

# ALAMO CITY FLAG FOOTBALL LEAGUE RULE BOOK

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\*\*Mushroom Flags Permitted

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By Thomas – ACFFL Board Member

## 1.0 Playing Field

The field of play will consist of 100 total yards: 80 yards from goal to goal and 2 - 10 yard end zones.

As followed the field will be divided by 4 zones of play consisting of 20 yards each: Goal to 20 (red zone), 20 to 40, 40 to 20 and 20 to goal (red zone). The width of the field will be 40 yards.

## 1.1 Inclement Weather

**INCLEMENT WEATHER:** In the event of rain, the posting will be made by the board on the message board. You can text the Board member's as well. BOARDMEMBERS WILL POST ON MESSAGE BOARD at least TWO (2) hours before the scheduled games. Also check Webpage for weather reports.

Games that have started but have been stopped by rain will be treated as a suspended game and will continue where the game left off, **unless game is stopped during play in the 2nd Half**, the game will go to the score card. It will be considered a completed game. Rain and Lightning Guidelines: Officials and Teams are responsible for showing up at the field at game time. Just because it is raining at their residence does not necessarily mean it is raining at the football field.

## 1.2 Officials

An official assumes authority 15 minutes prior to the scheduled game time, and **until they have left the field.** The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final, unless ruled otherwise by the supervisor on duty. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

Officials will:

- a. Be on time for games
- b. Wear required uniform to all games, and understand that an official without required uniform may not be allowed to call games(s).
- c. Officials will encourage good sportsmanship by demonstrating positive attitude towards all players and coaches.
- d. Officials will conduct themselves in a professional manner, controlling both physical and verbal behavior and demeanor. Officials will use appropriate language during games.
- e. Officials will leave any sideline coaching to the coach while officiating.

## 2.0 Uniforms

Uniforms must be worn by all players during field of play. They must be in good taste and as professional as possible. Numbers are required only on the back of the jersey/shirt. All jerseys/shirts must be tucked in during game, jersey/shirts that are not tucked will be called for flag guarding. A referee may warn players, but not required to do so.

You are allowed to wear shorts, warm-ups or any athletic wear **without pockets**. Any type of wear with pockets will be subject to a charged timeout (to change) or be disqualified from the game.

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No jewelry will be allowed during a game consisting of: rings, necklaces, bracelets and loop ear rings. Glasses and/or protective eyewear are allowed. (Rule 2.5)

Soft Arm, leg, and knee bands are allowed, except for metal and hard plastic braces. This will be the referees call. Hats, visors or any extended bills will not be allowed, players in violation will be penalized with a charged timeout or a delay of game if no timeout(s) remain.

## **2.1 Shoes**

Shoes must be worn at all times. Baseball or track spikes or any shoes with steel or metal tips are prohibited. Exception: punter has the option to kick barefooted. Players in violation must be substituted or a charged timeout or delay of game (5 yds.), if no timeouts remain.

## **2.2 Flags**

Each player on the field must wear 2 flags at the waist, one on each side. It is recommended that Sonic Flag A Tag be used, any other type of flags used, player(s) will be subject to inspection by the referee and/or Board Members of the league. Any player not having the required 2 flags will be ruled de-flagged immediately at the point which he gains possession of the football. All flags must be at least 12 inches in length and 1 ½ inches in width and must be a different color than the players shorts/pants. **Mushroom flags will be allowed for A/B Division only.** Any hanging object on the ball carrier (i.e. towels, playbooks, and etc.) shall be considered as flags, but if it is covering or hindering the defender in grasping the flag it will result in flag guarding

## **2.3 Protective Equipment**

Helmet and shoulder pads are prohibited. Knee or thigh pads are allowed if made of soft material. Any questions to the legality of a player's equipment shall be decided by the Head referee. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well it is covered or padded. Players in violation must be substituted or be charged timeout or delay of game (5 yds.) will be called if no timeouts remain.

