date:
Game Level:
Site:

**Give an overall rating for each umpire based on the following scale:
5=Excellent 4=Very Good 3=Good 2=Fair 1=Poor**

Plate Umpire:
Overall Rating:
Comments:

Base Umpire:
Overall Rating:
Comments:

Choose Y or N for Each Question & Each Umpire
Plate / Base
Y - N / Y - N

- Did the umpire arrive on time?**
- Were they in the proper uniform in the proper condition?**
- Did the official understand / conduct a pre-game conference?**
- Did the crew communicate properly?**

- Was proper focus / alertness demonstrated?**
 - Were the official's physical mechanics / style correct and appropriate?**
 - Did the official have proper initial positioning?**
 - Did the official move to the correct coverage positions during playing action?**
 - Were the calls loud / clear enough?**
 - Did the umpire "sell" calls when appropriate?**
 - Did the official have control of the game?**
 - Was the official aware of game situations?**
 - Did the umpire deal with managers / players adequately on & off the field?**
 - Were the rules of the game properly understood / applied?**
 - Was there consistency of rulings throughout the game?**
 - Did the official hustle?**
 - Was game flow / tempo maintained?**
 - Were the judgment calls accurate?**
 - Did the official demonstrate proper timing?**
 - Would you want to work with / request this umpire?**
-

Evaluator:
Date Completed:
Comments/Additional Information:

Please complete the entire rating sheet. Comments may be written in any section.

Umpiring Baseball Ejection Report

A report must be submitted electronically after any game in which any participant has been ejected. This report is to be emailed within 24 hours of the completion of the contest. Please report only the facts of the incident and not your opinions.

Date:

Plate umpire:

Home Team:

Base Umpires:

Visiting Team:

Describe any situation that led up to the ejection incident:

Describe the reason for the action taken and any unusual circumstances: (be specific about language, gestures, contact)

Describe any relative events that took place after the incident:

Partners comments regarding this incident:

Additional comments regarding this incident:

In your opinion does this incident warrant further disciplinary action?

(Reporting Umpire's Signature)

(Additional Umpire's Signature)

YOUTH BASKETBALL RULES



[Age requirements](#)
[Ball size](#)
[Basket height](#)
[Court size](#)
[Defense](#)
[Fouls](#)
[Free throws](#)
[Game length](#)
[Gender](#)
[Half-time](#)
[Jump balls](#)
[Number of games](#)
[Offense](#)
[Officials](#)
[Positions](#)
[Pre-game warm-up](#)
[Substitutions](#)
[Switching ends](#)
[Three-point line](#)
[Timeouts](#)
[Uniforms](#)
[Violations](#)

Youth Basketball Rules #1

Age requirements

Youth basketball leagues usually accept players from 5-13 years of age (after they begin elementary school, but before they start high school).

Leagues are organized into different divisions by age group, and the groupings really depend on the number of players there are. Ideally, teams should be made up of players within 1-2 years of each other, but when enrollment is small, sometimes teams have a wide age range.

Youth Rules #2

Ball size

Youth leagues use a youth size basketball, which is actually the same size ball used by college women and high school girls. The circumference of the youth ball is 28.5 inches, and it weighs 20 ounces.

Youth Rules #3

Basket Height



Many leagues play with the regulation 10-foot basketball goals, but for players under 8 years of age, the goal is lowered to 8-8.5 feet.

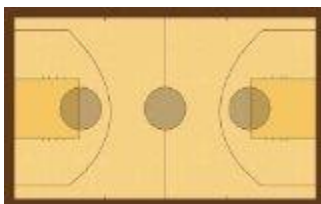
Youth Rules #4

Court size

There isn't a standard basketball court size for youth basketball leagues.

The standard court used by the NCAA (94 ft x 50 ft) and the court used by high school players (84 ft x 50 ft) are really too big for youth basketball players.

A court about 74 ft x 42 ft is a nice size for young players, but youth courts come in all sizes.



Many times, the size of the court depends on the facilities that are available. Youth leagues don't always have access to regulation-size courts, and games are played on smaller courts like those in school cafeterias. When a standard-size basketball court is available, youth league games are often played from sideline to sideline on one half of the larger court.

A smaller court is really important for young players so that fatigue doesn't become as much of a factor. As they are learning ow to play basketball, a smaller court allows the players to handle the ball more instead of spending so much time and energy running up and down the court just trying to get from one end to the other.

Youth Basketball Rules #5

Defense

There are more youth basketball rules directed at the defense than any other part of the game.

Teams are not allowed to pressure the ball full-court.

Defensive players have to drop back past the half-court line. It doesn't matter whether it's after a made shot, a turnover, or a rebound, teams have to drop back to half-court and allow the ball to be dribbled down without pressure. Once the ball crosses half-court, the defense can guard the ball.

Man-to-man defense is played so that players can learn the basic skills of individual and team defense.

At the beginning of each quarter, the teams line up facing each other at half-court and identify the players they will be matched up against.

The two players who will be guarding each other are given wristbands of the same color to wear so that they can keep up with each other.

Stealing the ball is allowed once it passes half-court, but shot blocking is not allowed. If a player takes a shot, the defender is allowed to stand with arms extended straight up in the air, but she cannot jump up or swat at the ball.

Youth Rules #6

Fouls

Officials want to avoid injury to young kids, so they try to discourage rough play by blowing their whistles at the smallest physical contact.

Even though basketball is considered a contact sport, young players are not big enough, strong enough, or mature enough to handle the kind of contact that occurs at higher competitive levels.

Youth Rules #7

Free throws

Free throws are usually only awarded for fouls that occur during the act of shooting. Typically, there are no bonus free throws or 1&1s.

Sometimes the clock stops while shooting free throws, but not always. Talk about a time waster – shooting free throws can eat up the clock!

In some leagues, players shoot from the regulation 15-foot free throw line, but in other leagues a line is marked on the floor about 2 feet closer.

Youth Rules #8

Game length

Four 8-minute quarters are common for a youth league game. To speed up the game, the game clock runs continuously and only stops at the end of each quarter, during timeouts, and for designated group substitutions.

Youth Rules #9

Gender



Under 10 years of age, it's not uncommon for teams to be co-ed (boys and girls together on one team).

After about the age of 10, leagues are usually separated into boys and girls divisions.

Sometimes there aren't enough girls that sign up to field a girls division, so boys and girls are mixed together.

Youth Basketball Rules #10

Half-time

The duration of half-time is anywhere from 5-10 minutes. There aren't usually any locker rooms around, so players have enough time to grab a drink, have a short meeting with their coach on the bench, and maybe shoot around for a few minutes.

Youth Rules #11

Jump balls

The game begins with a jump ball, but after the opening tip the alternating possession rule goes into effect. Any time there is a tied up ball, teams alternate throwing the ball in-bounds.

Youth Rules #12

Number of games

Seasons usually consist of 8-10 games with one game per week. Sometimes there is a tournament scheduled at the end of the season, but not always.

Youth Rules #13

Offense

There aren't usually any youth basketball rules regulating the type of offense a team can run. Offensive plays should be kept very simple and focus on the basics of passing, catching, and moving without the ball.

There are really two common offensive set-ups for youth basketball players:

1. One player is designated as the point guard to bring the ball down the court, with two players out on the wings, and two players inside the key as post players.

2. Two guards play out top to help each other bring the ball down, two wings stay out wide, and one post works the middle.

A clever and fun way to teach kids how to play basketball is to let them watch the professional games on TV. Guide them through the steps that those players do.

Youth Rules #14

Officials



WCSC will use 2 officials to call the game. The officials will use their whistle, and will be required to have on an officiating uniform.

Youth Basketball Rules #15

Positions

Players can rotate to several different positions throughout the game. Rather than lock players into specific positions when they're just starting out, I like to give them a chance to experience playing at different spots.

The focus at this level is teaching the basic fundamentals of dribbling, passing, shooting, rebounding, and defending. These skills are needed by every player no matter what position they play.

Youth Rules #16

Pre-game warm-up

Teams are usually given a minimum of 10 minutes to warm up before a game. Youth games are often scheduled in between other games, so there may not be any additional time to shoot around.

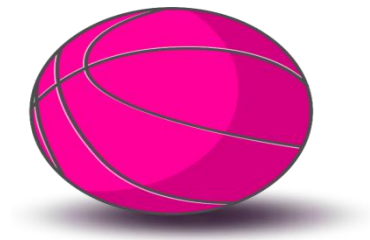
Players are not able to take the floor until the previous game is finished and both teams have cleared the floor. If there are no other games going on, teams are able to take the floor as early as they'd like.

Youth Rules #17

Substitutions

Most leagues have strict youth basketball rules regarding substitutions to ensure that all players get equal playing time.

Obviously, the exact amount of time each player is on the floor varies due to a number of factors, like the number of players on the team and injuries that occur.



Usually at the 4-minute mark of each quarter, the buzzer will sound, play will stop, and substitutions will be made.

Each player is guaranteed to play in at least 2 quarters.

For a team with 10 players, each player could expect to play half a game, or about 16 minutes. But for a team with 12 players, not everyone will play 2 full quarters.

Coaches are required to keep up with the number of quarters a player plays each game. If someone plays in 3 quarters one game, someone else is selected to play 3 quarters the next game.

Youth Rules #18

Switching ends

Teams switch ends of the court at half-time. They remain on the same bench, but they shoot at the opposite goal for the second half.

Youth Rules #19

Three-point line

WCSC will use the high school 3-point line.

