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INTRODUCTION

Welcome to the Flag Football League sponsored by the RNC[DCNN'C\ . As a coach or player, you will be participating in one of Arizona's popular sports—Flag Football. This program is provided solely for your fun and enjoyment. Your cooperation, good sportsmanship and communication with our league office is important in making this league a success. On behalf of RNC[DCNN'C\ , we would like to wish every team a successful season.

FLAG FOOTBALL LEAGUE PHILOSOPHY

Our philosophy is to structure our rules and regulations so as to discourage heavy contact and emphasize speed, quickness, passing and catching skills.

1. PRE-GAME PROCEDURES

- A. All players should arrive at least 15 minutes before game time.
- B. Game line-ups and roster additions and deletions must be done at least 10 minutes before game time with the field supervisor.

2. ROSTERS

- A. A team can carry a maximum of 20 players on their roster.
- B. Additions or deletions from your roster should be done with field supervisor through the third league game. Rosters are frozen after the third league game.
- C. A player may play on only one team per season per night.
- D. All players must be at least 16 years old.

3. CONDUCT

Officials may eject a player, coach or fan for unsportsmanlike conduct at any time without prior warning. Unsportsmanlike conduct may include, but is not limited to:

- A. Disrespectfully addressing an official or opponent (gesture included).
- B. Physically contacting an official.
- C. Overt actions indicating resentment to a call.
- D. A coach coming onto the playing field without permission of an official.

The penalty for unsportsmanlike conduct violations shall be determined by official's judgment and will be either a 15-yard penalty, or 15-yard penalty and the person(s) ejected. The person(s) must leave the facility area and be out of sight and sound of the game. Any players, coach, or fan ejected from the game will automatically not be allowed to play in the next game. This one game suspension is the minimum. Depending on the circumstances, suspension could be longer.

4. **LEAGUE STANDINGS**

- A. Standings are based on Win Loss records.
- B. Tied positions, among two or more teams, are broken by Win Loss records in games against each other. A team with a forfeit will take the lower position among tied teams.
- C. If teams are still tied, the tie is broken by point differential (points scored minus points allowed) among the tied teams.
- D. Standings are available with field supervisor or call our office at 644-4196 after 3 pm.

5. **PLAYOFFS**

- A. Top four league finishers qualify. First place versus fourth place; second place versus third place. Winners meet for finals.

6. **AWARDS**

League: "Y knlf gr gpf "qp"vj g"v{ r g"qh'hgci wg'cpf 'y knldg'r quvgf 'r tkqt "vq"gxgpv0
 "Vqwtppo gpw: "Y knlf gr gpf "qp"vj g"v{ r g"qh'h'Vqwtppo gpv'cpf 'y knldg'r quvgf 'r tkqt "vq"gxgpv0

7. **INSURANCE**

RNC[DCNN"C\ " does **not** provide insurance for players. You play at your own risk and carry your own insurance.

8. **GAME TIME/FORFEIT TIME**

Game time is forfeit time for all games
 The team with less than 6 players will have five minutes to get at least 6 legal players on the field before the game is called a forfeit. Your team must have at least six (6) players on the field at game time.

9. **ALCOHOLIC BEVERAGES**

- A. K'y knlf gr gpf "qp"vj g'hcekm "uqo g'cmqy "cpf "uqo g'f qp"0"K'ku'pqv'qwt'ecm

10. **FORFEITS (FEES) LEAGUES ONLY**

A forfeiting team must pay a \$47 forfeit fee to the PLAYBALLAZ, before their next scheduled game to remain in the league. No further notification to pay this forfeit fee will be given. A team with two forfeits may be dropped from the league without a refund.

Forfeits will be declared for one or more of the following infractions:

- A. Not having the required number of players (six) on the game field at game time.
- B. Illegal players (players not on a roster, player using assumed names, or ineligible players) participating. Teams using illegal players will have the game declared a forfeit.
- C. Misconduct on the part of the players, coaches, team managers, or members of other teams in the program before, during or after a contest.
- D. Failure to submit a legal roster prior to the team's scheduled first game.
- E. Players not wearing proper jerseys (minimum of six).

11. LEAGUE COORDINATOR

PLAYBALL AZ Staff Member

12. GAME SUPERVISION

- A. For each game a maximum of three officials will be provided. A field supervisor will be on hand to supervise all players, spectators and officials.