## **2.4 Football**

Each team will provide their own legal size football. The use of an illegal football (smaller in size) before the start of the first play will be given a chance to change out the ball. If there is no other legal size ball in their possession then a forfeit will be the result. However, if the opposing team grants the use of their ball the team without the legal size ball will lose possession and now it is the opposing team's ball on the 20 yard line. If an illegal football was used after their first play, the team will lose its possession of the ball and a 10 yard penalty for using an illegal size football will be assessed to offending team, and the illegal football must be changed out. Each team is responsible for retrieving their football after an incomplete pass or run. The center may carry the football to the huddle.

## **2.5 Jewelry**

Absolutely no jewelry will be allowed during time of play, which will include necklaces, rings, watches, bracelets, looped nose piercings, looped eye piercings. The league will not be responsible for any lost or stolen items. If a team member has been warned to remove jewelry before or during the start of the game, player must be substituted for or the team will be charged a time out or a delay of game (5 yds), if the no timeouts remain.

## **3.0 Players/Division Players**

Alamo City Flag Football teams will consist of 8 players, all players are eligible receivers. You can start/finish with a minimum of 6 players, but less than 6 will result in a forfeit. "C" Division players may play with any "A/B" Division teams. Only 1 "A" division player can play with a "C" division team, 2 "A" division players can play with a "B" division team. A "B" division player can play with any "A" division teams, but only 2 "B" division players can play with a "C" division team. Any "A/B" division players playing in a "C" division team can not be a QB.

## **3.1 Player(s) Injury**

During regulation, overtime or tournaments if a player(s) is injured and an official blows a whistle for an official time out, that player(s) must sit out for 1 play before returning to the game.

If a team calls a time out for their injured player(s) then that player(s) can stay in and continue the game without having to sit out a play.

## **3.2 Substitution**

Substitutions can be made at any time before the ball is snapped. Subs must be from your team only and not from other teams. In the event of using an illegal/non roster player from another team, the Head Referee can stop the game and consult with the other team captain for game situation. If the other team does not allow the sub from another team to enter the game, that sub must exit the game. During the break of a huddle you cannot have 9 or more players. 5 yard penalty for Illegal Participation (general penalties)

## **3.3 Team Roster**

Team rosters may not exceed 20 players, including player/manager/coach. In the event of a new player addition to the team during league play, new additions must be approved by the board. The Head referee has the power to question player of eligibility.

## **3.4 Eligibility**

All players must be at least 18 years of age and have a valid driver's license or identification card to participate in the league. All players must sign a waiver before league play begins. There will be periodic checks by referees and board members of player(s) eligibility.

### **3.5 Player Behavior**

The first derogatory action or language, offending team will be penalized 15 yards and the team captain is warned. Any further verbal badgering of officials or derogatory language between opposing teams or players after the officials warning to Team Captains, may result in player(s) being disqualified from the game/or league. When a player is either ejected or disqualified from a game being played, in order to enter the next game on the same day there will be a \$35 fee to re-participate, upon approval of the degree of the situation.

Park police will be notified, if necessary, which could lead up to an arrest for public violence. Sideline players and fans are subject to the same disqualification for abusive, obscene or badgering language to opposing players and officials. If the captain/Coach/Manager cannot control the action of his players and fans, the game can be forfeited at the discretion of the league officials – **NO TOLERANCE RULE**

Consumption of any alcoholic beverages by players/Coaches/Managers/Captain/attendees is not permitted on the fields, sidelines, and around the park. The TLFFA/ACFFL will not be responsible for any citation or arrest if situation occurs.

### **3.6 Faking Excessive Contacts**

Any player, who in the judgment of the officials, fakes excessive contact for the sole purpose of drawing a penalty, will be warned by the officials and then be penalized for Unsportsmanlike Conduct on the next offense. A warning to 1 player is a warning to include everyone in the team as a whole. Penalty: dead ball foul, 15 yard penalty.