Youth Basketball Rules #20

Timeouts

Coaches are allowed a two timeouts a half.

Youth Rules #21

Uniforms

WCSC will require each team to wear a uniform.

Youth Rules #22

Violations

Officials are usually pretty loose with calling violations. If they blew their whistle every time a beginner traveled or double dribbled, the game would be stopped constantly.

If the infraction is blatant or a player keeps repeating the same mistake, the official will stop play and explain to the player what he is doing wrong.



FLAG FOOTBALL RULE BOOK

VERSION 1.2 | MARCH 2016

RULE 1

THE GAME, PLAYERS, AND EQUIPMENT

Section 1 General

1.1.1 Football is played between two teams of seven players on a rectangular field. Each team must have a minimum of 6 players to start a game. Each team must have a minimum of 5 eligible players on the field, or the game results in a forfeit. A team may play with up to 7 players, regardless of the number of opposing players.

1.1.2 A crew of officials administers the game. Officials' jurisdiction begins with the scheduled coin toss of the game (or the first game if multiple games are scheduled). The Referees have authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in these rules. All players, non-players, and others authorized to be within the team area are subject to these rules and are governed by the decisions of the officials.

Section 2 The Field and Markings

1.2.1 The field will be rectangular with the preferred dimensions of 60 yards by 30 yards (plus two end zones of 7 yards deep), although facility limitations may cause the field dimensions to be modified.

1.2.2 The sidelines and end lines are the boundary of the football field. These lines demark out-of-bounds; measurements will be from the inside edges of these lines. Each goal line is entirely in its end zone so that the edge toward the field of play and its vertical plane is the actual goal line. Each sideline is entirely out-of-bounds. The inside edge of the end line is the outer limit of each end zone.

1.2.3 End zones and in-bounds lines will be marked with brightly colored, flexible cone pylons. These cones will be placed on the out-of-bounds and end zone lines.

Section 3 Game Equipment

1.3.1 Teams will provide their own footballs. The Referee will decide whether the ball meets the specifications or may authorize substituting a non-sanctioned ball. If the field is wet, the Referee may order the ball changed between downs.

1.3.2 The football shall meet the following specifications:

a) Long circumference: 27³/₄"-28¹/₂"

b) Short circumference: 20³/₄"-21¹/₄"

c) Long axis: 10 7/8"-11 7/16"

d) Inflated to a pressure of 12¹/₂ to 13¹/₂ PSI (pounds per square inch).

1.3.3 Any football that includes the NFHS, NCAA, or NFL Authenticating Marks shall be considered legal. No "junior size" footballs allowed.

1.3.4 A down indicator will mark the spot from where the ball is to be snapped and the down. A beanbag or puck will be used to mark the ball's spot and the rush zone line.

Section 4 Players and Their Equipment

1.4.1 Each team will designate one player as Field Captain. The designated Captain will confer with officials. A Captain's first choice of any offered decision is final. Decisions involving penalties will be made before any charged time-out is granted to either team.

1.4.2 Players on each team must wear jerseys that are similarly colored. Jersey's must not be the same color as the football or of the flags the team is wearing.

1.4.3 All players must wear pants. The pants may not be the same or similar color as the football or a player's flags. Thick vertical stripes on a player's pants are not allowed. Thin piping on shorts or pants is allowed, at the referee's discretion. Pants and shorts cannot have belt loops or pockets. Short pants are preferred.

1.4.4 Every player must wear shoes that completely cover the foot. Metal cleats, or those that, in the opinion of the umpire, are hazardous may not be worn.

1.4.5 Players must wear a belt around their waist that includes three "triple threat" flags that hang at the player's sides and posterior. The flags must contrast with the player's pants and should,

but don't have to, contrast the opposing teams' flags. Flags may not be looped around the inside of the belt before securing the belt. The flags shall be freely removable.

1.4.6 Players may wear an intraoral mouth and tooth protector.

1.4.7 Players may wear soft, pliable basketball or wrestling knee pads or soft pads specifically made for scrimmage pants; soft, single-layer, pliable elastic joint braces; stocking caps and other caps without hard bills and prescription or athletic safety eyeglasses. Eyeglasses must be secured with an eyeglass band. Tape, applied in fewer than four layers, may be used to support joints, such as wrists or fingers. Sunglasses are allowed, but plastic frames and lenses must be used.

1.4.8 Illegal equipment includes:

- a) Helmets
- b) Any kind of pads with hard components such as those for shoulder, hand, forearm or thigh, unless specifically authorized by the Head Referee;
- c) Any hard or unyielding substance, other than permitted by a specific rule
- d) Anything that, in the opinion of the Head Referee, would confuse, potentially harm or endanger other players or is rough or abrasive
- e) Watches, rings or other jewelry
- f) Any foreign slippery or sticky substances

1.4.9 Caps and visors with hard bills may only be worn backwards. Foreign objects attached to a hat or visor are prohibited.

1.4.10 Prior to the game, the Team Captain will verify that all his players are legally equipped. The Head Referee will determine any questions concerning equipment legality. Each player must properly wear the required equipment while the ball is in play. A player with missing or illegal equipment must correct the deficiency before further participation. An official's time-out may be declared to permit repair of equipment that becomes illegal or defective through use.

RULE 2

DEFINITION OF PLAYING TERMS

Section 1 Team and Player Designations

2.1.1 A player is one of the team members who is designated to start either half of the game or who replaces another player. A player continues to be a player until a substitute enters the field and indicates to the player that he is replaced.

2.1.2 A disqualified player is a player barred from further participation in the game.

2.1.3 A non-player is a coach, trainer or other attendant, or a substitute who does not participate by touching the ball, hindering the opponent or influencing play.

2.1.4 A quarterback is the player who receives the ball at the snap.

2.1.5 A runner is the player who is in possession of a live ball or simulated possession of a live ball.

2.1.6 A pass rusher is a Team B player whose intent is to cross the line of scrimmage in an attempt to interfere with a passing play and/or deflag the passer.

Section 2 Ball – Status and Catching and Touching

2.2.1 A live ball is a ball in play while a down is in progress. A dead ball is a ball not in play and indicates that the game is between downs.

2.2.2 A loose ball is a pass or fumble or otherwise not in player possession. A loose ball that has not yet touched the ground is in flight. A grounded loose ball is one that has touched ground. Any loose ball continues to be a loose ball until a player catches it and secures possession or the ball becomes dead.

2.2.3 A catch is the act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble is an interception. If a player attempts to catch or intercept a loose ball while he is in the air, the ball must be in his possession (A player is in possession when he is in-bounds and has a firm grip and control of the ball with his hands or arms.) when he returns to the ground in-bounds (at least one foot must touch the ground in-bounds) prior to touching out-of-bounds.

EXCEPTIONS: If a player catches a pass and is pushed out-of-bounds, the pass is considered complete if an official judges that the player would have caught the ball in-bounds except for the pushing.

2.2.4 A simultaneous catch is a catch in which there is joint possession of a live ball by players in-bounds.

2.2.5 A fumble is any loss of player possession other than by passing or handing.

2.2.6 A muff is touching a loose ball by a player in an unsuccessful attempt to secure possession.

2.2.7 Batting is intentionally slapping or striking, with hand, leg, arm or knee, a loose ball or a ball in player possession.

NOTE: A player is in possession when he is in-bounds and has a firm grip and control of the ball with his hands or arms.

Section 3 Blocking, Rushing, and Deflagging

2.3.1 Blocking is legally obstructing an opponent via contact with hands or body. Blockers must be on their feet before, during and after contact is made with an opponent. A blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders and the blocker's hands or forearms must be in front or to the side of the player being blocked. Exceptions: a blocker who loses personal body control due to an opponent's aggressiveness after contact shall not be penalized if he contacts an opponent other than as specified. This initial point of contact against an opponent must be with either open hands with palms contacting an opponent or a forearm. In any block, the hands or arms may not be swinging forward faster than the blocker's body. Hands must always be in advance of the elbows and the arms must be flexed at the elbows. Players must block with hands and elbows within the frame of their body. Players are not allowed to cross their arms and thrust forward in the manner of a battering ram.

2.3.2 Clipping is an illegal block occurring when the force of the initial contact is from behind an opponent. Doubtful cases involving a side block or the opponent turning his back to a blocker are to be judged by an official according to whether the opponent was able to see or ward off the blocker.

2.3.3 Blocking below the waist is making illegal contact below the waist of an opponent.

2.3.4 Pass rushing is the act of crossing the line of scrimmage in an attempt to interfere with a passing play and/or deflag the passer. A pass rusher must avoid charging into any Team A player. When encountering a blocker from Team A, a pass rusher must (a) stop prior to making contact with the blocker or (b) clearly change direction in an effort to move around the blocker. If a pass rusher makes an effort to move around the blocker and the blocker moves into the path of the pass rusher, there is no charging. In any case, the pass rusher may block or contact the blocker using only the techniques described in 2.3.1 above. Any Team B player may pass rush from any position on the field provided they are on B's side of the football and outside the expanded neutral zone or when any team player that began the play outside the expanded neutral zone crosses the line of scrimmage.

PENALTY: Rush Zone Encroachment – 5 yards

2.3.5 Deflagging is removing the runner's flags. Deflagging interference is when the runner slaps or obstructs the free action of an opponent's hand during a deflagging attempt. The runner's hand may not be moving faster than his body nor shall be below his waist when initial contact with an opponent is made. The runner's arm may not be rigid and straight (stiff-arm).

