

JEWISH COMMUNITY FOOTBALL LEAGUE RULES

SCHEDULE:

- The league will run over 9 consecutive Sundays. Note that the final two weeks represent playoffs and championship and are only for the teams that are eligible.
- We receive direction from the County regarding our ability to play in questionable weather. It is not at our discretion. Therefore, despite what we may believe is playable, it is generally not our call.
 - If a game is pushed off due to inclement weather, that postponed game will be added to the end of the regular season schedule.

EQUIPMENT:

- Flags - Players must wear their flag belts in a manner so that their flags drape down their sides and that their belts are on top of their jerseys (more details below) .
- At the beginning of the season, each player will be provided with his flags and belt for the season. The flag and belt then belong to the player. A player who loses his flags is responsible to replace them. (Requesting a new belt and flags from the league will incur a cost of \$15 and a new set of flags won't necessarily be readily available from the league.)
- Players must wear their team t-shirt (or if lost, a shirt of the same color) as their team t-shirt. (The referees can use their discretion when determining how to implement this rule.)
- Metal cleats are not allowed.

SUBS

- There are multiple scenarios in which substitute proposals may be submitted to the league for approval:
 - If a team is missing three or more players, the team may submit proposed substitute players in order to field a team of at least 8 players. Proposed replacement(s) must be equivalent in talent to a combination of the missing players. (e.g., if a team is missing a 4th, 6th, and 8th round pick, the proposed sub should be equivalent in talent to about a 6th round pick.)
 - If the team's QB is out, the team may replace him with any player in the community, on the condition that he **only** plays QB while on offense. (Note, a team may choose to sub for the QB with any player in the community and only have them play defense – if they don't want the sub to play QB.)
 - If a player completely backs out of the league (on his own volition, not as a result of pressure from his team) the team may replace him with a player who is equal in talent. (The same proposed substitute player submission process will apply in this case as well.)
 - If a first-round player is out, the team may propose a "one-for-one" replacement who is deemed equal in talent.
 - If a second-round player is out, the team may propose a "one-for-one" replacement who is deemed to be at the skill level of a 3rd round pick.
 - If a third-round player is out, the team may propose a "one-for-one" replacement who is deemed to be at the skill level of a 5th round pick.
- All proposed subs must be submitted to the league by Thursday 9:00 PM, prior to that week's game. This will provide the league with time to vet the proposal. Any submissions beyond this time will typically be denied.
 - **NOTE:** If a team attempts to submit a sub three times and is denied by the league each time (i.e. the player is deemed an improvement in talent), the team can no longer submit a sub for that player for that week. (This is to help ensure that captains don't attempt to manipulate the system.)
 - **NOTE:** There are instances when a team may try to submit a sub beyond the Thursday night deadline. (Last minute emergencies do occur.) Please note that in these instances, the league will **ONLY** approve the sub if it is an obviously clear non-improvement. If the proposed sub is even questionable, they will be turned down.

FIELD OF PLAY: The field is **60** yards long, plus **10** yards/paces for each end zone, and **30** yards wide, or as close to these measurements as practicable. Markers appear at the two ten-yard lines as well as at midfield. (The midfield marker represents a first down.)

GAME TIME: Games consist of two 30-minute halves, with a five-minute halftime break.

PRIOR TO THE GAME:

- Before the game, each team must identify its captain to the referee(s.) The referee will point out any irregularities concerning the field.
 - The Captain will be the only player on the team who is permitted to discuss/petition calls with the refs. Other players who “argue” with refs may result in penalties for their team.
- Each game begins with a coin toss. The team winning the coin toss will have the prerogative to decide either which team receives the ball first or the direction they will go. A team not represented at the coin toss five minutes prior to game time automatically forfeits the coin toss.
- The teams switch directions for the second half, which begins with the team that did not receive the ball for the first half, receiving the ball.

GAME CLOCK:

- The clock runs continuously, except during timeouts, during the last two minutes of each half, or a sudden death period (which only occurs in the playoffs/championship.) In said last two minutes, the clock is stopped:
 - At the first dead ball with two minutes or less remaining, (if relevant, the play-clock resets at the two minutes warning)
 - When a play ends out of bounds
 - On incomplete passes
 - After a touchdown
 - At the end of a play that includes a change of possession
 - On penalties
 - However, when a team trailing commits a penalty in a situation in which the game clock would otherwise not have stopped, the clock will be stopped to assess the foul, but will restart (with a 25-second play clock) on the referee's whistle.
 - On time outs
 - On first downs

The clock is restarted at the beginning of the following play.