### **3.7 Begging a Call**

During a play, if an infraction occurs and the players or coaches from either team, either on the field or on the sidelines begins yelling out (begging a Call); a penalty of 5 yards can be tacked onto the end of the play. This penalty will be considered as a dead ball foul, even if it occurred, while the play was in progress.

### **4.0 Periods-Halves**

All games will be played in 20 minute halves totaling 40 minutes of game time. This is a continuous time and therefore the clock will not stop unless there is an official timeout or time out called by a player or team.

### **4.1 Play Clock**

The start of the play clock will be whistled by the official. At this point you will have 25 seconds to hike the ball before a delay of game is called. 5 yard penalty from the line of scrimmage. The play clock just measures the time to hike the ball and does not represent the game time clock because this is a continuous time of play.

## **4.2 2 Minute Warning**

The 2 minute warning will be notified by the officials, which the clock will stop at the end of the 1<sup>st</sup> half and 2<sup>nd</sup> half. The game clock is still continuously counting down, but will stop only on an incomplete pass, spiking ball, change of possession and penalties. Change of possession and penalties the clock will start again once the official is set not the offensive or defense. Running out of bounds will not stop the clock.

## **4.3 Changing End Zones**

After the first half, both teams will start in opposite direction.

## **4.4 Half Time**

Half time will be for 5 minutes

## **4.5 Time Outs**

Each team will have 2 time outs per half. Each team will be granted 1 timeout during an overtime game. Timeouts will be 1 minute lengths and only players on the field can call time outs. If a team calls a time out with no time outs remaining, a penalty of 5 yards will be assessed for delay of game.

## **5.0 Touchdowns**

A touchdown score is 6 points - run or pass.

### **5.1 Extra Point**

A player must let the official know if they are playing from the 3, 10 or 20 yard line.

Points are awarded by either run or pass.

3 yard line is 1 point

10 yard line is 2 points

20 yard line is 3 points

An opposing player can intercept the football and run it back for a touchdown equaling the points that the offensive team was trying for. The defensive team who intercepted the ball will now receive the ball on their 20 yard line after scoring the run back.

If the team who intercepts the ball does not make it for a touchdown the play will be called dead. Point no good and the intercepting team will start on their 20 yard line. The ball is a live ball during PATs. Fumbles will be called dead.

A break-a-way penalty on an extra point (PAT) run back will be an automatic awarded point if he is the last man. If the penalty is a result of a flagrant penalty or excessive unsportsmanlike conduct the team will be awarded the points and additional 15 yard penalty added from the 20 yard line, ball on the 35 yard line.

## **5.2 Safety**

When a safety occurs, the team will be awarded 2 points. The team scored against will then punt from their 20 yard line. The receiving team must have 5 players on the line. Punt Rule applies (6.20)

## **5.3 Forfeited Game – Insufficient Players**

For the first game of the day, if there is a team with 5 or less players, the officials will give a 10 minute grace period to attain 6 or more players to start the game without being called a forfeit. The team ready to play will be awarded 3 pts. Thereafter, all the remaining games to follow for the day will not receive the 10 minute grace. It will start on the hour and every hour until it is called a forfeit by the head official. In the event that a team with insufficient amount of players are looking for other players to assist them; the team captain must notify the head official and talk about the situation. The head official will then speak with the opposing team captain to see if they accept or not accept non-roster players. When a team declines, the game is automatically over resulting in a forfeited, but if the team accepts, any original member of the team who shows up will have to replace the player who is helping out. Which at that point he can no longer assist the team or become a stand-by. All forfeited games will result in a 6-0 score. The officials have the final call based on different situations.

## **5.4 Overtime/Sudden Death**

The two teams that result in a tie after regulation play will go into overtime/sudden death. The captains of each team will be called by the referee for a coin toss. Each team will be given 1 timeout. The officials will call a 2 minute regrouping period after the end of regulation play for the overtime/sudden death coin toss. Each team will have 4 downs to score. Teams will start out at the 40 yard line and be given 4 downs to score. Regardless, if a team scores on first down or fourth down, the opposing team must score within 4 downs. Crossing the 20 yd line will not be a first down. If teams are still tied after their first opportunity, team reaching closest to the goal after the fourth down will be declared the winner by awarding them 1 point.