13. THE FIELD

A. Dimensions

- 1. The dimensions of each playing field shall be approximately 40 yards wide and 80 yards long, excluding end zones.

B. Markings

- 1. The field shall be divided into four equal zones of 20 yards with a 10-yard end zone at each end. These lines shall be known as first down lines.

14. PLAYERS AND SUBSTITUTES

A. Eight players constitute a team.

B. At least five (5) offensive players must be on the line of scrimmage at the snap of the ball.

C. There is no limit to number of substitutes made providing each substitute is in the game for at least one (1) play and the substitute causes no delay of the game.

15. EQUIPMENT - FLAGS - UNIFORMS

A. Protective Equipment

- 1. Shoes shall be tennis/basketball shoes or rubber-creak shoe, which has cleats or ripples, which are an integral part of the shoe's construction. This does not include football cleats or any type of detachable cleats or spikes. No bare feet shall be allowed and no hard-soled street shoes may be worn. Any shoe, which has metal or steel tips is prohibited.
- 2. No jewelry may be worn by players.
- 3. No players shall wear helmets, padded uniforms, sole leather or hard or unyielding substance. The only exception is a metal knee brace, which must have a protective covering over it.

B. Flags

- 1. Each player on the field wears a belt at his waistline with three (3) flags attached, one (1) on each side and one (1) on the back (furnished by PLAYBALL AZ).
- 2. Shirts must be worn under the flag belt and shirts must be tucked in shorts.
- 3. Anytime a ball carrier inadvertently loses his belt, it then resorts to a one-hand touch to down that individual.
- 4. Playing with the shirt- tail out and over the belt constitutes illegal procedure.
- 5. Flag pulling of a player who does not have the ball is prohibited and constitutes unsportsman-like conduct.

C. Uniforms

1. Teams must provide their own color-matching jerseys during every game. Teams not able to field the minimum number of players in uniform will forfeit.

16. THE GAME

A. Length

1. Each half will be played with a 20 minute running clock.
2. In the final 2 minutes of the game an the score is not greater than 18 pts then we will have a normal timing situation. Clock will stop on Incomplete Passes, Player out of bounds, Timeouts.
3. Five (5) minute rest period between halves.

B. Starting Time

1. Game time as posted is forfeit time for all games .
The team with less than 6 players will have five minutes to get at least 6 legal players on the field before the game is called a forfeit. Your team must have at least six (6) players on the field at game time.
2. A coin flip will determine who is offense, who is defense and which goals are defended.
3. To begin a half or after a score, the ball will be placed on the offensive team's own 20 yard line.

C. Team Captains

1. Each team manager or coach shall designate to the referee a team captain. He or his designated representative will speak for his team in all dealings with the officials. A field captain's first choice of any option shall be irrevocable.
2. Players wishing to communicate with game officials must do so through their team captain who will **respectfully** address the referee for that game.

Any players, coach, fan or team captain disrespectfully addressing an official will be dealt with in accordance with rule No. 3 "Conduct".

17 BALL

- A. A regulation leather football shall be used. Teams will provide game ball.

18. TIME-OUTS

- A. Each team will have three (3) time-outs per game. Time-outs will last 45 seconds.
- B. Each team is allowed an additional time-out in the sudden death series of the tie-breaker.
- C. Running clock only stops on time-outs or injury. Clock also runs during extra points.

19. SCORING AND SCORING PLAYS

- A. Touchdown - 6 points
- B. Point(s) after touchdown: A team scoring a touchdown has its choice of attempting a P.A.T. for one, two or three points by running or passing.

One point conversion is from 5 yard line.

Two point conversion is from 10 yard line.

Three point conversion is from 15 yard line.

- C. Safety - 2 points

- D. Forfeited game - 7 to zero
- E. Penetration (tie game) - 1 point
- F. After a safety, the team scoring the safety shall put the ball in play on their own 20-yard line.

20. **FUMBLES**

- A. Any ball that is fumbled or muffed and touches the ground shall be dead immediately and shall belong to the team last in possession or the offensive team at the spot it touched the ground. Exception: Center snap clearly fielded on one bounce in front of quarterback.

