

2024 SUN BOWL FLAG FOOTBALL TOURNAMENT

8 v 8 RULES

(Tournament rules are based on SWFFL league rules.)

I. FIELD

- A. 80 yards from goal line to goal line with two end zones of 10 yards each.
- B. Field shall be divided into 4 zones of 20 yards each.
- C. Field shall be a minimum of 40 yards wide.

II. EQUIPMENT

A. Ball – It is recommended that teams use the Wilson Official NFL Ball or its equal. However, each team must provide an official size leather covered football, which is properly inflated.

An infraction of using too small of a football will be an automatic penalty and reversing possession and a 10-yard penalty.

Each team is responsible for their own ball as to retrieving it after an incomplete pass and keeping it dry during adverse weather conditions. The center may carry the ball to the huddle.

B. Uniforms – Shall be each team's choice as long as it does not include any hard or unyielding surface. All members of the same team must wear a similar color jersey (numbers not required). Jerseys must be tucked in. The midriff shirt is legal, if in the judgment of the referee, it does not hinder the defense from pulling the flag. No article of clothing may cover any portion of a player's flag. Officials should warn violators of this between plays. (S-19).

The lower uniform may be shorts, warm-ups, pants, or any other type of athletic wear. However, any shorts or pants worn during flag football league play must not have any pockets. Any shorts or pants that have striping, piping, or a design that camouflages a player's flags or flag belt will not be allowed.

No headwear with an extended bill may be worn (Ex: caps, visors, etc.)

C. Shoes – Any flat-soled or completely molded cleat shoes are acceptable. Removable track spikes or any shoes that have steel or metal tips are prohibited. All players must wear shoes.

D. Protective Equipment – Helmets, shoulder pads, thigh pads are prohibited. The referee of that game shall decide any questions as to the legality of players' equipment. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well covered or padded. Therapeutic or prevention knee braces can be used if covered from direct external exposure.

NOTE: (Treat item C & D as illegal equipment will be an automatic penalty of reversing possession and a 10-yard penalty.

E. Flags – Each player on the field (8 offensive and 8 defensive) will wear two (2) flags at the waist, one on each side. Any offence of player with fewer than two (2) flags in the proper position at the snap shall be ruled deflagged immediately at the point where he gains possession of the football. The flags must be a minimum of 12 inches (flag itself) in length and 1-1/2” in width and must be a different color than the player’s lower uniform.

Flags must be attached to a belt, and the belt will be worn snug around the waist to eliminate being turned partially around the waist during an attempted deflagging. Only socket flags are allowed.

Illegal alternation, securing, or substitution of flags or belts will result in reversing of possession and 10-yard penalty from L. O.S. of last snap if offense and if defense from P.O.I. (S-19).

III. LENGTH OF GAMES AND TIME OUTS

A. Regulation Periods – The game shall be played in 2 halves of 20 minutes in lengths all games clocks will be running continuously.

At the end of 20 minutes in the 1st and 2nd half, the teams will be given a two-minute warning and told that now there are 7 plays left in that half.

Clock Regulations – (1) Clock will start each half when the official puts the ball in play.

(2) After a team time-out, the clock will start at the snap of the ball. (3) Because the clock is a continuous clock, it does not stop during P.A.T. attempts. (4) Clock will stop for team time-outs, official time outs, and at the discretion of the official to retrieve long incomplete passes.

B. Changing Ends – Teams shall exchange ends at the end of the first half;

C. Half Time – A minimum of 3 minutes.

D. Time-Outs – Each team shall have 2 time-outs per half. Each team will be allowed one time out during tiebreaker. Time outs will be one (1) minute in length. Time-outs may be called by any player that participated in the last play and is on the field of play.

E. Additional Time-outs – May be called by the officials at their discretion.

If a team exceeds its time out limit in either half; delay of game – 5-yard penalty. (S-17)

NOTE: During a team charged time out, a team representative may conference with their team either on the field or at the sidelines.