TIME OUTS

- Each team receives two timeouts per 30-minute half. A timeout may be called by any team member and they can do so to either referee.

Note: The referees will endeavor to accept and charge a timeout call when it is clearly signaled or stated by an identifiable team member. In a situation where a player requests a time out when the clock is already stopped, the referee will endeavor to inform him, and clarify whether the player nonetheless wants a time out. All this notwithstanding, ultimately it is the responsibility of the team to ensure that their timeouts are clearly indicated by their players to one of the referees.

A team who calls a timeout when they do not have one will be assessed a 5-yard penalty.

- Each time out lasts 60 seconds. The play clock is then started, and the game clock is restarted at the beginning of the following play. A referee is allowed, at his discretion, to stop the game clock or play clock, and may retroactively change a team's time out to an official time out if it emerges that one was necessary. After an unscheduled official time-out, the game clock and play clock will resume upon the referee's signal, not on the subsequent snap; if less than 10 seconds remain on the play clock, it will be reset to 10 seconds.

- If the game clock or play clock is stopped to enable an injured player to receive treatment or recover, that player must sit out at least one play unless there is a team timeout. A referee will announce the two-minute warning.
- If one team leads by 17 points or more at the two-minute warning preceding the end of the game, or anytime thereafter, the game is over.

PLAY CLOCK:

- Upon the conclusion of every play, the referees will position the line of scrimmage as necessary, and the line referee will signal the down. A 25-second play clock will then immediately begin.
- The offense is responsible for retrieving the ball in time for the next play. If play does not begin within the 25 seconds allowed, a Delay of Game penalty will be called. The line referee will count down the time remaining on the play clock, announcing the following seconds remaining: 10, 5, 4, 3, 2, 1.
- In the last 10 minutes of the game, each delay-of-game penalty beyond the first one, on the same drive, may result in loss of down.

BEGINNING THE GAME:

- Each game will begin at 9:30 AM sharp.
- Each game/half begins with the offense receiving the ball at the ten-yard line.
- If a team is not ready at game time, the game clock will start (subject to the referee's decision, as warranted only by unusual circumstances), and the team present will choose direction and receive the kickoff in both games/ halves. (Teams will still change directions for the second half/game).
- For every five minutes that a team is not ready, its opponent will be awarded eight points (and the late team will take possession, as on any other Touchdown, when they arrive).
- If a team is not ready 15 minutes after the game clock has started, the team present and ready is awarded a forfeit win, and in the case of a scheduled double-header is immediately awarded a forfeit win in both games. The official score of a forfeited game is 24-0.

BALL USAGE:

- Any ball introduced into the game must be of adult size and approved by the referee.
- Any ball used in play becomes a game ball and may be used by either team, subject to the referee's discretion. However, if Team A wishes to use Team B's ball, it must notify Team B one play in advance or risk a Delay of Game penalty.

ENTERING AND EXITING THE FIELD:

- Teams must be stationed on the side of the field designated by the referee. All players must enter and exit from that side of the field.
- A team may not field more than seven players for every play. If either the defense or offense is fielding more than 7 players once the ball is snapped, the offending team will receive a five-yard penalty.
- There is free substitution between plays. A substitution used, in the referee's judgment, to deceive the other team as to who is on the playing field for the ensuing play, is Illegal Procedure.

OFFENSIVE SCRIMMAGE:

- The offensive line consists of a Center (ineligible.) All remaining offensive players may line up in any type of formation, on or off of the line of scrimmage. All offensive players must come to a set position before the snap, and after setting (i.e. the Center placing his hand on the ball), may not move toward the line of scrimmage. Lateral and backward motion is permitted after all offensive players have become set. (Forward motion by offensive players once the ball is set will result in a 5-yard penalty.)

SNAPS:

- To begin each play, the ball must be snapped between the center's legs or to the center's side.
- The ball must be snapped **from the ground** (the line of scrimmage marker is considered part of the ground). Apart from his hand(s), the center's body must be entirely behind the ball. The ball is considered snapped when the center, in a set position, lifts the ball from the ground.