Section 4 Shift

2.4.1 A shift is the action of any offensive player(s) who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

Section 5 Down and Series

2.5.1 A down is a unit of the game which starts with a legal snap after the ball is declared ready-for-play and which ends when the ball becomes dead. Between downs is the interval during which the ball is dead.

2.5.2 Loss of a down is the loss of the right to repeat a down.

2.5.3 A series of downs (series) is a set of four downs, numbered 1, 2, 3 or 4, that is awarded to a team.

2.5.4 No series can ever start on a down other than first.

Section 6 Lines

2.6.1 A yard line is any line and its vertical plane parallel to the end lines. The yard lines, marked or unmarked, in the field of play are numbered in yards from a team's goal line to the middle of the field.

2.6.2 A goal line is the zero yard line and its vertical plane which marks the start of the field of play 7 yards from the end line. A team's goal is the one they are defending.

2.6.3 An end line is the outer limit of each end zone.

2.6.4 A sideline is the lateral limit of the field of play and the end zones; it extends from one end line to the other.

2.6.5 A scrimmage is the action of the two teams during a down which begins with a snap. The scrimmage line for each team is the vertical plane through the point of the ball nearest the team's goal line. It is determined when the ball is ready-for-play and remains until the next ready-for-play signal.

2.6.6 Offensive players are on their line of scrimmage when they face their opponent's goal line. Offensive players must be within one yard of the line of scrimmage to be on the line. They may stand, crouch, or kneel. At the snap, both feet of every player shall be outside the outside foot of any adjacent player. All offensive players must be behind the line of scrimmage at the snap.

2.6.7 A defensive player is on the line of scrimmage when he is within 1 yard of the scrimmage line at the snap. All defensive players must be beyond the line of scrimmage at the snap.

2.6.8 The line-to-gain is the yard line established when a new series (1st down) occurs. Unless there is a penalty, the line-to-gain for a new series is 10 yards in advance of the ball when played for the first down of the series. If the line-to-gain extends in to the end zone, the goal line is the line-to-gain.

Section 7 Out-of-Bounds

2.7.1 A player or other person is out-of-bounds when any part of him touches anything other than another player or game official, which is on or outside the sideline or end line.

2.7.2 A ball in player possession is out-of-bounds when the runner or the ball touches anything, other than another player or game official, which is on or outside the sidelines or end line. Exception: The cones marking the sideline, goal line, and back line are in. It is a legal catch if the first foot of the receiver is in-bounds if the ball was caught while the receiver was in the air.

2.7.3 A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out of bounds.

Section 8 Zones

2.8.1 The offense starts a down behind the line of scrimmage and the defense starts a down beyond the line of scrimmage.

2.8.2 The expanded neutral zone extends five yards past the line of scrimmage on B's side of the ball.

Section 9 Advancing the Ball

2.9.1 The ball may be advanced by a scrimmage running play or scrimmage passing play.

2.9.2 A scrimmage running play is advancing the ball across the line of scrimmage via a runner. It includes handing the ball and any backward pass thrown behind the line of scrimmage and any forward pass caught behind the line scrimmage and subsequently advanced. Only one scrimmage running play may be used in any one possession. A scrimmage running play does not include a legal forward pass.

NOTE: Point after conversions are considered a separate series, so running is allowed on these plays.

2.9.3 If the penalty is accepted for a foul which occurs during a scrimmage running play, the spot of enforcement will determine if Team A is considered to have used a running play. If the spot of enforcement is beyond the line of scrimmage, a running play has been used. If the spot of enforcement is at or behind the line of scrimmage, a running play has not been used.

2.9.4 A scrimmage passing play is any play that includes a legal forward pass.

Section 10 Snap

2.10.1 A snap is handing or passing the ball backward from its position on the ground. The snap begins when the snapper first moves the ball other than an adjustment. In a snap, the movement must be a quick and continuous backward motion of the hand(s) during which the ball actually leaves the hand(s) of the snapper and touches the quarterback (or other receiving player) before it touches a Team A lineman or the ball touches the ground. The snap ends when the ball touches the ground or is possessed by any player. The player who snaps the ball, usually the center, is the snapper.

2.10.2 A portion of the snapper's body may be over the ball at the time of the snap as long as the snapper is set and the snap occurs as defined in 2.10.1. If the head referee determines that the snapper's position gives them a distinct advantage the referee shall explain that to the snapper as well as the captain and allow them to adjust.

2.10.3 Every scrimmage down shall begin with a legal snap.

2.10.4 The snap shall always be from the middle of the field. In an emergency, such as a pool of water on the line, the referee has authority to move the ball to a playable spot.

Section 11 Handing the Ball

2.11.1 Handing the ball is transferring player possession from one teammate to another without passing, or fumbling it. The ball is still in contact with the first player when it is touched by the receiving player.

Section 12 Passing the Ball

2.12.1 Passing the ball is throwing it. In a pass, the ball travels in flight. The initial direction determines whether a pass is forward or backward; therefore, a shuffle pass, screen pass, etc. is either backward or forward.

2.12.2 A pass ends when it is caught or not caught, touches the ground, or is out-of- bounds.

2.12.3 A passer is a player who throws a forward pass. He continues to be a passer until the pass ends or until he moves to participate in the play.

2.12.4 A forward pass is a pass thrown toward the opponent's end line.

2.12.5 A backward pass is a pass thrown parallel with or toward the passer's end line.

2.12.6 A catchable forward pass is an untouched legal forward pass beyond the neutral zone where a Team A player has a reasonable opportunity to move toward and catch the ball. When in question, a forward pass is catchable.

Section 13 Foul

2.13.1 A foul is a rule infraction for which a penalty is prescribed. A penalty is a yardage loss that may be imposed by a rule against a team that has committed the foul; it may include a loss of down, but usually includes replaying the down. The type of fouls are:

a) Player—A foul, other than unsportsmanlike, by a player in the game (hereafter referred to as a foul)

b) Non-player or unsportsmanlike—A non-contact foul during the down which is not illegal participation and does not influence the play in progress.

c) Double—One or more live ball fouls, other than unsportsmanlike, committed by each team at such time that the penalties offset.

d) Multiple—Two or more live ball fouls, other than unsportsmanlike, committed by the same team during the same down at such time that the offended team is permitted a choice of penalties.

e) Dead Ball—A foul that occurs in the time interval after a down has ended and before a ball is next legally snapped.

f) Simultaneous with Snap—An action or game situation that becomes an infraction when the ball is snapped.

2.13.2 A flagrant personal foul is a rule infraction so extreme or deliberate that it places an opponent in danger of serious or catastrophic injury.

NOTE: No foul causes loss of the ball. No live ball foul causes the ball to become dead. There are game situations that produce results somewhat similar to fouls but are called violations. They include player disqualification and forfeiture of a game.

Section 14 Spots Used in Administration

2.14.1 The previous spot is where the ball was last snapped.

2.14.2 The spot where a run ends is where the runner loses player possession, where an illegal pass is thrown, or where the ball becomes dead in his possession.

2.14.3 The succeeding spot, as related to any non-player, unsportsmanlike, or dead foul, is where the ball would next be snapped if a foul had not occurred.

2.14.4 The spot of a player foul is where the foul occurs. If a player foul occurs out- of-bounds and during a down, the spot of the foul is at the intersection of the sideline and the yard line extended through the spot on which the foul occurs. (A non-player or unsportsmanlike foul is treated as dead ball foul and is administered from the succeeding spot).

Section 15 Hurdling/Diving

2.15.1 Hurdling is the runner jumping so that both feet leave the ground at the same time. The runner may not hurdle to avoid being deflagged. The runner may step over an opponent who is lying prone.

2.15.2 Diving is the runner jumping such that both feet leave the ground at the same time and runner does not land on his feet. The runner may not dive to avoid being deflagged.

NOTE: Diving to catch or deflag is legal provided normal contact rules apply. (i.e. Diving into a player to deflag the player is a personal foul)

Section 16 Tripping

2.16.1 Tripping is obstructing an opponent below the knee.

Section 17 Time-Outs

2.17.1 Time-outs are suspensions of play when any player requests a charged time-out or when an official suspends play. Each team is allowed 3 timeouts per non-overtime game, with no more than 2 timeouts used in one half. The duration of each charged time-out is 30 seconds. Captains and team attendants may enter the field during time-outs.

2.17.2 Successive charged time-outs may be granted during the same dead ball period. An official's time-out may follow a charged time-out if it is for the continuance of a coach-referee conference, or if safety is involved.

2.17.3 An official may suspend play with an official's time-out to administer a penalty, review a misapplied rule, or manage other game-related contingencies. Official's time-outs are discretionary.

Section 18 Ready-for-Play

2.18.1 A ready-for-play signal is an indication by the referee that a snap may occur. It is a short blast of the whistle given after administration duties are complete, e.g., administering a penalty and/or after the ball is spotted for the succeeding down. The ready-for-play signal is given during a dead ball interval. A ball may not be legally snapped until the ready-for-play signal.

Section 19 Possession

2.19.1 A ball in player possession is a live ball held or controlled by a player after it has been handed or snapped to him, or after he has caught or recovered it.

2.19.2 A ball in team possession is a live ball which is in player possession or one which is loose following loss of such player possession. A live ball is always in possession of a team.