IV. SCORING

A. Touchdown – 6 points (S-4) (Hips in which flags are attached must be on or in advance of the goal line before any points can be awarded.)

B. Point After Touchdown – 1 point – run or pass from 3-yard line 2 points – run or pass from 10-yard line.

(Must declare prior to marking ball ready for play by official)

C. Safety – 2 points (Punt ball from 20-yard line, (This is a guarantee punt. The Ball must be put in play by a snap).

D. Forfeited Game – Score is 7 – 0.

E. Winner of Tie Breaker – 1 point

“17 Point Rule” – If either team is ahead by 17 points at the 7-play warning of the 2nd half, the game is over.

V. PLAYERS AND SUBSTITUTIONS

A. Players – SWFFL flag football is 8 man with everyone eligible. A team may field no less than 6 players at any time.

B. Substitution – There will be free substitution as long as players being substituted for are off the field prior to the next snap or are out of the area of play and are departing the field in haste.

“Sleepers” on substitutions will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play. (S-18) (5 yards).

C. Team Roster – Team's regular playing roster shall not exceed twenty (18) players including a playing manager. Players may not be added to a roster after the team's 3rd game of the season.

D. Eligibility –

PENALTY: Any team found violating this rule should be reported to commissioner.

Players may play only with one team.

E. Classification of teams: Commissioner will decide what division a team will play in.

F. Players' Behavior – Any verbal badgering of officials or derogatory language between opposing players after officials have asked once for team captain's control can result in player or players involved in action being disqualified.

First derogatory action or language should be penalized 10 yards and captain warned. (S-33).

Second derogatory action or language will cause players to be disqualified plus 10 yards. (S-32 & 33)

G. Fake Excessive Contact – Any player, who in the judgment of the officials, fakes excessive contact for the sole purpose of drawing a penalty may be warned once by the officials and then penalized for unsportsmanlike conduct on the next offense. A warning to one player may be applied to a team as a whole if the officials so state that this warning is to the team. Penalty – (Treated as a dead ball foul), 10 yards. (S-33)

H. Begging a Call – During a play, if a possible infraction occurs and players or coaches from either team either on the field or on the sideline begin yelling out or “Begging a Call”, a penalty of 5 yards can be tacked on to the end of the play. This penalty will be marked off as a dead ball foul even if it occurred while play was in progress.

VI. PLAYING REGULATIONS

A. Coin Toss – At the beginning of the game, a coin toss will be held, and winner will get his choice of goals or offense or defense or deferment.

B. Ball in Play – The ball shall be put in play at the beginning of the game, beginning of the second half, after a touchback, and after a score of placing the ball on the 20 yard line of the offensive team and 1st down and “line-to-gain”. At all times the ball shall be put in play from the spot marked by the official ball marker. PENALTY – Illegal snap – 5 yards

L.O.S. (S-15)

C. Huddle – After the official marks the ball “ready-for-play” (S-1), offense will have 25 seconds to put the ball in play or else be penalized 5 yards for a delay of game (S-17). It is not necessary to huddle after a play if a team wishes to use predetermined plays or audibles.

D. Shift – One or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction, but they must become set for one full count before the ball is snapped or before another player can go in motion prior to the snap. (S-16) (5 yards)

E. Motion – Only one player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous (S-16) (5 yards)

F. Encroachment Offsides – Shall be called if either the offense or the defense passes over the plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are dead ball fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team. (S-14)

(Exception: Defensive encroachment resulting in an offensive first down will become an offensive captain’s choice penalty).