- Following the snap, the referee will begin a relatively quick, four-count (about 2 seconds.) At the conclusion of the four-count, the defense can cross the line of scrimmage without being charged with an offsides penalty. The referee's four-count will start as soon as the ball has been lifted from the ground.
- No player on either team may simulate the snap. A center who comes to a set position and then lifts the ball and replaces it on the ground has committed a False Start (see below). The defense may not touch the ball before it leaves the center's hands.
- Please note that a snap could theoretically be intercepted (if the defense blitzes and catches the ball on its way to the QB.)

DEFENSIVE RUSH:

- Defensive players may not cross the line of scrimmage, nor begin uninterrupted forward motion that culminates in crossing the line of scrimmage, except:
 1. After the completion of the line referee's four-count.
 2. After the quarterback (the player receiving the snap) releases the ball. Players may then cross the line of scrimmage immediately, regardless of when they began forward motion.
 3. On a botched snap
 4. On a blitz (see below)
- A bull rush will result in a 5-yard penalty. A bull rush is defined as any defensive player beginning their rush to the quarterback prior to the completion of the referee's 4 count (on a non-blitz play.) Note, even if the defensive player doesn't cross the line of scrimmage until the 4 count is concluded, it is nevertheless a "bull rush" if they are developing momentum towards the QB prior to the completion of the four-count.
- Should a referee forget to announce the four-count, the play must be replayed.

BLITZING:

- The defense may blitz once per set of downs. The defense is required to announce the blitz (shouting "blitz!" so that it can be heard by the line ref.) An unannounced blitz will result in an offsides penalty.
- The defense cannot blitz on a Point After Touchdown attempt, even if they did not use their blitz during the previous set of downs.

OFFSIDES/FALSE STARTS:

- It is a False Start when an offensive player:
 - a) Is beyond the line of scrimmage when the ball is snapped. *Note: While referees try, where feasible, to warn players that they are set up offsides before the snap, offsides is solely the responsibility of the player.*
 - b) Moves forward after the ball is set by the Center before the snap, regardless of whether he has passed the line of scrimmage.
 - c) Comes to a set position and then lifts the ball and replaces it on the ground.
 - d) Simulates the snap
- When a False Start by the offense is called, no play will be allowed to occur.
- If a defensive player is offsides when the ball is snapped, a penalty flag will be thrown but play will proceed. A defensive player may rectify a potential offsides situation by returning onsidess before the snap.
- If the defensive player crosses the line of scrimmage and initiates contact with an offensive player before the snap, or draws an offensive player offsides, the offsides may not be rectified, and no play will be allowed to occur.
- All offsides and false starts will result in a 5-yard penalty (either forward or backward, depending on the offending team.)

BLOCKING:

- Blocking is allowed under the following conditions:
 - a) A block must be delivered with the chest, arms, or open hands.
 - b) Players may not hold onto an opponent.
 - c) A block by any player must be above the waist and below the neck, and must be initiated from in front of the player being blocked. For the purpose of this rule, the front of a player is both the player's chest and the direction in which the player is intentionally moving at the time of the block. A block may not be initiated from an opponent's blind side.

- In addition to the above definition, the following blocks are specified as illegal:
 - a) Any swinging forearm blow or punch.
 - b) A block with any part of the legs or head.
 - c) A block below the waist or to the back.
 - d) Offensive receivers blocking for one another (i.e. any kind of moving pick) downfield before a pass is caught.
 - e) Tackling of any sort.
 - f) A block thrown while not facing the opponent.
 - g) A block intentionally thrown against a player who is in the act of attempting to catch a forward pass, unless the ball has already been touched.
- The above blocking rules apply to both offensive and defensive players, on every play and regardless of the location of the players in relation to the line of scrimmage. Any illegal block will result in a 5-yard penalty.