## **5.5 Mercy Rule**

Down 21 or more points within the 2 minute warning of the second half, the official will talk with the team captain and mention that if there is no productivity in moving the ball the game will be over. The losing team captain at any point can call the game using the “MERCY RULE”.

## **6.0 Coin Toss**

Prior to beginning of the game, a coin toss will be held at mid field, and the winner (team A) will get their choice to select offense or to defer. If team A chooses to defend, they will start the second half with possession of the ball. If team A chooses to defer they can choose what side to defend. If team A chooses offense, team B will choose which side to defend.

## **6.1 Ball in Play**

The ball will be put in play at the beginning of the game, beginning of the second half, after a touchback, and after a score, by placing the ball on the 20 yard line of the offensive team with 1st down and line to gain. At all times, the ball shall be put in play at the center of the field or the spot marked by the official ball marker.

## **6.2 Huddle**

The offense will have 25 seconds to put the ball in play or else be penalized 5 yards for delay of game. It is not necessary to huddle, after a play, if a team wishes to use predetermined plays or audible (hurry up offense). At no time shall more than 8 players break from the huddle or be called for a penalty: Illegal participation 5 yards from the line of scrimmage

## **6.3 Shift**

Two or more players are eligible to shift before the snap of the ball, but they must become set for one full second before the snap. A shift is a change in position before the snap (must be set in position) or penalty will be assessed for illegal shifting. (5 yards)

## **6.4 Motion**

It is permissible for one player to be in motion before the snap but not multiple players. The player's movement must be parallel to or away from the line of scrimmage. A 5 yard penalty will be assessed for Illegal motion from the line of scrimmage. Motion is continuous with no set position.

## **6.5 Encroachment/Off sides**

If a player on either side lines up off sides, the official will point towards that player's team side. If that player does not get back on their side before the ball is snapped, he will be considered as having been off sides at the moment of the snap. If an official has not warn of an off sides to the team for lining up over or pass the line of scrimmage, then the official should not call off sides on them at the snap of the ball. Penalty: 5 yard penalty from the line of scrimmage or captain's choice after the play is over.

## **6.6 First down**

A team will be allowed 4 downs to advance the ball from one zone (20 yards) to the next. The zone will be considered reached when both flags are on or over the line marking the next zone, or in this case the line to gain when the play is declared dead.

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

## **6.7 Stances**

Any stance is permitted when lining up for a play.

## **6.8 Line Play**

Any or all of the 8 players may be on the offensive or defensive line of scrimmage at the snap. The defensive line must be 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.

## **6.9 Screening/Rushing**

Only screen blocking is permitted. Screen blocking shall be defined as obstructing the rusher's path to the quarterback or ball carrier as long as it is done behind the line of scrimmage as follows: The screener must have arms at his side, have thumbs hooked in his pants or belt or arms locked behind his back; and the screener may not block with his head, hips or leg; the screener may not leave his feet to screen; there can be no independent movement of the elbow.

A penalty will automatically be called if a screener's hand extends away from his body while in the process of screening within 2 yards of the 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 will rest with the rusher.

The rusher may not run over the screener. The rusher may not pull the screener towards him or push the screener away from him. A penalty will be automatically called if the rusher touches the screeners head as long as the screener is screening upright. The screener may not step into the rusher.

Moving screens behind the line of scrimmage for the passer or potential passer is legal. Once the pass or potential passer crosses the line of scrimmage, all down field screens must be stationary screens. As the ball crosses the line of scrimmage, offensive players may maneuver for laterals behind the ball, but in doing so must not deliberately screen and defensive player. They must be clearly in the act of positioning for a lateral. Moving screens shall be penalized from the point of infraction. A penalty of 10 yards and a loss of down will be assessed, if it occurs beyond the line of scrimmage.