If the player on either side lines up offsides, the official will point toward that player’s team side. If that player does not get back on-sides before the ball is snapped, he will be considered as having been

offsides at the moment of snap. This is a 5-yard penalty from L.O.S. and captain's choice after play is over. (S-14)

G. 1st down – A team will be allowed four downs to advance the ball from one zone to the next. (A zone is to be 20 yards). The zone shall be considered reached when the hips (flags) are on or in advance of the line marking the next zone in this case “the line to gain” when the play is declared dead (S-7)

If after 4 consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

H. Stances – Any stance is permitted.

I. Line Play – any number of players may be on the offensive or defensive L.O.S. at the snap.

Defense line must be one (1) yard off the ball at the snap.

No defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (S-19) (5 yards)

J. Screening – Rushing – Only screen blocking is permitted. Screen Blocking: shall be defined as obstructing the rushers path to the quarterback or ball carrier, as long as it is done behind the L.O.S. with any part of the body except head, hips, and legs. There can be no independent movement of the elbows. The screener must use one of the two following methods: 1) Screener must have his thumbs hooked in his pants and holding the flag belt with each hand or 2) manner. A penalty will automatically be called if a screener's hand leaves his pants and flag belt or if arms are separated from behind his back while in process of screening within 2 yards of rusher. Although this method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in a very vulnerable position; therefore; THE MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER. (S-14) (10 yards)

The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him. A penalty will be automatically called if the rusher touches the screener's head as long as the screener is screening upright. (S-31)

(10 yards)

Moving screens behind the L.O.S. for the passer or potential passer is legal. Once the passer or potential passer crosses the L.O.S., all downfield screens must be stationary screens. As the ball crosses the L.O.S., offensive players may maneuver for laterals behind the ball, but in doing so must not be deliberately screening any defensive players. They must be clearly in the act of positioning for a lateral. Moving screens shall be penalized from the end of run (E.O.R.) or the point of infraction (P.O.I.), whichever hurts the offensive team the most. If the illegal screen is judged to have caused excessive contact, it will be penalized 10 yards and loss of down. (Cannot have loss of down if penalty leaves ball in front of line-to-gain and 1st down). (S-24, 29 & 8) (If Not Excessive– 5 yards)

“Pick Plays” by receivers on defensive backs or linebackers are illegal if set by receivers within 5 yards of defender (A form of downfield screening).

A screener may not leave his feet to screen.

IT IS ASKED THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NONCONTACT IN THIS AREA.

The screener may not step into the rusher.

Roughing the passer when the pass is incomplete will be marked off 10 yards from the L.O.S., when the pass is complete the penalty will be 10 yards marked off from the

E.O.R. and automatic first down in either case.

If the rusher touches the quarterback in the head in his attempt to block the pass a penalty will be called. This will also go for striking the passer's arm when in a forward motion while attempting to block a pass. Roughing the passer will be called when the rusher, if while attempting to deflag the quarterback or block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing. The defensive may rush as many players as it wishes. (S-26)

NOTE: OFFICIALS SHOULD BE AWARE IF CONTACT IS CAUSED BY PASSER STEPPING UP OR MOVING INTO RUSHER.

K. Passing – There can be only one forward pass per play. There can be only two (2) exchanges of the football in the air (forward pass or lateral) which are initiated from behind the L.O.S. After the 2nd exchange of the football in the air, if completed behind the

L.O.S., the football must be run across the L.O.S. A forward pass is defined as a live ball thrown toward the opponent's goal line.

A direct handoff or a bobbed, but complete direct handoff, shall not be considered an exchange of the football in the air.

If the passer is beyond the L.O.S. when the football is released, or if a 3rd exchange of the football in the air is initiated from behind the L.O.S., an illegal Forward Pass has occurred and will result in a 5-yard penalty and loss of down if accepted. Illegal forward passes will be marked from P.O.I. (S-27 & 8)

Once the ball has crossed the L.O.S. in the air or in possession of a player, it cannot be passed forward, even if the ball is first returned back across the L.O.S. (Illegal Forward Pass) (S-27 & 8)

Intentional grounding shall also constitute an illegal forward pass. (S-28 & 8)

A lateral will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession. Forward laterals are treated as an illegal forward pass if beyond L.O.S. (S-27 & 8)

Push or shovel passes thrown in any direction are legal if initiated behind the L.O.S. Once a player crosses the L.O.S., push or shovel passes are legal if thrown parallel or behind the ball carrier.