2.19.3 A change of possession occurs when the opponent gains player possession during the down.

Section 20 Rule

2.20.1 A rule is one of the groups of regulations that govern the game. A game regulation, commonly called a rule, sometimes states what a player may do, but if there is no such statement for a given act (such as faking a pass), it is assumed that he may do what is not prohibited. In like manner, a game regulation sometimes states or implies that the ball is dead or that a foul is involved. If it does not, it is assumed that the ball is alive and that no foul has occurred to affect the given situation. If a foul is mentioned, it is assumed that it is not part of a

double or multiple fouls unless so stated or implied. Rules are enforced according to their intent and spirit.

RULE 3

PERIODS, TIME FACTORS AND SUBSTITUTIONS

Section 1 Length of Periods (Halves)

3.1.1 The game shall be played in two periods (hereinafter called “half”) of 25 minutes each.

NOTE: Spring season has 20 min periods.

3.1.2 Games interrupted because of events beyond the control of the officials shall be continued from the point of interruption unless the teams agree to do otherwise. When weather conditions are construed to be hazardous, the officials are authorized to delay or suspend the game.

3.1.3 There will be a 5-minute intermission between the halves.

3.1.4 The clock will not stop for player’s time-outs during the first half.

3.1.5 During the last two minutes of the second half, the clock will stop for player’s time-outs, official time-outs, delay of game penalties, after an incomplete pass and after a scoring play. In the case of a player’s timeout or a scoring play, the clock will start on the next legal snap of a timed down. If the clock is stopped for an official time-out or incomplete pass, the game clock will start again once the ball is spotted and the ready for play signal is given by the referee. A half may be shortened by agreement of opposing coaches and the Head Referee.

Section 2 Starting and Ending Each Half

3.2.1 Before the start of the game, the officials and team captains will meet at midfield. One team will arbitrarily be assigned heads and the other team will be assigned tails. The Head Referee will toss a coin to determine which team is permitted a choice of options. The options are: receiving the ball, defending the ball, or choosing a goal to defend. The captain who loses the coin toss may choose from the remaining option(s). No more than four captains from each team may be present at the coin toss. The second half is a “mirror” half; i.e., teams will switch directions from the first half, and the team that received the ball to start the first half will defend the ball to start the second half.

3.2.2 If time for any period expires during a down (clock indicates 0:00), play shall continue until the down ends, even if a mechanical signal is allowed to sound.

3.2.3 If a dead ball, unsportsmanlike conduct or non-player foul occurs after either half ends, the penalty shall be measured from the succeeding spot.

3.2.4 A period (half) must be extended by an untimed down if during the last timed down of the period, one of the following occurred:

e) There was a foul by either team and the penalty is accepted, except for those fouls listed in 3.2.6b.

f) There was a double foul.

g) There was an inadvertent whistle.

h) If a timeout is called by either team with 30 seconds or less left in the first half. If (a), (b) or (c) occurs during the untimed down, the procedure is repeated.

3.2.5 A period shall not be extended by an untimed down if during the last timed down of the period, one of following occurs:

- a) When the defense fouls during a successful try and the offended team accepts the results of the play with enforcement of the penalty from the succeeding spot.
- b) When the half ends because of a runoff per rule 9.6.
- c) There was a foul by either team and the penalty is accepted for:
 - i. unsportsmanlike fouls,
 - ii. non-player,
 - iii. fouls that specify a loss of down, or
 - iv. fouls for which enforcement, by rule, result in a safety

NOTE: The score is cancelled in the event of an accepted penalty that specifies a loss of down.

3.2.6 If a dead-ball foul occurs after time expires for any period, the penalty shall be measured from the succeeding spot

Section 3 Starting and Stopping the Clock

3.3.1 At the beginning of each half, the clock shall start when the ball is snapped on the first play.

3.3.2 Each team is permitted 3 timeouts per non-overtime game, with no more than 2 timeout used in one half. The duration of each charged time-out is 30 seconds. Captains and team attendants may enter the field during time-outs.

3.3.3 The clock will not stop for player's time-outs during the first half and during the first 23 minutes of the second half.

3.3.4 At 2 minutes remaining in the second half, or at the next play stoppage after 2 minutes, the clock will stop; the head referee will blow the whistle and announce the two-minute warning. The clock will start again on the ready for play whistle.

3.3.5 Time-outs will last 30 seconds; the ready-for-play signal will be given immediately after the time-out expires.

Section 4 Ball Ready-for-Play and Delay

3.4.1 The ball is declared ready-for-play when, after it has been placed for a down, the referee gives the ready-for-play signal.

3.4.2 The clock will stop for a delay of game penalty that occurs within the last two minutes of the second half. The clock shall start when the ball is snapped.

PENALTY: Delay of Game (dead-ball foul) – 5 yards

3.4.3 Failure to play within 2 minutes after being ordered to do so by the referee shall result in forfeiture.

Section 5 Substitutions

3.5.1 No substitutes shall enter during a down. Between downs, any number of eligible substitutes may replace players.

RULE 4

BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS, & DEFLAGGING

Section 1 Putting the Ball in Play

4.1.1 A snap shall put a ball in play for each scrimmage down. After putting a ball in play, the ball remains alive until the down ends.

4.1.2 After a dead ball has been declared ready-for-play, it becomes live when it is legally snapped. The ball remains dead and the down has not begun if a snap is attempted before the ball is ready-for-play or there is an illegal snap or other snap infraction or a dead ball foul occurs.

Section 2 Dead Ball and End of the Down

4.2.1 The ball becomes dead and the down is ended when:

- a) a live ball goes out of bounds;
- b) the runner goes out-of-bounds);
- c) the runner is deflagged (note: if a runner's flag falls off accidentally i.e., without any defensive contact, he is not considered down until touched by a defender);
- d) any fumbled or muffed ball, including when the ball touches the ground.
- e) A snap that touches the ground is placed at the original line of scrimmage, and that down counts.
- f) If a fumbled ball touches the ground, it is spotted where the ball touches the ground, unless the ball is fumbled forward, and then it is spotted where the runner loses possession.
- g) any forward pass (legal or illegal) is incomplete;
- h) any loose ball is simultaneously caught by opposing players;
- i) the passer passes to himself;
- j) any score occurs;
- k) a runner has less than three flags and is touched by an opponent between the shoulders; and waist, including touching a runner whose three flags are not reasonably in proper position (unless misadjusted by action during a down);
- l) an official inadvertently sounds his whistle;
- m) a player that started the down without a flag belt possesses a live ball.

NOTE: The ball belongs to the team in possession after a simultaneous catch (see f above).

NOTE 2: If a player's knee touches the ground or falls down while his flags are still on, he may get up & advance the ball until he is deflagged. If the ball carrier, while still on the ground, is touched by an opposing player, the ball carrier is considered deflagged and the play will be blown dead. If the referee determines that the ball carrier is in an unsafe position, he or she may blow the play dead without an actual "touch" by an opposing player.

4.2.2 During a down, or during a down in which a penalty for a foul is declined, if an inadvertent whistle occurs while:

- a) A legal pass or snap is in flight, the down shall be replayed.
- b) The ball is loose following a backward pass, fumble, or illegal forward pass the team last in possession may choose to put the ball in play where possession was lost or replay the down.
- c) The ball is in player possession, the team in possession at the time of the inadvertent whistle may choose to either accept the results of play at the dead-ball spot or replay the down.

4.2.3 During a down, if a live-ball foul occurs prior to an inadvertent whistle and the penalty is accepted, the penalty shall be administered as determined by the basic spot and takes precedence over inadvertent whistle administration.

Section 3 Dead Ball Spot, Out-of-Bounds and In-bounds Spots

4.3.1 The dead ball spot is the spot under the foremost point of the ball when it becomes dead by rule or is declared dead by an official.

4.3.2 When a runner goes out-of-bounds, the in-bounds spot is fixed by the yard line through the foremost point of the ball at the time the runner crosses the plane of the sideline.

4.3.3 If a ball is declared out-of-bounds and the out-of-bounds spot is between the goal lines, the ball shall be put in play at the in-bounds spot unless a forward pass is involved. If the out-of-bounds spot is behind a goal line, it is a safety or a touchback. If the ball touches a pylon on the goal line, it is out-of-bounds behind the goal line.

4.3.4 If a ball is declared out-of-bounds during a forward pass, the ball is returned to the spot of the snap if the pass is legal and to the spot of the pass if it is illegal and the penalty is accepted.

Section 4 Deflagging

4.4.1 The runner is considered "tackled" when a player removes the runner's flags.

4.4.2 A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag. It is best for the defensive player to attempt to grab only one flag at a time. Attempting to grab more than one flag at the same time may be considered illegal blocking if it appears that the deflagger is attempting to obstruct the forward progress of the runner.

4.4.3 The runner must keep flags on each side of his body at waist level and across the posterior. Flags not in proper position will cause a runner to be considered deflagged when touched. Allowances will be made for flag position shifts as a result of action that occurs during the down.

4.4.4 If a runner has less than three flags and is touched by an opponent between the shoulders and waist, the runner is considered to be deflagged. The ball becomes dead at the spot where the ball was when the runner is touched.

RULE 5

DOWN AND TEAM POSSESSION AFTER PENALTY

Section 1 Series of Downs

5.1.1 A team in possession of the ball shall have four consecutive downs (a series) to advance to the line-to-gain. Any down may be repeated if provided for by rules (usually a penalty).

5.1.2 When a scrimmage down ends and after considering any live ball fouls, except unsportsmanlike fouls, with the ball in the field of play or out-of-bounds between the goal lines, a new series is to be awarded:

- a) to Team A if the ball belongs to A on or beyond the line-to-gain;
- b) to Team B if the ball belongs to B at the end of any down;
- c) to Team B if, at the end of the 4th down, the ball belongs to A behind the line-to-gain;
- d) to the team in possession at the end of the down, if there is a change of possession during the down, unless the penalty is accepted for a foul which occurred before the change of possession;

e) to Team B at their own 5 yard line if, at the end of the 3rd down, the ball belongs to A behind the line-to-gain, and A elects to “punt” the ball to B. i. There are no kicks.

