



Procedure for Penalties

i. Penalties

a) Referee Assessment

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

b) Players Response

8. All penalties can be declined if the non-offending team chooses to.
9. If multiple penalties are committed, the non-offending team has the option to pick which penalty is enforced.

c) Penalties After Interception/Offsetting Penalties

10. Penalties that occur on an Interception, will result in a First Down where the pick was made.
11. If penalties occur from both teams the penalties will cancel each other out - *If offsetting penalties occur after a pick, the team that had possession after the pick will retain possession

where the ball was intercepted; If the penalties happen before a pick, the interception will not count and the down will be replayed from the previous spot.

ii. Defensive spot fouls

Pass Interference (P.I)	Place Ball spot of the foul & repeat down
Holding	+5 yards and repeat down
Stripping	+10 yards and repeat down

iii. Offensive spot fouls

Screening, Blocking, QB rush	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag Guarding	-10 yards and loss of down
Intentional grounding	Place Ball spot of foul & Loss of Down
Diving/Rolling	Dead Ball at spot of foul
Illegal Lateral	Dead Ball at spot of foul

iv. Defensive penalties

Unnecessary roughness, tackling	+10 yards and repeat down
Unsportsmanlike conduct	+10 yards and repeat down
Flag Delay	+10 yards and repeat down
Offside	+5 yards from L.o.S and repeat down
Illegal Rush	+5 yards from L.o.S and repeat down
Illegal Flag Pull	+5 yards from L.o.S and repeat down
Roughing the Passer	+5 yards from L.o.S and repeat down
Taunting	+5 yards from L.o.S and repeat down
Tackling Free Runner, Intentional Hold	Automatic Touchdown

v. Offensive penalties

Unnecessary roughness	-10 yards
Unsportsmanlike conduct	-10 yards
Offside / False Start	-5 yards from L.o.S and repeat down (loss of down on consecutive occurrences)
Illegal Forward Pass	-5 yards from L.o.S and repeat down
Pass Interference (P.I)	-5 yards from L.o.S and repeat down
Illegal Motion	-5 yards from L.o.S and repeat down
Delay of Game	-5 yards from L.o.S (loss of down on consecutive occurrences)
Illegal Procedure	-5 yards from L.o.S and repeat down

vi. MISC. Penalties / Remedies

1) FLAG TAMPERING:

- Players who tamper with the flag by making it harder to pull will result in automatic game Disqualification & the offending team will have to play with 4 players on the field for the rest of the game.

2) INELIGIBLE RECEIVER DOWNFIELD:

- No Offensive player may run Out of Bounds without the ball and then touch the ball on the current play.
 - If an Offensive Player commits this foul and then catches a ball, the pass will be ruled incomplete.
 - If he receives a lateral, the play will be blown dead at the spot of first contact

3) MISSING FLAG:

- If the ball carrier is missing a flag, they will be downed when a defender tags their body with 1 hand.

4) TOO MANY PLAYERS:

- If the Offense starts a play with more than 5 Players on the field, the play is dead and the Offense loses the Down.
- If the Defense starts a play with more than 5 Players on the field, the play continues as a Free Play, with the Offense having the option to take the result of the play or replay the Down.

5) UNSPORTSMANLIKE CONDUCT:

Unsportsmanlike Conduct is when any of the following occurs:

- A player disrespects an official either verbally or physically
- Taunting of players from the opposing team
- FIGHTING (Automatic Disqualification without refund)
- Illegal contact above the shoulders
- Pretending or acting as if a penalty has occurred in an attempt to influence a Referee's decision-making
- If a defender pulls a non-runners flag, including their own, during a play

If any of these occur, players may receive any of the following:

- A warning,
- Their team has to play Man Down for the remainder of the possession,
- Ejection from the current game
- Player Disqualification from the Tournament without refund

All & any of the above penalties can be enforced by the official at any time however they see fit

- We have a ZERO TOLERANCE POLICY when it comes to fighting. Anyone involved in physical altercations will automatically be disqualified!
- We also follow a 3 strike policy. If a player exhibits poor sportsmanship without fighting, the officials are allowed to strike a player.
 - This strike stays with the player through all games, and if a total of 3 strikes are incurred, the offending player will no longer be allowed to play in the tournament.
 - So long as players avoid taunting, unsportsmanlike conduct, continuous penalties & attempted influence on a judge's call, they will not receive strikes from our team.

6) UN-TUCKED BALL CARRIER/UNALIGNED FLAGS:

- Prior to the snap, if a player's flags are covered, they will be warned by the official & told to untuck their flags.
- If there is a 2nd occurrence, the official will call out the player & yell out "ONE HAND."
 - In this moment, if the player committing the foul has the ball, the defense only needs to tag the player in order to mark him down