L. Receiving – All players of both teams are eligible pass receivers. Each player is eligible, even if he steps out of bounds or out of end zone, as long as he catches the ball inbounds or comes down first in bounds with at least one (1) foot. If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass is incomplete. The lines marking the sidelines and the extreme end of the end zone shall be considered out of bounds if stepped on to any degree.

Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion. After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball and in what order, if receivers and defenders are battling for possession. Therefore, the only things that will be judged will be (1) did pass interference occur, (2) who caught the ball, and (3) was receiver in bounds with at least one foot at moment of possession.

A double reception always goes to the offense.

M. Pass Interference – Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass and applies to both offensive and defensive players. After the pass is in the air, neither pass receiver nor defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other “strips” or attempts to “strip” the ball from his hands.

Receiver Stripping is attempting to take the ball from the grasp of a receiver after he has caught the ball but before he has brought the ball into a possessive position, in which case, Pass Interference will be called: If player established possession of the football, the defender must go for the flag and not the ball.

Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete, must be judged by the officials as either Non-Intentional contact caused by both players “playing the ball” or Intentional contact which shall be penalized. Penalty will

be 5 yards if incomplete or complete, and if judged to be flagrant, the penalized player may be removed from the game and penalty will be 10 yards.

All pass interference plays, offensive or defensive, whether they occur during the “Regulation Play Period”, “7-Play Rule”, “Tie Breaker Period”, or the “P.A.T. Try Period”, will be captain’s choice penalties. If the captain refuses penalty the play will stand.

All offensive pass interference plays, whether they occur during the “Regulation Play Period”, “7-Play period”, “Tie Breaker Period”, or the “P.A.T. Try Period”, which are accepted by the defensive captain, shall be marked 5 yards from L.O.S. with a loss of down (and loss of play number if during Tie Breaker). (S-25 & 8)

Defensive pass interference, which occurs in the end zone during the “Regulation Play Period” and accepted: ball will be placed on one (1) yard line, and 1st down. (S-25 & 7)

Defensive pass interference, which occurs during the “P.A.T. Try Period”, and accepted: ball will be placed on one (1) yard line – P.A.T. try will be run again plus one (1) free

P.A.T. try will be awarded if needed. (S-25) point value will be whatever was declared prior to original P.A.T.

Defensive pass interference which occurs in the end zone during the “Time Breaker Period”, or “7-play Rule Period” and accepted: ball will be placed on the one (1) yard line – same play will be run again, plus one (1) free down will be awarded, if needed, to score. (S-25)

Screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such. (S-25)

Bump and Run, or checking an offensive receiver during a passing play, will be a 5yard penalty from P.O.I. and captain's choice. (S-31).

N. Deflagging – The ball carrier is down, and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may leave his feet to pull the offensive player's flag but may not make contact while doing so. When a defensive player pulls the ball carrier's flag he should stop and hold it above his head for officials to see.

Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as tackling. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made, the responsibility of the contact lies with the defensive player. Penalty: 5 yards for impeding – 10 yards for tackling (encircling of body) with automatic first down if tackling from P.O.I. or L.O.S.

If in the opinion of officials, the act prevented a score, the ball will be placed on the one

(1) yard line, first down and goal. The offender will be disqualified if the act was flagrant. (S-29 & 31 & 7)

Illegal Deflagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. Penalty – 5 yards from L.O.S. or

E.O.R. (S-31)

Runner Stripping occurs when a defender attempts to strip or take the ball from the grasp of a player who has the ball in a possessive position; this is a form of Illegal Deflagging. (S-31)

The intended receiver of either a pass or lateral may be deflagged only after first touching the ball – even while fumbling or bobbling the ball and before possession is established. That receiver will be considered downed at the point he was deflagged.