DOWNFIELD BLOCKING:

- No contact may be initiated by an offensive player beyond the line of scrimmage, nor may the center cross the line of scrimmage, except on a running play, or on a passing play after the ball has been caught.
- A running play is one that does not include a forward pass. On such a play, offensive and defensive players are not restricted in the number of legal blocks they can throw at any position on the field of play. Once the offense throws blocks which are legal only on running plays, the defense may treat the play as a running play (*i.e. the offense, not the defense, will be penalized if the offense eventually does pass on this play*).
- On a passing play (a play that includes a forward pass), no contact may be initiated over five yards beyond the line of scrimmage (towards the defense) by either side, unless:
 - a) The forward pass has already been caught, or
 - b) The contact is entirely incidental to the pursuit of the ball-carrier or of a ball which is not in any player's possession.
- On a passing play, defensive players may "chuck" opponents once within five yards of the line of scrimmage. Offensive players may not initiate contact. The same player may be chucked by more than one opponent. The player may use any legal block, with the following qualifications and clarifications:
 - a) A player may initiate and maintain continuous unbroken contact with the opponent, as long as the opponent is within five yards of the line of scrimmage. However, throwing more than one block, while not maintaining continuous unbroken contact, is not legal even within five yards of the line of scrimmage.
 - b) Even within five yards of the line of scrimmage a defender may not initiate a block if the receiver is level with him, or has run past him.
 - c) If the defender chooses to initiate contact, the offensive player may react to the contact with contact of his own, until contact has been broken. A defender who moves to block an offensive player's path is deemed to have initiated contact. Once contact has been broken, the players are once again prohibited from initiating contact.

FLAGS:

- Shirts may not hang over, the flag belt. Flags must be worn on the side of the body, with their plastic holders slanted down and away from the body.
- Players must use the designated league flags or the same "brand" of flags.

PROTECTING THE FLAG AND BLOCKING BY THE BALL-CARRIER:

- Any contact which the ball carrier makes with a defender must be entirely incidental to advancing the ball.
- The ball-carrier may not block an opponent's hands in order to prevent an opponent from pulling a flag (i.e. a swipe), and may not use any part of his body, nor the ball itself, to block for himself. This includes "throwing" his chest into the defender as he runs into him, using a stiff-arm, as well as running into the defender in the middle of a spin and thereby hitting the defender with his back or side. These actions result in the play immediately being dead. In addition, if the action is flagrantly intentional (e.g. a deliberate swipe at the opponent's arm, as opposed to a regular motion of the hands at the runner's sides), there is a 5-yard Protecting the Flag penalty.
- If the block or attempted block by the ball carrier is intended to physically displace a defender (e.g. throwing a block or lowering the shoulder, and not merely swatting at the defender's hand or using a

passive stiff-arm to keep the defender from pulling the flag), there is a 5-yard Blocking by The Ball Carrier penalty, and at the discretion of the referee also a Personal Foul.

PASSING:

- The offensive team may throw one forward pass per play. Once the ball-carrier's body has advanced completely beyond the line of scrimmage no forward pass is legal. **Note: Like most fouls, an illegal forward pass does not automatically or immediately end the play.**
- The following are ineligible receivers:
 - a) The Quarterback (i.e. the passer) and the Center
 - b) A receiver who has gone out of bounds, or remained out of bounds, except as a result of an illegal block. The exception to this rule is if the receiver is not the first player to touch the ball (i.e. the ball is deflected by a defender.)
- Should an ineligible receiver be the first to touch an airborne pass, the play is dead. Such a player may touch, and take possession, of the ball only after it has been touched by any other player.
- An airborne receiver who catches the ball will be judged to have received the ball in bounds if both the last part of the receiver's body to become airborne was in bounds, and the first part of the any part of the receiver's body to land was in bounds.

INTENTIONAL GROUNDING:

- Intentional Grounding will be called if the offensive team, in order to avoid a sack, attempts a pass that does not reach the line of scrimmage and which is not intended for, nor playable by, an offensive eligible receiver. Intentional Grounding will result in a 5-yard penalty and a loss of down.
- Quick spikes are legal provided they are intended, in the referee's judgment, to stop the clock, and they do not also serve to avoid a likely sack.