NOTE: The loss of down aspect of a penalty has no significance following a change of possession or if the line-to-gain is reached after enforcement. The forward-most point of the ball, when declared dead between the goal lines, shall be the determining factor in establishing the next line-to-gain.

Section 2 Down and Possession after Penalty

5.2.1 When a penalty is declined, the number of the next down is the same as if the foul had not occurred. If a double foul occurs during a down, the number of the next down is the same as that of the down in which the foul occurred. After a distance penalty, the ball belongs to the team in possession at the time of the foul. Team possession may then change if a new series is awarded.

5.2.2 When a foul by A or B occurs during a scrimmage, the ball belongs to A after measurement. The number of the next down is the same as that of the down during which the foul occurred unless penalty acceptance includes a 1st down or loss of down or the measurement or the advance results in a 1st down.

5.2.3 When a foul by A or B occurs prior to a scrimmage down or simultaneously with the snap, the number of the next down after measurement is the same as the number established before the foul occurred unless measurement for a foul by B results in a 1st down.

5.2.4 Following a foul, a series of downs ends when:

- a) the acceptance of the penalty includes the award of a 1st down;
- b) acceptance or declination of any penalty leaves A in possession beyond the line-to-gain;
- c) declination of any penalty leaves B in possession;
- d) there is acceptance or declination of the penalty for any foul which occurs after team possession changes during a down. After a series of downs ends, a new series, with the line-to-gain in advance of the ball is awarded unless a team scores. The 1st down is awarded to the

team in possession when the foul occurs unless, as in c) and d), declining the penalty leaves the other team in possession.

Section 3 Line-to-Gain

5.3.1 The line to gain is 10 yards in advance of the ball's foremost point when a new series of downs is awarded. When a new series of downs is awarded, the penalties for all fouls (including non-player and unsportsmanlike) committed prior to the ready-for-play signal shall be administered before the line to gain is established. The line to gain then remains fixed until the series ends and a new line to gain is established.

5.3.2 A ball touching the goal line (vertical) plane when it becomes dead is in the end zone.

RULE 6

SNAPPING, HANDING AND PASSING THE BALL

Section 1 Before the Snap

6.1.1 No player shall encroach upon the neutral zone after the ball is declared ready-for-play and touch the ball or an opponent. After the snapper has made his final adjustment of the ball, it is encroachment for any player to break the plane of the line of scrimmage, except for the snapper's right to be over the ball, and touch the ball or an opponent.

PENALTY: Encroachment (dead-ball foul) – 5 yards

6.1.2 After the ball is ready-for-play and until it is snapped, no defensive player may touch the ball or any Team A player.

PENALTY: Encroachment (dead-ball foul) – 5 yards

6.1.3 No offensive or defensive player shall be in the neutral zone or on the opponent's side of the neutral zone at the time of the snap.

NOTE: Snapper exception defined in Section 2.10.2

PENALTY: Offsides (live-ball foul) – 5 yards

6.1.4 After the ball is ready-for-play and before the snap, no false start shall be made by any A player. It is a false start if:

- a) a shift or feigned charge simulates action at the snap;
- b) any act is clearly intended to cause an opponent to encroach.

NOTE: If a false start causes B to encroach, only the false start is penalized. If B moves into the neutral zone and causes A to false start, only the encroachment is penalized.

PENALTY: Fall Start (dead-ball foul) – 5 yards

6.1.5 The snapper may make preliminary adjustments to the ball before assuming a set position and before Team A lineman have assumed positions on their line. During these preliminary

adjustments, the snapper may slightly lift the ball off of the ground for lateral rotation without changing the location of the ball, tilt the ball, or remove his hand(s).

6.1.6 After gripping the ball following preliminary adjustment or prior to the snap and with the ball resting on the ground with the long axis at right angles to the line of scrimmage, the snapper may not:

- a) fail to clearly pause before the snap;
- b) remove both hands or slide his hand(s) along the ball;
- c) make any movement which simulates a snap;
- d) lift or move the ball in other than a legal snap.

PENALTY: Snap Infraction (dead-ball foul) – 5 yards

An illegal snap or other snap infraction causes the ball to remain dead.

Section 2 Position and Action During the Snap

6.2.1 There are no restrictions to the number of Team A that must be on the line of scrimmage.

6.2.2 Only one A player may be in motion at the snap and then only if such motion is not toward the line of scrimmage.

PENALTY: Illegal Formation (live-ball foul) – 5 yards

6.2.3 After a huddle or shift, all Team A players shall come to an absolute stop and remain stationary, simultaneously, without pronounced movement of hands, feet, head or body for at least one second before the snap.

PENALTY: Illegal Shift (live-ball foul) – 5 yards

6.2.4 A legal snap shall be such that the ball leaves the hand(s) of the snapper and touches any player or the ground. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain dead.

PENALTY: Illegal Snap (dead-ball foul) – 5 yards

6.2.5 At the snap, Team A players on the line of scrimmage must have both feet outside the outside foot of the player next to him.

6.2.6 No offensive or defensive player shall be in the neutral zone at the time of the snap.

Section 3 Handing and Advancing the Ball

6.3.1 Any player may hand the ball backward at any time.

6.3.2 During a down, Team A player may hand the ball forward only behind the line of scrimmage to a teammate. There may be an unlimited number of forward handoffs behind the line of scrimmage. Team A may not hand the ball forward beyond the line of scrimmage. No player may hand the ball forward after a change of possession.

PENALTY: Illegal Forward Handing – 5 yards, loss of down

6.3.3 In each possession, Team A may use only one scrimmage running play, where the runner crosses the line of scrimmage. Any number of backward passes and hand-offs may be used before the runner crosses the line of scrimmage. If a shovel or a screen pass is used, it's initial direction determines whether it is a forward pass, backward pass, or a run.

NOTE: Any forward pass caught behind the line scrimmage and subsequently advanced is considered a run.

6.3.4 If more than one scrimmage running play is used during a series, play shall continue until the ball becomes dead by rule. All Team A progress beyond the line of scrimmage is negated. The ball will be spotted at the previous spot (spot of the snap) unless Team A controls the ball behind the previous spot or there was a change of possession. If Team A controls the ball behind the previous spot, the down counts and the ball is spotted at the end of the run. If there was a change of possession, a new series will be awarded.

NOTE: Only one scrimmage running play is allowed per possession; the other downs must include a forward pass.

PENALTY: Illegal Procedure – Loss of down at the previous spot

Section 4 Fumble and Backward Pass

6.4.1 During any down, any player in possession may make a backward pass or may lose possession through a fumble. There is no limit to the number of backward passes that may be made, including backward passes beyond the line of scrimmage.

6.4.2 Any player that catches a fumble or backward pass before it hits the ground may advance. If a fumble or backward pass hits the ground, it becomes dead and is spotted where the ball touches the ground, unless the ball is fumbled forward, and then it is spotted where the runner loses possession. If a backward pass or fumble goes out-of bounds between the goal lines or becomes dead in-bounds or is caught simultaneously by opposing players, the ball belongs to the passing or fumbling team unless lost after 4th down. If a fumble or backward pass is out-of-bounds and becomes dead behind a goal line, the ball belongs to the team defending their goal and the result is either a touchback or safety.

Section 5 Forward Pass

6.5.1 Forward Pass Classification:

- a) Legal Forward Pass: From in or behind the neutral zone
- b) Illegal Forward Pass: (Ball remains alive until declared dead by rule) from a point beyond B's side of the neutral zone or after team possession has changed during the down
- c) Completed Forward Pass: Pass caught by any player or pass simultaneously caught by opposing players (ball becomes dead and belongs to the passing team)
- d) Incomplete Forward Pass: Pass which touches the ground; pass which goes out-of-bounds; pass possessed by a player who is in the air but first touches the ground out-of-bounds

(NOTE exception in Rule 7.5.4.)

6.5.2 It is a legal forward pass, if during a scrimmage down and before team possession has changed, a player of Team A throws the ball with both feet of the passer on his side of the line

when the ball is released. Only one legal forward pass (including a forward shuffle or screen pass) is permitted per down.

6.5.3 An illegal forward pass includes:

- a) a pass from B's side of the line of scrimmage;
- b) a pass after team possession has changed during the down;
- c) any forward pass after a scrimmage running play has been established;
- d) a second or subsequent forward pass thrown during a down.
- e) Intentional Grounding: When the Quarterback, under pressure, throws the ball away to avoid a sack and: 1) the ball does not cross the line of scrimmage or 2) the ball is not thrown within the vicinity of an offensive player.

i. Vicinity is in the judgment of the referee.

PENALTY: Illegal Forward Pass – 5 yards, loss of down

6.5.4 If the illegal forward pass as described in (a), (c), or (d) above occurs within one yard of the line of scrimmage, it is a 5-yard penalty and loss of down, but does not count as the team's scrimmage running play for that series. However, if the illegal forward pass clearly occurs beyond 1 yard from the line of scrimmage or if the illegal forward pass – as described in (c) above – is thrown after the ball has been advanced more than one yard beyond the line of scrimmage, it shall count as the team's scrimmage running play for that series.