21. **FLAGGING (TACKLING)**

- A. A “tackle” occurs when an opponent pulls a ball carrier’s flag. The ball shall be declared dead at the spot of the “tackle”.
- B. A ball carrier shall not be allowed to interfere with the defensive team’s effort to “tackle” the runner. However, the ball carrier is allowed to spin when running. No stiff arms.
- C. When any part of the ball carrier, other than the hands and feet, touches the ground, the ball is dead at the spot.
- D. The flag must be clearly taken from the ball carrier. If, in attempting to take the flag the defensive players hold the ball carrier until the flag can be removed, this is a foul with a penalty of 15 yards from the spot of violation.
- E. If the defensive player unnecessarily knocks the ball carrier down in attempting to capture the flag, it is a foul with a 15-yard penalty from spot of violation.
- F. A down shall be ended and the ball declared dead when the flag is clearly removed from the ball carrier’s belt. The deflagger should immediately hold the flag above his head at the spot where the capture occurred.
- G. Any attempt by the ball carrier to knock the hands of the defense away from the flag is a foul and shall draw a 10-yard penalty from spot of foul and the down counts. The ball carrier should keep his hands and arms above the flag to avoid penalty.
- H. Blocking or pushing a ball carrier who is running near a sideline for the purpose of knocking him out of bounds and stopping his progress is a foul with a 10 yard penalty and automatic first down. Ball carrier’s progress can be stopped only by deflagging him.
- I. Knee blocking or tripping used in slowing down a ball carrier for purpose of capturing his flags shall be a foul with a penalty of 10 yards.

22. **BLOCKING - RUSHING - CHECKING**

- A. All blocking anywhere on the field must be “push blocking” only. “Push blocking” consists of arms fully extended forward and palms open to defensive player. No chucking allowed. Blocking is allowed only to that portion of defender’s body between his waist and shoulders (stomach and chest). You may not leave your feet on a block. You may not block a player from the rear. Blocker’s hands and arms must be no wider than shoulder width.
- B. The rushers may not run over the blocker, pull the blocker toward him/her or push the blocker away. The rusher may however, push the blocker sideways if he/she gets partially past the blocker but only with enough force to elude the blocker and not enough force to push the blocker down. The rushers must be attempting to go “around” and not “through” the blocker.
- C. On the line of scrimmage, the defense is allowed one check bump on an offensive receiver to prevent them going out for a pass. This bump must be made within one (1) yard of the line of scrimmage.
- D. Down field blocking is legal if it is a legal block.

23. ILLEGAL CONTACT

The nature of the game of flag football is such that a defender must either play the ball or the flag and may not contact a player in such a way as to gain an advantage while defending or receiving on pass plays. For example: a player catching a pass cannot be shoved in an attempt to make him drop the pass. Once he catches the pass, all the defender can do is grab his flag.

“Going for the ball” is not a valid excuse for pushing, shoving or bumping an opponent in trying to catch the ball. If you gained an advantage because of your contact, you are guilty of illegal contact.

If CONTACT occurs AFTER a player 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. STRIPPING may occur in two forms: a) RECEIVER STRIPPING or attempt to rake the ball from the grasp of receiver after he has caught the ball, but before he has brought the ball into a possessive position, in which case, RECEIVER STRIPPING, defensive interference will be called; or b) RUNNER STRIPPING, which occurs when a defender attempts to strip or rake the ball from the grasp of a player who has the ball in a possessive position, in which case RUNNER STRIPPING will be called. (If offensive player has established possession of the football, the defensive man must go for the flag and not the ball—another needless source of contact.)

24. TIME LIMIT AND TIE GAMES

- A. There shall be a time limit of 25 seconds between plays, from the time the ball is declared alive by the referee until the ball is snapped on the next play.
- B. If a tie exists at the end of the regular playing time, the winner shall be determined through an extra series of plays (sudden death - penetration). The ball shall be placed at mid-field and a coin tossed to decide which team shall initiate the series of plays. Each team will have four plays alternately. The team which has advanced the ball into the other’s territory at the end of the eight (8) play series shall be awarded one (1) point.

If the team scores, the ball is brought back to mid-field and the series of plays continues. No try for P.A.T. will be allowed. No punts are allowed in the overtime period. If the defensive team intercepts a legal forward pass, the ball is dead at the scrimmage line and the team that threw the pass loses the remaining downs. If either team fails to make yardage, the game will go into another overtime period. The second overtime period shall consist of two alternating plays and under the same conditions as the first overtime period.