RUNNING IN THE RED ZONE:

- If the line of scrimmage is 10 yards or less from the defensive team's end zone, the ball may not be advanced beyond the line of scrimmage except on a play which includes a forward pass. This running penalty applies to both quarterback sneaks and handoffs (i.e. anything that is not a forward pass.) **Note: Like most fouls, illegally advancing the ball in the red zone does not automatically or immediately end the play.**

SPOTTING THE BALL:

- The referee will judge where the ball was when the play became dead, and the ball will be marked at that spot.
- If the ball is fully beyond the plane of the out-of-bounds boundaries when the play becomes dead, the spot will be the point at which the ball last crossed said plane – however, if the ball carrier is inbounds in the endzone and the ball is beyond the plane of the endzone, the ball will be marked as having advanced into the endzone (regardless of whether the ball is beyond the plane of the out-of-bounds boundaries).

FALLEN BALL-CARRIER:

- If a ball-carrier is on the ground, the play is ruled dead when the player is touched by an opponent, or when the referee calls the play dead to prevent injury.

PULLING A FLAG:

- To pull a flag, a defender may "wrap up" the ball carrier **in the process of pulling the flag**. If an official deems that a defender purposely tackled/roughed a ball carrier without true intention **or the ability** to grab a flag, a 10-yard Illegal Contact penalty will be assessed. Referees will call roughing of a ball carrier conservatively.

PULLED FLAG:

- If a player's flag is pulled off while he has possession of the ball and is not wearing two flags, the play is dead. The defender must remain at the spot where the flag was pulled and return the flag. If a defender is deemed to deliberately hesitate in returning an opponent's flag, his team will be charged with a 5-yard penalty.

MISSING FLAG:

- If the player with possession of the ball does not have two flags, due to any reason besides the flag being pulled off while he has possession of the ball, the play will be called dead as soon as he is touched.
Note: this is regardless of whether the player lost the flag before the play, during the play before taking possession, or while already in possession loses a flag before he takes possession of the ball, the possession will count and the play will be called dead. (i.e. a receiver with only one flag can catch the ball but the play is dead once he is touched.)

IMPROPERLY POSITIONED FLAGS:

- If a ball-carrier's flags are improperly positioned (e.g. facing up, or "slanted in", not on the side of body, covered by shirt), the play will become dead when an opponent is close enough in the vicinity of the ball-carrier to conceivably attempt a play.
- The above notwithstanding, if the improperly positioned flags were the result of an opponent's act (e.g. the opponent was attempting a pull and instead yanked the ball-carrier's belt sideways or pulled out his shirt), the play will not be dead.

BLOCKING/ROUGHING THE BALL-CARRIER OR PASSER:

- A defensive player may attempt to pull the ball-carrier's flag(s) or to block a pass or lateral. Any contact that is made with the ball carrier intentionally or due to disregard of the ball carrier's or passer's body, is a 5-yard penalty for Illegal Contact. Any such contact, which in the judgment of the referee inevitably resulted in the displacement or tackling of the ball carrier, is a 10-yard Illegal Contact penalty, and at the discretion of the referee is also a Personal Foul.
- A defensive player may not attempt to forcefully push a player out of bounds. However, if in the process of a defender cutting off a ball carrier's lane along a sideline, the ball carrier is forced out of bounds, this is not a penalty.

DIVING:

- Intentionally leaving one's feet and extending one's body forwards with intent to gain extra yardage is Diving. If a dive does not result in a collision with a defender, there is no penalty, but the play is dead and the ball is spotted at the point where the player lands.
- If a dive results in a collision with a defender it is also a Blocking by the Ball Carrier penalty (see above), and at the discretion of the referee is also a Personal Foul.

FUMBLES:

- A fumble is a dead ball when it hits the ground. The ball is spotted at the point it was ruled dead with no change of possession.
- On a snap, when the snap is not caught, the ball will be ruled dead after it has hit the ground and the defensive team first touches the ball, or at the referees' discretion to prevent injury. (It is also up to the referee's discretion whether to keep the play active and allow the QB to pick up the ball and attempt a play.)

Note: A snap which has not yet touched the ground, (whether or not touched by the offensive team), may be intercepted in the air by the defensive team. Any lateral pass which has not yet touched the ground may also be intercepted by the opposing team.

SCORING

- A **TOUCHDOWN** is worth 6 points.
- A Touchdown is followed by a **POINT AFTER TOUCHDOWN** attempt even if there is no time left on the clock (but not if a team leads by 17 points or more, beyond the one-minute warning, which ends the game).
- The scoring team chooses to attempt the PAT from either the 5- or 10-yard line, for 1 or 2 points respectively.
- Any defensive penalty on a PAT will result in points for the offense. *Almost* every offensive penalty on a PAT will result in a turnover to the defense with no points awarded. (See the next rule for the exception.)