"PICK PLAYS" by receivers on defensive backs are illegal, if set by receivers within 5 yards of a defender (a form of down field screening).

Defensive player may not have any contact with a passer, when he is in a passing position. The defense may rush as many players as they wish, if the rusher touches the passer's head or arm in the attempt to throw a pass, or runs into the passer to de-flag the passer and lets his momentum carry himself into the passer a penalty will be assessed for roughing the passer. Roughing the passer, when the pass is incomplete, will be marked off from the line of scrimmage. When the pass is complete or the ball has been advanced down the field the penalty will be marked off from the end of run. Penalty will be 10 yards, and automatic 1st down. If the pass is incomplete then the penalty will be 15 yards and an automatic first down.

## **6.10 Passing**

There can be only one forward pass per play. There can be only 2 exchanges of the football in the air which are initiated from behind the line of scrimmage. After the second exchange of the football in the air, if completed behind the line of scrimmage, the football must be advanced across the line of scrimmage.

A direct handoff is not considered as an exchange of the football in the air. If the passer is beyond the line of scrimmage when the football is released, an illegal forward pass has occurred, and will result in a 5 yard penalty and loss of down. The illegal forward pass will be marked from the point of infraction or line of scrimmage.

A lateral will be any pass thrown overhand or underhand perpendicular to or away from the direction of advancement of the team in possession. A forward lateral is an illegal forward pass, if beyond the line of scrimmage. Push or shovel passes thrown in any direction are legal, if initiated behind the line of scrimmage. Once a player crosses the line of scrimmage, push or shovel passes are legal if thrown parallel to or behind the ball carrier. Any muffed laterals in the end zone will be a safety.

## **6.11 Intentional Grounding**

In the event that an intentional grounding has occurred (throwing the ball away to take advantage of a play) this will be constituted as an illegal forward pass, 5yd penalty with loss of down when no receivers are in close proximity to making a play. Time still continues and does not stop.

## **6.12 Spiking (within 2 minute warning)**

Only the QB (person directly behind the center) can spike the ball to stop the clock. The play will act as a down and will not be penalized for intentional grounding.

## **6.13 Receiving**

All offensive players are eligible receivers. When receiving a ball near the sidelines, the player must have possession of the ball with one foot inbounds. A player cannot have one foot in bounds and one foot out-of-bounds at the same time.

If an offensive player runs out of bounds during a route, whether in the end zone or sidelines, the player must re-establish his position (inbounds) for at least 2 seconds. If caught in less than 2 seconds, the pass will be called as incomplete.

Any reception caught by offensive and defensive player simultaneously will go to the offensive player.

## **6.14 Pass Interference/Receiver Stripping**

After a pass is in the air, neither the offensive or defensive player may touch the other until one of them touches the ball. If the offensive or defensive player makes contact with the other before a play can be made, a penalty will be assessed for pass interference at the point of infraction with an automatic first down.

Flagrant pass interference will be decided by a referee on the severity of the infraction. The referee has the option to give a warning to the player/coach/manager/captain for the infraction, including but not limited to removal from the game. A penalty of 15 yards and automatic first down will be assessed.

Pass Interference in the endzone by the defender will result in a penalty. The ball will be spot on the 3 yard line and first and goal.

Receiver stripping is defined as an attempt to take the ball from the grasp of a receiver after he has possession of the football. When the infraction occurs this will be called as receiver stripping which results in a 10 yard penalty from the point of infraction.

Screening the receiver's eye by a defender without playing the football shall be penalized as pass interference.

Bump and Run or checking an offensive player will be a 10 yard penalty from the line of scrimmage.

## **6.15 Deflagging**

Flags must be positioned on the side of the hips at all times. A play is dead once a flag has been pulled. The defensive player must hold the flag up in the air to show a de-flagging has occurred. If a ball carrier is in the act of making a play and the flag is dislodged and falls onto the ground, the ball is dead.

A defensive player may leave his feet when making a de-flagging play, but can not touch the ball carrier when doing so. Illegal contact is a 10 yard penalty from point of infraction or line of scrimmage.