If the quarterback's arm was in forward motion when his flag was pulled, the pass is allowed. If the passer is legally deflagged as he is passing the football, and later in that

play receives the ball back; he shall be downed at that spot. If he is deflagged after he has released the football and he then receives the ball back, illegal deflagging should be called.

A defender may not push or knock a ball carrier out of bounds. A form of illegal deflagging, if excessive contact – 10 yards. (S-31 & 29)

O. Quick Whistle – If the official whistles the play dead prematurely, the offense shall have the choice of: (1) accepting the ball where it was whistled dead or (2) replaying the down. (S-11)

Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "Quick Whistle", defense will be penalized 5 yards and offense's choice of either #1 or #2 above. (S-33)

Offensive fouls, if they were committed before quick whistle, have priority over quick whistle.

P. Ball Carrier – The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin or jump but realize that while spinning or jumping he is in a “State of Non-control” and should contact occur as a result of his uncontrolled momentum, he will be penalized. The “Stiff Arm” is illegal. Penalty: 10 yards from P.O.I. (S-29 & 31)

The ball carrier shall not protect his flags by blocking with his hand, arm or head, the opportunity to pull his flags. Flag guarding will be marked 10 yards from P.O.I./L.O.S. (if behind line) and loss of down. (S-30)

If any of the above acts are judged to have caused excessive contact, 10 yards and loss of down. (S29-30 & 8)

Q. Fumble – When a backward pass hits the ground between the goal lines or a fumble occurs, the ball becomes dead and belongs to the team last in possession at the spot where the ball hits the ground or at the spot where the ball goes out of bounds (if in the air).

Forward, offensive fumbles which cross and hit beyond the next line-to-gain or goal line will result in ball being marked dead at point of fumble and next down.

R. Center Snap – A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off of a bounce (one or more) or from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.

All center snaps must be made between the center’s legs. A false movement of the football by the center after he is set shall constitute encroachment. No direct snap may be taken at any time. The snap must travel a minimum of 3 yards to be legal (either backwards or sideways). (S-15) At all times the ball shall be snapped from the spot marked by the official ball marker.

S. Punt – If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by referee on 4th downplay. (Penalty: delay of game) After offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball. (S-17)

When an offense declares the punt, it becomes a guaranteed punt, and only if a defense penalty occurs after the offense declares punt can the offense reconsider, due to change in field position.

The ball will not be dead if it touches the ground before the punt is made even if muffed by the punter. After a punt has been declared, it must be made and either team may cross the L.O.S. until the ball is kicked. The offense may have any number of players on the L.O.S. The punt returning team must have 5 players within 5 yards of the L.O.S. and they must remain in that zone until the punt returner enters that zone, at which time they may provide stationary screens or maneuver for a lateral. These 5 men may not attempt to screen any member of the punting team as they pass through this 5-yard zone. (Penalty – 5 yards from EOR/POI) (S-24)

If the punt hits a member of the punting team, which has not crossed the L.O.S., it is dead at that spot. Any member of the punting team may down the punt if it is beyond the

L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

The punt receiving team must be given an opportunity to field the punt in the air, therefore, there will be a 10-yard penalty if touched in the air beyond the L.O.S. by the punting team, from the P.O.I. (S-23)

The punt returning team may have 3 returners in deep positions. The 2 returners that do not carry the ball may not be moving screens. They may run forward and provide stationary screens or be maneuvering for a lateral. (Penalty – 5 yards from EOR/POI) (S-24)

The punt receiving team may field a punt in the air, off of a bounce (one or more), or directly off of the ground, if fielded clearly. When a punt touches a player on the receiving team who is in bounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This applies even if the punt hits the ground before first touching the receiving team's player.