- Should the defense gain control of the ball on a PAT attempt and run it back to their endzone, they are awarded the same number of points the offense was attempting. Likewise, if the attempting team turns over the ball, and on the return commits a foul which is not offset, the returning team is awarded the points.
- Offensive Passing Interference on a PAT attempt will result in the defensive team receiving the ball at the 15-yard line, rather than the 10-yard line, at the conclusion of the play.
- In cases of offsetting penalties, the PAT is replayed from the previous spot, unless the defensive penalty occurred only after the turnover, in which case the PAT is no good.
- After the PAT attempt, the team which surrendered the Touchdown begins its next drive on the 10-yard line.
- A **SAFETY** is worth 2 points. After a Safety, the team which scored the safety begins the next drive on the 30-yard line.

PENALTIES:

- Penalties are assessed during or after the play involving the penalty, before the next snap, and not at any point thereafter. However, should a penalty with intent to deceive the referee (i.e. cheating) come to the referee's attention beyond this point, Unsportsmanlike Conduct Personal Foul penalties may still be assessed (see below).
- After a foul, penalty yards will be assessed as follows:
 - a) If a foul (which is not declined) is committed before possession of the ball beyond the line of scrimmage – it is assessed from the line of scrimmage, and the down is repeated, unless otherwise noted.
 - b) If all fouls (which are not declined) are committed after possession of the ball beyond the line of scrimmage (or after a turnover) – it is assessed from the spot of the first foul, and the down counts, unless otherwise noted. However, in the case of a defensive penalty, the offense may choose to have the penalty assessed from the line of scrimmage, with repeat of down.
 - c) Each penalty is assessed no more than half the distance to the goal line.
 - d) Penalty yardage is assessed as part of the play (prior to determining whether a new first-down has been attained).

OFFSETTING PENALTIES:

- If fouls (which are not declined) are committed by both teams, the penalty yardage offsets and the down is replayed from the original line of scrimmage. Exception: Personal Fouls (See below).
- The following is a list of fouls and their assessed penalties:

OFFENSIVE PENALTIES

- **Offsides/False Start:** No play, 5 yards.
- **Illegal Block:** 5 yards.
- **Offensive Pass Interference:** 5 yards
- **Delay of Game:** 5 yards. Intentionally committing penalties in order to repeat or nullify downs and thereby reset the play clock is Delay of Game, and at the discretion of the referee results in a Personal Foul, stoppage of the Game Clock, and loss of down.
- **Too Many Players on the Field:** 5 yards.
- **Intentional Grounding:** 5 yards from spot of foul and loss of down. If the intentional grounding is committed from inside the end zone: Safety.
- **Guarding the Flag/Blocking by the Ball Carrier:** Play is dead immediately, 5-yard penalty from the spot of the foul.
- **Diving:** Play is dead immediately, 5-yard penalty from the spot of the foul (if results in collision with another player.)
- **Illegal Forward Pass:** 5-yard penalty from spot of illegal forward pass. If inside the endzone: Safety. Note that an illegal forward pass does not immediately end the play.
- **Advancing without a Forward Pass in the Red Zone:** Down counts, and ball spotted at same line of scrimmage. Note that this does not immediately end the play.

DEFENSIVE PENALTIES

- **Offsides:** 5 yards

- **Bullrush:** 5 yards
- **Illegal Block:** 5 yards
- **Illegally Pulling Flag:** 5 yards from where the play was ruled dead due to the missing flag, and an automatic first down. Intentionally pulling a flag of a player who is not the ball-carrier is illegal procedure, and at the discretion of the referee also a Personal Foul.
- **Pass Interference:** Ball spotted at point of foul, and automatic first down.
- **Pass Interference in End Zone:** *Line of Scrimmage Outside 2-yard line* – Ball spotted at 2-yard line and automatic first down; *Line of scrimmage at or within 2-yard Line* – Half the distance to the goal and automatic first down.
- **Too Many Players on the Field:** 5 yards.
- **Blocking/Roughing the ball-carrier or passer:** 5- or 10-yard penalty as described in rules above.
- **Holding the ball-carrier** – 5 yards