If the QB's arm was in forward motion when his flag was pulled, the pass is allowed. When the passer is de-flagged as he is passing the football and later in that play receives the ball back he will be downed at that spot.

After pass has been thrown and the rusher is still in pursuit to pull the passer's flag, a penalty of 10 yards will be assessed from the line of scrimmage for illegal de-flagging and replay down, if ball was incomplete. If the football is caught and the team advances the ball, the captain/coach/manager has the option to accept or decline the penalty.

A premature pulling of an opponent's flag with the intent of making the offensive player

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ineligible to become a ball carrier is a result of illegal de-flagging, a 10 yard penalty will be assessed from the point of infraction.

Runner stripping is when a defender attempts to strip the ball from the runners grasp. 10 yard penalty from the end of run.

### **6.16 Tackling**

Tackling is prohibited and player will be warned, depending on how flagrant the act is, which can lead up to being disqualified from the game. The penalty for tackling will be as followed: 10 yards for impeding the player with the ball, 15 yards for tackling with automatic first down from point of infraction or line of scrimmage. The act of preventing a score, the ball will be placed on the 1 yard line, and first down.

### **6.17 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 cannot deliberately run or dive into a defensive player. A ball carrier may spin or jump, but must 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; Stiff arm is illegal and will be called for penalty: Both infractions will result in a 10 yard penalty from point of infraction and loss of down if it has occurred beyond the line of scrimmage.

Flag Guarding will be called if the ball carrier uses his arm or hand to block the defender from pulling his flag. A penalty of 10 yards will be assessed from the line of scrimmage if the infraction occurs behind the line, or from point of infraction. If beyond the line of scrimmage, loss of down will be assessed.

### **6.18 Fumble**

Forward offensive fumbles will result in ball being marked dead at the point of the fumble. A backward fumble will be marked at point where the ball hits the ground or goes out of bounds.

All fumbles are considered a dead ball and cannot be advanced.

### **6.19 Center Snap**

A center snap may touch the ground before it reaches the QB and remain playable if the QB fields it cleanly off a single or multiple bounce. If the ball reaches the QB and he drops it the ball is dead at that spot. If the ball goes over the QB the ball will be ruled dead, where the ball first touches the ground.

All center snaps must be done between the center's legs. A false movement of the football by the center will be called as encroachment. 5 yard penalty. The football must be within two feet of the official's ball marker. If not, 5 yard penalty.

Snaps cannot be hand to hand with QB like tackle, the QB must be at least 2 yards back. Direct snaps to other players other than the QB will have the same rule-1 or multiple bounces with 1 clean sweep of the ball.

## **6.20 Punt**

If a punt is made, the offense must announce it to the referee before the ball can be declared ready for play. When the offense has declared it a punt, it becomes a guaranteed punt. The ball will not be dead if it touches the ground before it reaches the punter, even if it is muffed by the punter. Neither team may advance beyond the line of scrimmage until the ball is kicked.

The kicking team may have any number of players on the line of scrimmage. The punt return team must have at least 5 players on the line of scrimmage. Defensive line can not screen the punting team from reaching the Punt returner, if so, a result in a penalty of 10 yards for illegal screening at the end of the run/ point of infraction.

If the ball hits one of the players of the punting team the ball will be dead where contact is made and defense will take over where the ball was called dead. Any member of the punting team may down the punt if it is beyond the line of scrimmage and has touched the ground prior to being downed. The ball will be declared dead at the spot where it is first touched by the punting team, if not returned.

The punt return team may have 3 returners in deep position. The 2 returners that do not receive the football may not act as moving screen or a 10 yard penalty from the point of infraction. The punt return team may field the punt in the air, off a bounce, or directly off the ground, if fielded cleanly. When a punt touches a player on the receiving team who is inbounds and the ball bounces off the player into air then all players (including punting team) become eligible to intercept and advance the ball. When the receiving team muffs the football when fielding a punt, the ball will be dead where touched. The punt return team must be given the opportunity to field the ball while in the air. If the ball is touched in the air by the punting team, there will be a 10 yard penalty from the point of infraction or a re-kick can be called.