25. LIVE BALL - DEAD BALL - OUT OF BOUNDS

A. Live Ball

1. A dead ball becomes alive as a result of a legal snap from scrimmage.

B. Dead Ball

1. A live ball comes dead as a result of the following acts, and any official of the game may declare the ball dead by signal or whistle;
 - When the ball goes out of bounds in flight and strikes the ground, a player who is out of bounds or an obstruction which is out of bounds.
 - When any part of the ball carrier other than his hands or feet touch the ground.
 - Removal of flags from the ball carrier’s belt.
 - When a touchdown, touchback, safety, field goal, fair catch or try for point is made.
 - When the ball touches the ground as a result of a muffed ball or fumbled ball. Exception: center snap cleanly fielded by the quarterback.

Note: Clarification on muffed or fumbled ball. A muff is an unsuccessful attempt to catch a ball, while a fumble is loss of possession other than passing or kicking and depending on which option is being used. (Piling upon a loose ball almost always results in injury to players without uniforms.)

- When a forward pass strikes the ground or is caught simultaneously by opponents.
- When a backward pass touches the ground. A backward pass touching the ground shall be put in play at that spot.

C. Out of Bounds

1. A player or a ball in player possession is out of bounds whenever the player or the ball touches the ground, or anything else other than another player who is out of bounds and shall be declared dead at this point.

26. SCRIMMAGE DOWNS

A. The Scrimmage

1. All plays from scrimmage must be started by a legal airborne snap of at least one (1) yard from a point between the inbound lines. The referee is responsible for the placement of the ball, if the previous play left the ball in a side zone, i.e., between the side line and the inbounds line.
2. There shall be at least five stationary players on the line of scrimmage when the ball is snapped.
3. Players not assigned to line must be at least one (1) yard behind their line of scrimmage.
4. No offensive player, while on the line of scrimmage, may take direct snap from center (where ball snap originated).
5. The center, after assuming his position from scrimmage, may adjust the long axis of the ball one time at right angles to his scrimmage line.
6. Prior to snap, the center must have both feet behind the scrimmage line and no part of his body shall be beyond the forward point of the ball.
7. No player of either team shall encroach upon the neutral zone after it has been established, and all players must be inbound. You are offside if you cross the neutral zone whether you contact an opponent or not.
8. No players shall interlock their legs.
9. No player may make contact or interfere with an opponent or the ball before it is snapped.
10. No offensive player shall make a false start, including a false movement to cause opponents to be off-sides. Penalty is 5 yards.
11. When the ball is snapped, only one offensive player may be in motion backwards or parallel to line of scrimmage.
12. No player of the offensive team shall assume a position near the sidelines, which in any manner whatever resembles a "sleeper" or hide-out play. This isn't to be misconstrued with a split formation, etc., and is based on the sportsmanship aspects of the game. Penalty is 10 yards from line of scrimmage.
13. The offense must be set a full second before ball is snapped.
14. If a player on either side LINES UP OFFSIDES, the Line Judge will point down 45 degrees toward the player's team side. If that player does not get back on sides before the ball is snapped, he will be considered as having encroached at the moment of snap. If an official has not "encroach warned" a team for lining up off-sides, by pointing at them, he should not call encroachment on them at the snap of the ball. They should be warned of lining up off-sides and be given a chance to move back or else not called for encroachment for lining up off-sides. (This rule is designed to speed up the game by helping players lineup on sides thereby eliminating what is most of the time, non-intentional penalties.)
15. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of "stiff arm" extended to ward off an opponent. Penalty is 10 yards from spot of foul.

16. Hurdling: While trying to advance the ball, ball carrier must generally “keep his feet”. Attempts to avoid a standing or crouching opponent by jumping or diving over or into him shall be a violation. You can, however, jump over a fallen opponent. Penalty is 10 yards from spot.