ILLEGAL PROCEDURES:

- **Calling a timeout when the team is out of timeouts:** 5 yards
- For a palpably unfair act, the referees may enforce any distance penalty as they consider equitable, including a score.
- *NOTE: a "palpably unfair act" occurs only when the rules are violated in a manner wholly inconsistent with fair play. The classic example is if a player were headed for an unimpeded Touchdown, and a player from the opposing team entered the field from the sideline and stopped him.*

PERSONAL FOULS:

- 10 yards, automatic first down if against the defense, and ejection from the game at the discretion of the referee. A player committing two personal fouls in one game will be automatically ejected for the remainder of the game. Any player ejected from a game is automatically suspended for the team's next game, subject to appeal.
- Unsportsmanlike Conduct is a Personal Foul.
- Should a violation with intent to deceive the referee (i.e. cheating) come to the referee's attention beyond the snap subsequent to the violation, Personal Foul penalties for Unsportsmanlike Conduct may be assessed effective immediately.
- Personal Fouls are considered part of the play, including acts committed in the referee's judgment as part of the "follow-through" of the play, (e.g. a violent late hit against a QB, even after the pass has fallen incomplete and the play has technically ended). Reactions to the outcome of a play itself are not "follow through".
- Personal Fouls are assessed on the ensuing drive if committed at any point after a play resulting in a score, up to the ensuing drive.
- On a play with a Personal Foul, penalty yardage is assessed only for the Personal Foul. Personal Fouls offset with all other Personal Fouls on the play, and eliminate any penalty yardage which would otherwise be assessed for other fouls.
Note: this does not mean that other fouls are entirely ignored. For instance, if a Personal Foul occurs, and Protecting the Flag occurs later in the play, Protecting the Flag foul would still be called and it would end the play - however, no additional penalty yardage would be assessed for the Protecting the Flag penalty. The Personal Foul penalty yardage would be assessed from the spot.
- Personal Fouls which are not part of a play offset with all other Personal Fouls that are, in the judgment of the referee, part of the same distinct event.

BEHAVIOR AND DISCIPLINE:

- The referees will enforce rules to ensure appropriate behavior. Unsportsmanlike Conduct, including league-related actions transpiring off the field, will subject the offender to possible expulsion from the game and will subject the offending player and/or his team to disciplinary action, including but not limited to fine, suspension, expulsion, and forfeit of past or future games, as deemed appropriate by league officials.
- The following minimum disciplinary penalties will be automatically enforced:
 - a) Abusive or offensive language or behavior **toward players, fans or officials:** Personal Foul.

- b) Dangerous or threatening conduct, including fighting: ejection from the game upon first offense, and suspension for the team's next game.
 - c) Entering the field during a fight, or against the instructions of a referee or league official, whether before, during, or after the game: ejection from the game upon first offense, and suspension for the team's next game.
 - d) Illegal procedure with intent to deceive, ejection from the game upon first offense, and suspension for the team's next game. If, in the judgment of the referee, any illegal procedure was attempted or committed, with intent to deceive the referee (i.e. the team is attempting to cheat), an Unsportsmanlike Conduct penalty will be assessed against any and every individual player judged to have thus attempted to deceive the referee, by omission or commission. This penalty will be enforced when it comes to the attention of the referee (i.e. regardless of when it transpired).
 - e) Suspensions are subject to appeal, submitted in writing to the league commissioner (David Ziffer) and co-commissioner (Jeremy Lasson) by Monday night (i.e. the night after the game in which the incident occurred.) The commissioner and co-commissioner will then submit the appeal to the head referee, who will determine the appropriate action. **(Concerning the issue of addressing on-the-field/discipline/suspension-related incidents and appeals, the head ref has full jurisdiction.** All players must/will respect the judgment of the head ref.) The above penalties will apply regardless of the point in the season when they must be enforced, and regardless of the team's opponent in their upcoming game, and they do not preclude or affect any legal actions.
- **IMPORTANT (Newly added in 2024):**
 - This is intended to be a fun, family-friendly environment. The league encourages players to have a competitive edge, but within reason. Please help us support an environment in which families can feel comfortable bringing their children to watch. Failure to abide by these guidelines may result in penalties, suspensions, etc.
 - **Examples of behaviors to avoid:** Shouting curse words; Angrily raising your voice to argue a call with the refs; inappropriate taunting, etc.
 - DON'T TRY TO FIND LOOPHOLES in the rules! If you are uncertain about how a rule will be implemented due to vague language, use your common sense. If you need clarification, ask the league committee BEFORE you decide to implement it. The League should not have to be in the business of updating the rules on a yearly basis to account for teams who have tried to manipulate the system
 - This is ESPECIALLY true with the league draft. Captains/players who are less than truthful in their registration info in an attempt to set themselves up to be selected by a specific captain, risk being suspended from the league. Captains who are found to have "coached" players to do this risk penalties such as losing captain privileges, losing draft picks in future years, etc.
 - **Example of this behavior include but are not limited to:** A player stating in their registration that they will miss multiple weeks but then telling a specific captain to disregard that info; A player registering to play an atypical position but then telling a specific captain that they will play their regular position, etc.