If a punt is left unattended, it becomes dead where it rolls to a complete stop or downed by the punting team.

The established 1st down will be the next line.

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

The receiving team may jump straight up to try to block the punter from their set position (blockers may not move in the direction (laterally) with the punter in attempting to block the ball, they must remain stationary in their position. 5 yard penalty after the run or re-kick.

## **6.21 Overtime/Sudden Death**

The officials will call a 2 minute timeout after the end of regulation play. The captains of each team will be called by the referee for a coin toss. Each team will be given 1 timeout to call. You will have 4 downs from the 40 yard line to advance the ball for a touchdown including the extra point. Crossing the 20 yd line doesn't count for a first down. All Overtime/Sudden Death

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game regulation rules apply and in the event of a tie in overtime/sudden death period. The team closes to the goal on the last possession (played fourth down) will be the winners. 1 point will be awarded.

## **6.22 Penalties**

All live ball fouls (fouls which occur while play is in progress) are the captain's choice. All dead ball fouls (fouls which occur prior to the snap or after the ball is blown dead) will automatically be marked off. If a foul occurs during a down 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 the captain of the penalized team may discuss the penalty with the officials. The officials making the call is obligated to give the players number and the act they committed (without discussion) to the penalized team captain. The officials will then give the opposing team captain an option on the penalty.

If, in the judgment of the game official, the following acts are deliberate or flagrant, the player(s) involved shall be ejected from the game:

1. Using fist, kicking or kneeling
2. Illegal use of hands, forearms, head or elbows
3. Tackling
4. Any deliberate or flagrant act which could cause an injury to another player
5. Abusive, profane or insulting language
6. Any act of unfair or rough play
7. Threats or harassment of other players/officials/board members/fans
8. Verbal badgering of officials
9. Sideline interference
10. Retaliation on players/officials/board members

Warnings are not required by officials and/or board members

There will be a 1 game suspension for any player ejected from a game for any reason. NO EXCEPTION!

Officials have the authority to end the game, if the team captain can't control their players from actions mentioned above.

## **6.23 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 (forward fumble). The ball will be declared dead at the spot of such illegal advancement and there will be a 5 yard penalty plus loss of down.

## **6.24 Protest**

Protesting a game must be done immediately after a occurrence has been made to the Head official. If the protest is due to misinterpretation of a rule Team captain/Coach must annotate his protest (Date/Time/Officials name/Rule) on official scorebook. The protest will be reviewed by the board members and head official and a ruling given on the protest within 48 hours.

**If a team decides to protest a game, a \$25.00 deposit will accompany the protest. If a team**

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**wins the protest, they get their money back, if they lose the protest, the League retains the \$25.00 for Playoff General Fund.**

Judgment calls by an official cannot be subjected to a protest.

If there is a valid protest against a rule, then the official will call both captains and resolve the issue.

Any further protesting or irresolvable protest will be taken to the TLFFA Board Members and any call or consensus of an action by a board member will be made final.

## **General Penalties**

Begging the call – 5 yards from end of run

Delay of game – 5 yards from line of scrimmage

Uniform/Equipment – 5 yards from line of scrimmage

Illegal Substitution – 5 yards from line of scrimmage

Illegal Participation – 5 yards from the line of scrimmage

Encroachment/Off sides - 5 yards from the line of scrimmage

Illegal Advancement – 5 yards from line of scrimmage/point of infraction

Illegal ball – 10 yards from line of scrimmage

Illegal Screen (punt) – 10 yards from the point of infraction

Sideline Interference – 15 yards from the line of scrimmage

Derogatory action/language – 15 yards from line of scrimmage

Unsportsmanlike Conduct – 15 yards from the line of scrimmage/end of run

Ejection of entire game/tourney will result in a \$35 fee to re-enter next game of the same day

Flagrant/Deliberate – 15 yards from either line of scrimmage/point of infraction/end of run

PAT Penalty-If defensive player intercepts the ball and is on a break-a-way run back to score the points and is penalized by the now defensive team. The points are awarded to the now offensive team who intercepted the ball.