B. Downs

1. A down is a unit of the game, which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
2. A team in possession of the ball shall have four consecutive downs to advance to the next first down line. Any down may be repeated if provided for by rule.
3. The offensive team may take the result of the play and turn down the penalty caused by a foul or rule infraction by the defense. If the offensive team elects to take the penalty and the yards, they also will replay the down.
4. If the penalty or rule infraction is by the offensive team, the defensive team may elect to take the result of the play or assess the yardage marked off against the offensive team. In this case, the down will also be replayed. There are exceptions to this rule, such as offensive pass interference or flag guarding. But basically, if the defensive team elects to accept the penalty and the yards marked off against the offense, the down will be replayed.
5. If there is a foul or rule infraction by both teams on the same live ball, the fouls cancel out and there are no yards marked off. Replay the down.
6. A live ball foul and a dead ball foul do not cancel each other out. Penalize each foul in the order of occurrence and the yardage stipulated for the foul.
7. On a foul or rule infraction by the offense, then a change of team possession occurs (such as an intercepted pass) the ball would then belong to the team intercepting the pass. If the intercepting team also commits a foul on the run-back during the same live ball, we don't have two live ball fouls and have them cancel each other out and the down replayed. We have a new element, change of team possession. The intercepting team probably would turn down the offensive foul or rule infraction, accept possession of the ball, and then be penalized for the foul on the run-back.
8. An intercepted pass caught behind the goal line can be advanced. If the receiver doesn't get out beyond the goal line and into the field of play it is still only a touchback and no points awarded.
9. A punt that goes across the goal line and into the end zone is dead and no advance is permitted. If the ball is muffed in the field of play and goes across the goal line it becomes dead and belongs to the receiving team (touchback).
10. The first half or end of the game can't end with a foul by the defense. Replay the down. The half or the end of the game can end on a foul by the offense. If a touchdown occurs on an offensive foul or violation on the last play of either half, the game or half is over, the touchdown doesn't count and you do not replay the down.
11. In the final 2 minutes of the game an the score is not greater than 18 pts then we will have a normal timing situation. Clock will stop on Incomplete Passes, Player out of bounds, Timeouts.
(Refer to Rule No. 16, A-2)

27. PUNTING - FAIR CATCH

A. Punting

1. When the offensive team wishes to punt (regardless of whether it is fourth down), it is required to inform the defensive team and the officials of its intention to kick while they are still in their huddle. Their decision is irreversible.
2. There shall be no quick kicks. Penalty is illegal procedures and loss of down.
3. When a team punts, both the offensive and defensive teams must have a minimum of seven men on the line until the ball has been kicked.

4. There shall be no rushing the kicker, nor shall any defensive or offensive man cross the line of scrimmage after the snap of the ball before the kick.
5. During the punt, only the kicker may be in motion.
6. Center must hike the ball between his legs on all free kicks.
7. The ball will be dead when it touches the ground on a snap from center unless the snap is fielded cleanly on one hop in front of the kicker.
8. If the punt hits a member of the punting team which has not crossed the line of scrimmage, it is dead at that spot and the receiving team's ball.
9. The kicker must be at least 5 yards behind the line of scrimmage when receiving the snap. After the receiving of the snap, the kicker must kick the ball within five seconds. Penalty is delay of game, 5 yards. If repeated, unsportsmanlike conduct, 15 yards and loss of down.

B. Fair Catch

1. A player of the receiving team shall be given an unmolested opportunity to catch the ball before it strikes ground.
2. When a player makes a fair catch, the ball becomes dead where the player first touched it.
3. No player of the team, any member of which has signaled for a fair catch, shall carry the ball more than two steps in any direction.
4. No player of the kicking team shall make any unnecessary contact whatever with an opponent, who has completed a fair catch.
5. A fair catch signal shall be made when a player of the receiving team, who is beyond the neutral zone, signals his intention by raising either, but only one, arm distinctively above his head and waives it from side-to-side. Invalid signal shall be ruled as unsportsmanlike conduct and penalized according to rule.
6. When a punt touches a player on the receiving team who is in bounds, and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies if the receiver is trying to field the punt on the fly or off the bounce. The punt receiving team may field a punt in the air, off a bounce or directly off of the ground, if fielded cleanly. If a punt is left unattended, it becomes dead where it stops rolling.