6.5.5 If a forward pass (legal or illegal) is complete, the ball may be advanced when caught by any player. If a forward pass is caught simultaneously by opponents, the ball comes dead and belongs to the passer's team.

6.5.6 If a forward pass (legal or illegal) is incomplete, the ball becomes dead when the pass touches the ground or goes out-of-bounds. It is also incomplete when a player in the air possesses the pass and alights so that his first contact with the ground or with anything other than a player or game official is on or outside a boundary (first foot needs to be in-bounds). When contact by an opponent causes a receiver, who is airborne, to first contact the ground out-of-bounds, the pass is complete if the covering official judges that the receiver would have landed inbounds if no contact had occurred. To complete the catch, the airborne player must have possession of the ball when he touches the ground. When an incompleteness occurs, the down counts unless the pass is after a series has ended. If the pass is legal and incomplete, the passer's team next snaps the ball (unless lost after a 4th down) from the spot of the previous snap. If the penalty for an illegal pass is accepted, measurement is from the spot of such pass. If the offended team declines the distance penalty, it has the choice of having the down counted at the spot of the illegal pass; or if the illegal pass is caught or intercepted, of having the ball put in play as determined by the action which followed the catch.

6.5.7 Pass eligibility rules apply on a legal forward pass. All Team A and Team B players are eligible.

6.5.8 No player of A or B shall interfere with an opponent beyond the line of scrimmage during any legal forward pass. For A, the restriction begins at the time of the snap, and for B, when the ball leaves the passer's hand. The restriction does apply even if the pass does not cross the line of scrimmage. It is interference if any player who is beyond the neutral zone interferes with an opponent's opportunity to move toward, catch, or bat a catchable forward pass.

PENALTY: Pass Interference– Ball placed at the spot of the foul (for A, if by B). *NOTE: If Pass Interference by either team's player is conspicuously intentional or unsportsmanlike, his team may be penalized another 10 yards. If the foul is flagrant, e.g. tackling a receiver before the ball is caught, the offending player may be ejected.*

6.5.9 The passer may not pass to himself. He may catch his own forward pass if the ball first touches an opponent. The passer may not deliberately pass to an opponent to facilitate catching his own pass. If the passer catches his own pass after the ball first touches an opponent, the pass is ignored relative to allowing only one legal forward pass per down.

PENALTY: Illegal Forward Pass – 5 yards, loss of down

EXCEPTIONS TO INTERFERENCE

1. Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch, or bat a catchable ball.
2. If the ball has been touched by A or B, restrictions end for all players.
3. If contact on A is immediately made by B and contact does not continue beyond the expanded neutral zone.
4. Defensive pass interference only occurs when contact beyond the neutral zone by a defensive player could prevent the opponent the opportunity of receiving a catchable forward pass.

NOTE: A catchable forward pass is an untouched legal forward pass beyond the neutral zone to an eligible player who has a reasonable opportunity to catch the ball. When in question, a legal forward pass is catchable.

5. No player shall tackle or run into a receiver when a forward pass to him obviously is not catchable. This is a personal foul and not pass interference.

6.5.10 It is illegal pass-play contact when any player who is beyond the neutral zone intentionally obstructs an opponent's opportunity to move freely about the field. For A, the restriction begins when the ball is snapped. For B, the restriction begins when the pass is in the air or when the Team A player occupies the same yard line as the Team B player or is beyond the defender.

NOTE: A defender must use a legal block before the restriction.

PENALTY: Illegal Pass – Play Contact – 10 yards

RULE 7

SCORING PLAYS AND TOUCHBACKS

Section 1 Value of Scores

7.1.1 The game is won by the team that accumulates the most points.

- a) Touchdown: 6 points
- b) Safety (points awarded to opponent): 2 points
- c) Successful Try-For-Point (from either run or pass)
 - i. From the 10-yard line: 2 points
 - ii. From the 5-yard line: 1 point
- d) Safety on Try-For-Point (awarded to opponent): 1 point

Section 2 Touchdown

7.2.1 Possession of a live ball in the opponent's end zone is always a touchdown.

- a) It is a touchdown when the runner advances from the field of play so that the ball penetrates the opponent's goal line (vertical plane).
- b) It is a touchdown when a loose ball is caught by a player in-bounds or while the ball is on or behind his opponent's goal line.

7.2.2 If an opponent of the scoring team fouls during a down in which a touchdown is scored and there is no change of possession; or there was a change of possession and the opponent fouled after the final change of possession; the following rules apply:

- a) Any foul that carries a 5-yard penalty is automatically declined.
- b) The offended team may choose to enforce the penalty for any other foul on the try or on the subsequent possession following the try.

7.2.3 If either team fouls following a down in which a touchdown is scored and prior to the initial ready-for-play signal on the try, the offended team may choose to enforce the penalty on the try or on the subsequent possession following the try.

7.2.4 If during a touchdown-scoring play in which there is no change of possession, the opponent of the scoring team commits one or more fouls that carry a penalty of 10-yards, the scoring team may accept the results of the play and have the penalty enforced from the succeeding spot or may choose to have the penalty enforced on the start of the subsequent drive (penalty enforced from the 15-yard line).

7.2.5 If during a touchdown-scoring play in which there is a change of possession, the opponent of the scoring team commits one or more fouls that carry a penalty of 5- yards after the change of possession, the foul(s) are automatically declined and the touchdown stands.

7.2.6 If during a touchdown-scoring play in which there is a change of possession, the opponent of the scoring team commits one or more fouls that carry a penalty of 10- yards after the change of possession, the scoring team may accept the results of the play and have the penalty enforced from the succeeding spot or may choose to have the penalty enforced on the start of the subsequent drive (penalty enforced from the 15-yard line).

Section 3 Try-for-Point

7.3.1 After a touchdown, the scoring team is permitted a try-for-point where the ball is snapped from B's 5- or 10-yard line (as indicated by A) anywhere between the in- bound lines. Exception: If a touchdown is scored during the last down of the game during championship bracket play, the try-for-point shall not be attempted unless the point(s) could affect the outcome of the game. All tries-for-point shall be attempted during pool play.

7.3.2 The try-for-point begins when the ball is ready-for-play. It ends when the ball becomes dead or either team scores.

7.3.3 During a try-for-point, Team A may score 2 points from a play originating on the 10- yard line, or 1 point from a play originating from the 5-yard line. Either a running play or a pass play may be used to score during the try.

7.3.4 During a try-for-point, a team may score 1 point for a safety by their opponent under rules governing play at other times during the game.

7.3.5 Team A may change their decision to attempt a 1- or 2-point play after a team timeout is used. The defense shall be given notice of the decision and shall be allowed ample time for player substitution, if necessary.

7.3.6 If during a successful try Team A commits a loss of down foul, no point(s) are scored and there is no replay. If during a successful try Team B commits a foul, Team A is given the choice of accepting the penalty and replaying the down following measurement or accepting the results of the play and having the penalty administered from the succeeding spot. If A fouls (with no loss of down) during a successful try, the down is replayed after measurement.

7.3.7 If during an unsuccessful try-for-point, a foul by A occurs, there is no replay. If B fouls, the down is replayed after measurement.

7.3.8 If either team commits a dead ball foul prior to the try-for-point, the down is played after measurement.

7.3.9 If a double foul occurs during a try and there is no change of possession, or both teams foul before a change of possession, the down is replayed.

7.3.10 During a try, if either team fouls after a change of possession:

a) Distance penalties against either team are declined by rule.

i. Exception: If there's a foul by A that directly affects the runner (holding, personal foul, tripping, etc.), then team B shall be awarded an attempt to try for 2 points from A's 10 yard line.

ii. Exception: If there's a foul by A that doesn't affect the runner, the penalty is assessed from the succeeding spot (the 15 yard line on the start of the next possession).

b) A score by a team committing a foul during the down is canceled.

c) If both teams foul during the down and Team B had not fouled before the change of possession, the fouls offset, the down is not repeated, and the try is over.

7.3.11 When a try-for-point is replayed, the snap may be from any point between the in- bounds lines on the yard line through the spot of the ball.

7.3.12 If team B intercepts a pass or fumble during the try and returns it for a touchdown, they score 2 points.

7.3.13 After the try-for-point, the non-scoring team takes possession of the ball at their 15- yard line, unless that spot is moved after enforcement of a penalty carried over from the previous touchdown scoring play or the try to the succeeding spot.

Section 4 Safety and Touchback

7.4.1 Responsibility for forcing the ball from the field of play across a goal line is attributed to the player who carries, snaps, passes, or fumbles the ball. The muffing or batting of a pass or fumble in flight is not considered a new force because the original force has not been spent.

7.4.2 It is a safety when:

a) A runner carries the ball from the field of play to or across his own goal line and it becomes dead there in his team's possession.

Exception: when a Team B player intercepts a forward pass and the goal line and his original momentum carries him in to the end zone, where the ball is declared dead in his team's

possession or it goes out-of-bounds in the end zone, the ball belongs to Team B at the spot where the pass was intercepted.

b) a player who is either in the field of play or in his end zone, forces a loose ball from the field of play to or across his own goal line by his pass, fumble, snap, muff or bat and provided that the ball becomes dead there in his team's possession or the ball is out-of-bounds when it becomes dead on or behind their goal line. This does not apply to a legal forward pass that becomes incomplete.

c) a player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his end zone or throws an illegal forward pass from his end zone and the penalty is declined in a situation which leaves him in possession at the spot of the illegal pass and with the ball having been forced in to the end zone by the passing team.