On a punt play, there are no line-to-gain lines (1st down lines) established. When the punt receiving team is returning a punt, any live ball fouls committed by either team which are accepted will result in the penalty being marked off after which the next line will become the line-to-gain for a first down. As soon as the play is blown dead, the line-to-gain is established. Any dead ball fouls that occur will result in the line-to-gain remaining the same (unless the enforced penalty leaves the ball past the line-to-gain.)

If a punt is left unattended, it becomes dead where it rolls still.

NO Quick Kicks are allowed. (5-yard penalty and loss of down from L.O.S. (S-22 & 8)

Punts muffed by the receiving team in the end zone before possession, and ball hits in or out of end zone, it will be a touchback. If the ball is touched in the air or on the ground by the punting team in the zone, it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is a touchback. If punt receiver remains in end zone 5 seconds after fielding punt, or down punt by knee or ball touching ground after possession, it is a touchback.

A muffed lateral in the end zone will be a safety. (S-5)

T. Time Left in Game – The on-field-captain or quarterback may request the amount of time left in the game from the officials at any time. Officials will be expected to give the correct time.

U. Tie Breaker – In the event of a tie game at the end of the 4th quarter the following method will be used.

After an official's time-out of 2 minutes, during which time officials and team captains will have a coin toss, the winner will have choice of playing offense or defense first. Both teams will go in the direction of the wind. If there is no wind, the direction will be chosen by the loser of the toss.

Ball will be placed on the 40-yard line and each team will have 4 consecutive plays unless terminated by an interception, in which to score the most points or gain the most yardage. If no team scores, the team that gains the most additional positive yardage shall be the winner. Positive yardage is defined as yardage gained while on offense only and must be in advance of the 40-yard line. If after 4 consecutive

downs each, the two teams remain tied in all the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.

If a team scores a touchdown, it will be allowed to use its remaining downs, beginning again at the 40-yard line. A free down will be granted for P.A.T. attempts after each touchdown.

During Tie Breaker, teams will be allowed one time out each.

An interception terminates the offensive team chances. They are credited with positive yardage gained to point of the last snap prior to the interception. The defense may not advance the interception.

Winner of the Tie Breaker shall be given one point.

V. Penalties – All live ball fouls (fouls which occur while play is in progress) are captains' choice. All dead ball fouls, (S-6) (fouls which occur prior to snap or after ball is blown dead) will automatically be marked off. This means if a foul occurs during a down and is a live ball foul and then a dead ball foul occurs both fouls will be enforced. They do not offset, even if against different teams.

After a penalty is called, only captain of the penalized team may discuss it with the officials. The official making the call is obligated to give the player's number and the act they committed (without discussion) to the penalized team captain. Official will then give the opposing captain his options on the penalty. That captain's first choice will be final.

In the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be ejected from the game:

1) using fists, kicking, or kneeing (S-29 & 32) 2) illegal use of hands, forearms or elbows (S-29), 31, 32) 3) tackling (S-29, 31 & 32) 4) any deliberate or flagrant act which could cause injury (S-29 & 32) 5) any act of unsportsmanlike conduct (S-33 & 32) 6) abusive, profane, or insulting language (S-33 & 32) 7) any act of unfair play (S-33 & 32) 8) harassment of officials or other players (S-33 & 32)

A minimum one (1) game suspension for any person ejected from a game for any reason. Local rule and tournament rules may be more severe.

Penalties, which would otherwise be marked off past the goal line, shall be placed on the one-yard line.

W. Illegal Advancement – Advancement may not occur as a result of the ball being slapped, kicked, pitched, or pushed by either team in the direction of their goal line. The ball will be declared dead at the spot of such illegal advancement and a 5-yard penalty. (S-23)

X. 7-Play Rule Period – goes into effect at the 2-minute warning of the 2nd and 4th quarters. From this point on, the clock will no longer be kept, instead there will be 7

plays left in that half or game. At the 2-minute warning of the 2nd or 4th quarters the officials will give down, distance and play number on all plays remaining. Teams must continue to make first downs if they want to keep possession.