28. PASSING

- A. The offensive team is allowed one or more forward passes from anywhere behind the line of scrimmage. If the pass is incomplete, the ball returns to the line of scrimmage. (There can be no forward pass made beyond the line of scrimmage.)
- B. A ball carrier may hand or pass backwards at any time.
- C. A backward pass or fumble may be intercepted by an opponent before the ball hits the ground and can be advanced.
- D. When a backward pass or fumble hits the ground inbounds, or out of bounds, between the goal line, it becomes dead and belongs to the team last in possession of the ball at the spot where the ball hit the ground, or at the inbounds line opposite the spot where it left the field of play.
- E. If a backward pass or fumble hits the ground in the end zone, it shall be ruled as a safety.
- F. An eligible receiver who leaves the field of play loses his eligibility, but may regain it again after he returns to the field of play, and after the ball has been touched by a member of the defensive team. Failure to comply results in an incomplete forward pass, unless the ball has been intercepted by the defensive team. In such case, ball remains in play.
- G. A forward pass is completed when caught by an eligible receiver of the passing team inbounds and is intercepted when caught by a member of the defensive team inbounds.

- H. If a legal forward pass is caught simultaneously by eligible receivers of opposing teams, the ball becomes dead and belongs to the team which put the ball in play, unless such play was a fourth down, and line-to-gain has not been reached.
- I. When a legal forward pass touches the ground inbounds or anything out of bounds, it becomes dead, is ruled as an incomplete pass and belongs to the passing team at the spot of the previous play, unless a new series of downs has been created. In such case, it belongs to the opponents at the previous spot.
- J. During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver who is beyond the neutral zone, is pass interference; except when two or more eligible receivers made a simultaneous and bona fide attempt to reach, catch or bat a pass.
- K. A receiver must have one foot inbounds to make a completed pass.
- L. All players of both teams are eligible pass receivers. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on. Two or more receivers or defenders may touch a pass in succession, resulting in a completion or an interception. A double reception always goes to the offense.

29. **TOUCHBACK**

- A. The ball shall be put into play on the 20 yard line following a touchback. No points are awarded.

30. **SAFETY**

- A. The ball shall be put into play by the team scoring a safety (two points awarded) on their 20 yard line.

31. **PENALTY ENFORCEMENT**

- A. If the penalty occurs during a loose ball play (pass or punt), the penalty is enforced from the previous spot and the down played over. On passing play, penalize from spot of foul if behind L.O.S.
- B. On a running play, the penalty is enforced from either spot of the foul or the end of the run whichever hurts the team the most and the down played over. If you accept the penalty, the down is replayed.

32. **OFFICIAL'S ELASTICITY CLAUSE**

- A. The flag football rules in this manual do not cover all rules situations that may occur in a flag football game. Those rules and situations not covered in this manual will be governed by commonly accepted flag football rules as understood by the officials

33. **SUMMARY OF PENALTIES**

- A. Loss of Down
 - 1. Illegally handing the ball forward (also loss of 5 yards)
 - 2. Illegal forward pass (also loss of 5 yards)
 - 3. Intentionally grounding pass (also 5 yards)
 - 4. Offensive pass interference (also loss of 10 yards)
- B. Loss of 5 Yards
 - 1. Illegal delay of game.
 - 2. Putting ball in play before declared ready
 - 3. Illegal snap
 - 4. Infractions of scrimmage formation

5. Offensive player illegally in motion at the snap
6. False start
7. Illegal kick
8. Illegal shift
9. Infraction of kick formation
10. Flags not in place and/or not visible
11. Holding by defense (also 1st down)

C. Loss of 10 Yards

1. Offensive pass interference (also loss of down)
2. Hurdling
3. Tripping
4. Running into opponent by ball carrier
5. Clipping
6. Illegal use of hand or arm by offensive
7. Protecting flags by runner and also down counts
8. Illegal removal of flag
9. Obstructing ball carrier
10. Interference with opportunity to catch a kick
11. Defense pass interference (also 1st down)
12. Illegal block
13. Runner stripping
14. Defensive player running over an offensive blocker

E. Loss of 15 yards and Ejection

1. Striking, kicking or kneeling an opponent

F. Loss of 10 Yards and Automatic First Down

1. Roughing or running into passer. Defensive player cannot contact the passer's arm whether he contacts the ball or not.
2. Defensive pass interference
3. Push or block ball carrier out-of-bounds

WIN / LOSS RECORD

Opponent Name

Our Score

Their Score

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____