OVERTIME:

- In regular season games, a game may end in a tie.
- In playoffs or the championship, a game that is tied at the end of regulation is resolved in overtime.
- The winner of an overtime coin-toss will decide either which team will make the first attempt, or on which side of the field all attempts will take place.
- Teams will take turns making attempts. The first team to lead, when both teams have had an equal number of attempts, is the winner.
- In playoff games, the first two attempts of each team will be on first-and-goal from the opponent's 20-yard line, and penalties will be assessed on such attempts as during regulation time.
- Teams will make all subsequent attempts to score on one play from their opponent's 10-yard line. Penalties will be assessed on such attempts as during regulation time, with the following exception: defensive penalties which would normally result in an automatic first down will result in a repeat of down from the new spot.

- On all overtime plays, a turnover or safety will immediately end the drive, with no points recorded.
- After a score in overtime there is no extra-point attempt.
- The play clock will function as usual during overtime. There will be no game clock. Neither team will have any time outs, however a 30-second official time out will be called at the end of every attempt.

STANDINGS

- For teams tied in the standings, seedings are determined as follows:
 1. Wins (i.e. as a tie-breaker, a win and a loss are worth more than two ties)
 2. Head to head record, only if any team or group of teams have defeated, or been defeated by, all other tied teams.
 3. Aggregate record of all opponents.
 4. Aggregate record of opponents defeated.
 5. Best record of opponent defeated.
 6. Record of 2nd-best opponent defeated, (etc).
 7. Least amount of points given up on defense throughout the season.
 8. Random method of choosing.
- If at any point in the tie-breaker process several teams are separated from others by virtue of a tie-breaking step, return the remaining group(s) of tied teams to step 1 in the process.

DECISIONS, APPEALS AND PROTESTS:

- The Line Referee is the final arbiter of all decisions, with the exception of disciplinary matters, and makes all officially binding announcements.
- Any appeal to the referee regarding matters besides logistical, scorekeeping and administrative decisions must be made before the next snap after the play being appealed, or immediately upon such time as the appellant knew or should reasonably have known of the subject of the appeal. **Only the team captain may make such an appeal.** Appeals not made by the captain, or made disrespectfully by the captain result in a warning to the team. Any additional offense results in a 10 yard penalty.
- As noted above, penalties are assessed during or after the play involving the penalty, before the next snap, and may not be assessed at any point thereafter, with the exception of Unsportsmanlike Conduct.
- Logistical, scorekeeping and administrative decisions (e.g. game time remaining, score) may be appealed, so long as the subject of appeal would not reasonably have affected any of the ensuing action or decision. (E.g. a 10-second timekeeping error would not reasonably affect the ensuing action while 20 minutes still remain in the game.)
- For the purposes of this rule, an appeal of the announced down may be made until the next snap; an appeal of the announced score may be made, before the game's one-minute warning, until the snap of the PAT attempt following the next TD; an appeal of the announced score may be made, at or beyond the game's one-minute warning, until the next snap.
- Any deliberation of the decision prior to resuming play, and any stop of the game clock or play clock, is undertaken solely at the discretion of the referee, and appeals do not preclude the possibility of incurring relevant penalties, including Delay of Game