## **Offensive Penalties**

Illegal Snap – 5 yards from line of scrimmage

Illegal Motion/Shift – 5 yards from line of scrimmage

Illegal Touching of Ball in the Air (punt) – 5 yards from point of infraction

Intentional Grounding – 5 yards from line of scrimmage and loss of down

Illegal Forward Pass – 5 yards from line of scrimmage/point of infraction and loss of down

Stiff Arm – 10 yards from line of scrimmage

Flag Guarding – 10 yards from line of scrimmage

Illegal Screen – 10 yards from line of scrimmage

Charging into Defense – 10 yards from line of scrimmage

Flags out of Position – 10 yards from the point of infraction

Clothing Covering Flag – 10 yards from the line of scrimmage

Pass Interference – 10 yards from line of scrimmage and loss of down

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Illegal Down field Screen – 10 yards from point of infraction and loss of down  
Stiff Arm Beyond Line of Scrimmage – 10 yards from point of infraction and loss of down  
Flag Guarding Beyond Line of Scrimmage – 10 yards from point of infraction and loss of down  
Clothing Covering Flag Beyond Line of Scrimmage – 10 yards from the point of infraction and loss of down  
Flags out of Position beyond Line of Scrimmage – 10 yards from the point of infraction and loss of down  
Charging into Defense beyond Line of Scrimmage – 10 yards from point of infraction and loss of down  
Faking Excessive Contact – 15 yards from line of scrimmage  
Excessive Contact – 10-15 yards from line of scrimmage  
Excessive Contact During Pass – 10-15 yards from line of scrimmage and loss of down  
Illegal Flags (minimum of 12 inches) – 15 yards from the line of scrimmage and loss of down  
Offensive Holding - 10 yards from point of infraction

### **Defensive Penalties**

Illegal Line of Play – 5 yards from line of scrimmage and repeat down  
Contact On Receiver – 10 yards from point of infraction  
Illegal Rushing – 10 yards from line of scrimmage and repeat down  
Bump and Run – 10 yards from line of scrimmage and repeat down  
Encircling/Holding/Impeding down Field – 10 yards from point of infraction  
Pass interference – 10 yards from point of infraction and automatic 1st down  
Receiver Stripping – 10 yards from point of infraction and automatic 1st down  
Encircling/Holding/Impeding – 10 yards from the line of scrimmage and repeat down  
Screening Receivers Eyes – 10 yards from point of infraction and automatic 1st down  
Runner Stripping – 10 yards from line of scrimmage/point of infraction and repeat down  
Contact On Receiver Pass Uncatchable – 10 yards from line of scrimmage and repeat down  
Roughing the Passer – 10 yards from line of scrimmage/end of run and a automatic 1st down  
Illegal Deflagging – 10 yards from line of scrimmage and repeat down/end of run and no repeat down  
Contact On Ball Carrier – 10 yards from line of scrimmage and repeat down/point of infraction no repeat down  
Pushing Ball Carrier Out of Bounds – 10 yards from line of scrimmage/15 yards from point of infraction and automatic 1st down  
Rough Play – 10 yards from line of scrimmage and repeat down/15 yards from point of infraction and no repeat down  
Tackling – 15 yards from line of scrimmage/point of infraction and automatic 1st down  
Faking Deflagging – 15 yards from line of scrimmage/point of infraction and repeat down  
Impeding Touchdown – Ball on the 1 yard line and automatic 1st down  
Defensive Holding - 10 yards from line of scrimmage or point of infraction  
Defensive Penalty within 5 yards of the goal line – Half the distance to the goal; rules apply for PAT  
Defensive Penalty which the ball is beyond 5 yards – 5 yard penalty; rules apply for PAT

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