7.4.3 It is a touchback when B intercepts a forward pass in their end zone and the ball becomes dead there in B's possession (before B leaves the end zone).

7.4.4 The team whose goal line is involved should put the ball in play on its 15-yard line if a touchback; for a safety.

7.4.5 If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.

Section 5 Tie Games and Overtime Procedure

7.5.1 During the regular season, games may end in a tie. If however, at the end of the playoff game, the teams have identical scores, the tie will be resolved by one or more series of unlimited downs. All game rules apply except:

a) the line-to-gain will be established after any dead-ball penalties that are carried over from regulation are enforced, using the chains, which shall operate in the same manner as in regulation play;

b) no try will be made if the winner of the game has been determined;

c) only non-player, unsportsmanlike, dead ball fouls or defensive fouls during a down which results in a successful touchdown or try-for point are penalized from the succeeding spot.

d) If the defensive team gains possession of a live ball, the ball becomes dead immediately and the down and series has ended for the offensive team.

e) Any unused second half time-outs cannot be used in overtime.

f) Each team shall be permitted one time-out during each overtime period (a series for A and a series for B). When the score is tied at the end of the game, the referee will instruct both teams to return to their respective team boxes. There will be a 3- minute intermission during which both teams may confer with their coaches. All officials and team captains will meet at midfield for the coin toss after the intermission. The winner of the toss will be given a choice of defense, offense or designating the end of the field to start the overtime. The loser of the toss will chose from the remaining options. Each team will be permitted to use one timeout during each overtime period (a series for A and a series for B). In overtime, each team is guaranteed one possession. Each possession starts at the opponent's 10-yard-line. Series alternate until one team has scored more points than the other. If after two possessions each the score is still tied, teams must go for 2 points after scoring. The possessions alternate as follows: Series 1-3-5 etc.: Team A, followed by Team B; Series 2-4-6 etc.: Team B, followed by Team A. The team scoring the greater number of points in the overtime plus those accumulated in

regulation play shall be declared the winner. Note: An overtime is considered a new series. Therefore, no more than one scrimmage running play may be used per overtime series.

Section 6 Mercy Rule

7.6.1 If one team is ahead by 20 or more points at the two-minute warning, then the game is over.

RULE 8 CONDUCT OF PLAYERS AND OTHERS

Section 1 Helping the Runner

8.1.1 An offensive player shall not push, pull, or lift the runner.

PENALTY: Helping the Runner – 5 yds

Section 2 Illegal Use of Hands and Holding and Blocking

8.2.1 An offensive player shall not use a blocking technique:

a) that is not permissible by Rule 2.3.1.

PENALTY: Illegal Use of Hands – 5 yards

b) grasp or encircle any teammate to form interlocked interference

PENALTY: Interlocked Interference – 5 yards

c) use hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent

PENALTY: Holding – 5 yards

8.2.2 The runner may not grasp a teammate.

PENALTY: Illegal Use of Hands – 5 yards

8.2.3 The defensive player shall not use a technique which:

a) is not permissible by Rule 2.3.1.

PENALTY: Illegal Use of Hands – 5 yards

b) use his hands to add momentum to charge of a teammate

PENALTY: Illegal Use of Hands – 5 yards

c) use his hands or arms to hook, lock, clamp, grasp, encircle, or hold in an effort to restrain an opponent

PENALTY: Holding – 10 yards

8.2.4 A defensive player may not intentionally push or block a runner who is near the sideline. A defensive player shall not intentionally hold, grasp, or obstruct the forward progress of a runner

when trying to remove his flag (this includes tackling and body blocking). Grabbing for more than one flag by a defensive player may be considered illegal blocking if it appears that the deflagger is attempting to obstruct the forward progress of the runner.

PENALTY: Holding the Runner – 10 yards

8.2.5 No player shall intentionally deflag a player who is not a runner before the player receives the ball.

PENALTY: Illegal Deflagging– 10 yards

8.2.6 No player shall obstruct an opponent with an extended (non-flexed at the elbow – a.k.a. stiff-arm) hand and arm.

PENALTY: Illegal Use of Hands – 10 yards

8.2.7 The runner shall not use his hand(s) below his waist to protect his flag(s). While making initial contact with his opponent, the runner may not use his hand(s) below his waist to block an opponent.

PENALTY: Flag-guarding – 5 yards, loss of down

8.2.8 The runner shall not hurdle or lower his head to interfere with being deflagged. A runner may not lower his head more than halfway between his waist and shoulders.

PENALTY: Diving – 10 yards, loss of down

8.2.9 The runner shall not dive to avoid being deflagged.

PENALTY: Personal Foul – 10 yards

8.2.10 A runner may not charge into a potential deflagger. *NOTE: A runner may spin to avoid being deflagged.*

8.2.11 No player may clip an opponent.

PENALTY: Illegal Blocking – 10 yards; Clipping – 10 yards

NOTE: Blocking an opponent from behind is not necessarily clipping. The intent of the clipping infraction is to protect players from an unanticipated and unsafe block from the rear. A player turning his back on an opponent or slowing down in front of an opponent to “draw” a clipping penalty will usually be unsuccessful. Additionally, blocking from the rear on the initial line charge and immediately after the snap is not clipping.

8.2.12 No player may block an opponent below the waist.

PENALTY: Illegal Blocking – 10 yards

8.2.13 No player may trip an opponent.

PENALTY: Tripping – 10 yards

8.2.14 The center must be given ample opportunity, before being blocked, to regain his balance after snapping the ball.

PENALTY: Illegal Use of Hands – 5 yards

8.2.15 Two-on-one blocking is limited to the expanded neutral zone and behind it.

NOTE: The only way to “tackle” a runner is by deflagging. Any contact with a runner must be an attempt to deflag

PENALTY: Illegal Blocking – 10 yards

Section 3 Illegal Personal Contact

8.3.1 No player shall commit a flagrant foul. These include: striking an opponent with a fist, locked hand, forearm, elbow, knee or foot or wearing any illegal equipment that is unsafe to opponents.

NOTE: Fighting causes all fighters to be ejected regardless of who started the fight.

PENALTY: Flagrant Personal Fouls – mandatory disqualification for the rest of the game and the team’s next game

8.3.2 No player shall physically or verbally afflict an official. When in question, the act is considered a flagrant harriving or intimidation.

NOTE: Any single flagrant foul results in mandatory disqualification. A team may forfeit a game if it allows a disqualified player to become a player. Ejected players must leave the playing area.

PENALTY: Misconduct towards an Official – 10 yds & possible disqualification

8.3.3 No player shall position himself on the shoulders of a teammate to gain an advantage; hide the ball under a jersey; tackle a runner; charge in to an opponent or make any other contact, physical or verbal, that an official determines is unnecessary and incites roughness. The runner shall not deliberately run in to a defensive player.

PENALTY: Personal Fouls – 10 yards

NOTE: At the official’s discretion, a player may be ejected for 4 or 8 downs for those acts considered major but not flagrant.

8.3.4 Defensive players must make a definite effort to avoid charging into a passer who has thrown or is throwing a legal forward pass or a passer who is fading back or standing still because he is considered out of play after the pass. A defensive player may not forcibly contact the passer’s arm above the elbow (from the elbow to the shoulder). If the quarterback’s arm is hit below the elbow, it is up to the official whether it is roughing the passer, or if the defender was simply attempting to legally make a play on the ball.

PENALTY: Roughing the Passer – 10 yards and an automatic first down

8.3.5 Fighting with another player requires:

- a) disqualification from the current game
- b) disqualification from the team’s next scheduled game
- c) possible current and future disqualification, to be determined by the Athletic Director

8.3.6 Misconduct towards an official requires:

- a) disqualification from the current game
- b) disqualification from the team's next scheduled game

8.3.7 Striking an official requires:

- a) current disqualification
- b) possible future disqualification, to be determined by the Athletic Director.

Section 4 Non-contact Unsportsmanlike Conduct By Players

8.4.1 No player may act in an unsportsmanlike manner during the game or intermission.

Examples include:

- a) abusive or insulting language or gestures
- b) baiting acts or words or insignia worn which engenders ill will
- c) using disconcerting acts or words prior to the snap in an attempt to interfere with A's signal or movements
- d) intentionally kicking at any player or the ball or intentionally swinging an arm or fist at any player
- e) leaving the field between plays or using a "hide out play" by placing a player or players near the sideline to gain an advantage unless replaced or unless with the permission of the referee
- f) failing to place the ball, after it becomes dead, on the ground or immediately return it to a nearby official
- g) spiking the ball or throwing the ball in the air or from the field of play
- h) attempting to substitute a suspended player
- i) taunting an opponent

PENALTY: Unsportsmanlike Acts – 10 yards (enforced from the succeeding spot) & possible removal from game for (a) & (d)

8.4.2 A second unsportsmanlike conduct foul with a 10-yard penalty results in disqualification.

Section 5 Illegal Substitution

8.5.1 Any number of eligible substitutes may replace players, under the following conditions:

- a) The substitution must occur between downs. No substitute shall enter during a down.

PENALTY: Illegal Substitution (live-ball foul) – 5 yards

- b) A replaced player must be off of the field before the ball becomes live.

PENALTY: Illegal Substitution (live-ball foul) – 5 yards

- c) An offense may have 8 players in the huddle, so long as the 8th player exits the huddle, raises his/her hand while leaving the field, and clears the field before the ball is snapped. If this fails to happen, the result is a penalty for too many players on the field.

PENALTY: Illegal Substitution (dead-ball foul) – 5 yards

Section 6 Illegal Touching and Illegal Participation

8.6.1 No eligible offensive player who goes out of bounds during a down shall touch a legal forward pass in the field of play or end zones or while airborne until it has been touched by an opponent or official.

PENALTY: Illegal Touching – Loss of down at the previous spot

Exception: This does not apply to an eligible offensive player who attempts to return inbounds immediately after going out of bounds due to contact by an opponent.

8.6.2 No replaced player, substitute, or non-player shall hinder an opponent, touch the ball, influence the play or otherwise participate.

PENALTY: Illegal Participation – 10 yards

8.6.3 It is illegal participation when:

a) 8 or more players participate at the snap

PENALTY: Illegal Participation – 10 yards

b) an injured player is not replaced for at least one down unless a halftime occurs

PENALTY: Illegal Participation – 10 yards

c) using a replaced player or substitute in a substitution or pretend substitution to deceive opponents at or immediately before a snap

PENALTY: Illegal Participation – 10 yards

d) for a disqualified player to reenter the game

PENALTY: Allowing a Disqualified Player – possible game forfeit

Section 7 Illegal Batting or Kicking

8.7.1 No player shall bat a loose ball other than a pass or a fumble in flight in which he is attempting to block in the expanded neutral zone. A backward pass behind the line of scrimmage and in flight shall not be batted forward by the passing team. No player shall intentionally kick the ball. Kicking the ball means intentionally striking the ball with knee, lower leg or foot.

NOTE: Any pass in flight may be batted in any direction, unless it is a backward pass behind the line of scrimmage batted forward by the passing team.

PENALTY: Illegal Kicking or Batting – 10 yards

8.7.2 A ball in player possession may not be batted or stripped by any player.

PENALTY: Illegal Batting – 10 yards

Section 8 Non-contact Unsportsmanlike Conduct by Non-Players

8.8.1 No coach, substitute, trainer or other team attendant shall act in an unsportsmanlike manner during the game or intermission. Examples are:

a) using profanity, insulting or vulgar language or gestures

b) attempting to influence or indicating an objection to a decision of an official

c) disrespectfully addressing an official

- d) failing to be ready to start either half
- e) be on the field except as a substitute or replaced player
- f) abusively or derisively harrying an opponent
- g) be outside the team box but not on the field

PENALTY: Non-player Fouls – 10 yards

8.8.2 A non-player shall not be outside his team box except to become a player. Attendants and coaches may not enter the field except during a time-out or unless sanctioned by the referee.

PENALTY: Non-player Fouls – 5 yards; If repeated, infractions occur, 10 yards and/or disqualify the offending teammate

Section 9 Unfair Acts

8.9.1 No player or non-player shall hinder play by an obviously unfair act which has no specific rule coverage. Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game. *NOTE: Repeated fouls will cause the game to be forfeited.*

PENALTY; Unfair Acts – Enforces any penalty he/she considers equitable, including the award of a score.

RULE 9

PENALTY ENFORCEMENT

Section 1 Procedure After a Foul

9.1.1 When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. He shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him the number of the ensuing down, distance to be gained and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or this is a double foul, there is no loss of distance. In case of a double foul, the captains are not consulted since the penalties offset. The captain's choice may not be revoked.

9.1.2 When a foul occurs during a dead ball between downs or prior to a snap, the official shall not permit the ball to become live. The referee shall notify the captains and the captain of the offended team will be presented with the options and the effect of acceptance or declination on the down and distance to be gained. The captain may accept or decline the penalty.

9.1.3 When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

9.1.4 When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

Section 2 Double and Multiple Fouls

9.2.1 It is a double foul if both teams commit fouls, other than unsportsmanlike or non-player fouls, during the same live ball period during which there is no change of team possession;

there is a change of team possession and the team in possession at the end of the down fouls prior to the final change of possession; or there is a change of possession and the team in final possession accepts the penalty for its opponents foul. The penalties cancel and the down is replayed.

9.2.2 If each team fouls during a down in which there is a change of possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponent's foul, other than unsportsmanlike.

9.2.3 When two or more live ball fouls are committed by the same team (multiple fouls), only one penalty may be measured, except when foul(s) for unsportsmanlike conduct occurs. In such cases, the penalty (or penalties) for unsportsmanlike conduct is administered from the succeeding spot as established by the acceptance or declination of the penalty for the previous foul. When only one penalty is to be administered, the offended captain may choose which one it shall be, or he may decline all penalties.

9.2.4 If each team fouls during a down in which there is a change of possession, then A may retain the ball. In this case, the team that was not last in possession has no penalty options until the team last in possession has made its penalty decision. After that decision by the team last in possession, the team not last in possession may decline or accept the penalty by the team last in possession or choose which foul to have enforced in the case that the team last in possession committed more than one foul following the change.

9.2.5 Penalties for dead ball fouls are administered separately and in the order of their occurrence. A dead ball foul is not coupled with a live ball foul or another dead ball foul to create a double or multiple foul.

9.2.6 A foul during a try is not paired with a dead ball foul to create a double or multiple foul.

Section 3 Types of Play and Basic Enforcement Spots

9.3.1 If a foul occurs during a down, the basic enforcement spot is fixed by the type of play. There are two types of play: loose ball play and running play. Loose ball play is action during a legal forward pass; a backward pass or fumble made by A from on or behind its scrimmage line. A loose ball also includes the run or runs which precede such a legal forward pass or fumble. A running play is any action not included in loose ball play.

9.3.2 If a foul occurs during loose ball play, the basic enforcement spot is the previous spot.

9.3.3 If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends. The run ends where the player loses possession if his run is followed by a fumble or pass. If the runner does not lose possession, his run ends where the ball becomes dead.

9.3.4 The basic spot is the previous spot:

- a) For a foul which occurs simultaneously with the snap.
- b) For a foul which occurs during a loose ball play, as defined 10.3.1.

See 10.5.1. for special enforcement on roughing the passer.

10.3.5 The basic spot is the succeeding spot:

- a) For an unsportsmanlike foul.
- b) For a dead-ball foul.
- c) For a nonplayer foul.
- d) When the final result is a touchback.

Section 4 Administering Penalties

9.4.1 The penalty for any dead ball foul, any non-player foul or an unsportsmanlike foul is administered from the succeeding spot, unless the foul is committed by team B and is prior to the ready-for-play after a touchdown scoring play.

9.4.2 The penalty for a foul that occurs simultaneously with a snap is administered from the previous spot.

9.4.3 The penalty for a foul during a running play or loose ball play is administered from the basic spot, except:

- a) if a foul by either team occurs, except flag guarding by team A (see 10.4.3.c.), behind the line of scrimmage before a change of team possession, the penalty is administered from the previous spot;
- b) if a foul by the offense (other than in 10.4.3.a. above) occurs behind the basic spot, the penalty is administered from the spot of the foul;
- c) a flag guarding foul by team A is always enforced from the spot of the foul.

9.4.4 Any live ball foul is penalized according to the all-but-one enforcement principle (see below) except:

- a) a foul which occurs simultaneously with the snap (see 10.4.2.)
- b) a foul by either team behind the line of scrimmage before a change of team possession (see 10.4.3.)
- c) a foul by the opponents of the scoring team during a down which results in a successful touchdown or try-for-point

Section 5 Special Enforcements

9.5.1 The following fouls have special enforcement provisions and options for the offended team:

- a) Unfair acts.
- b) A foul by the opponents of the scoring team on a successful try.
- c) Fouls that occur during or after a touchdown scoring play.
- d) Roughing the passer.

9.5.2 A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the ordinary distance penalty is greater than this, the ball is placed halfway from the spot of enforcement to the goal line.

9.5.3 If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind the goal line, it is a safety. For a defensive team foul, if the enforcement spot is on or behind the offended team's goal line, any measurement is from the goal line.

9.5.4 The enforcement spot is the end of the last run for roughing the passer when the last run ends beyond the neutral zone and there has been no change of team possession.

9.5.5 A disqualified player must always be removed.

Section 6 Football Penalty Enforcement

9.6.1 Enforcement provisions apply to all player fouls. These provisions are not complicated by exceptions or special penalties. Enforcement philosophy is based on the fact that a team is given the advantage of the distance that is gained without assistance of a foul. It is assumed that the only foul that could aid this is a foul by the offense behind the basic spot. Therefore, all fouls but this one (a foul by the offense behind the basic spot) are penalized from the basic spot. Whenever the ball is live, one of two types of plays is in progress, that is, either a loose ball play or a running play. If a foul does occur, the kind of play determines the basic spot. The basic spot is the previous spot (spot of the snap) for loose ball fouls and fouls simultaneous with the snap. The basic spot for running plays is where the related run ends. "All but one" means all fouls except those by the offense are enforced from the spot of the foul if the foul occurs behind the end of the run (the basic spot). If a foul occurs during a running play, the enforcement spot is the end of the run or if the foul is by the offense and occurs behind the end of the run, from the spot of the foul. (See figure on the following page.)

Players and Equipment Rule 1.4

Pass Rusher Rule 2.1.6

Blocking and Deflagging Definition Rule 2.3

Zones Rule 2.8

Advancing the Ball Rule 2.9

Catchable Forward Pass Rule 2.12

Length of Periods Rule 3.1

Starting and Stopping the Clock Rule 3.3

Dead Ball Rule 4.2.1

Deflagging Rule 4.4

Position and Action During the Snap Rule 6.2

Forward Pass Rule 6.5

Overtime Procedure Rule 7.5

Blocking Rule 8.2

Illegal Personal Contact Rule 8.3