



SPORTS AND ATHLETICS SECTION • DEPARTMENT OF COMMUNITY SERVICES

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2011 ADULT RECREATIONAL FOOTBALL LEAGUES

Rules and Regulations

(Please distribute copies to your players. Changes indicated by shaded areas.)

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“The ‘Contact’ and ‘No Contact’ flag football leagues are designed to provide recreational activity for adults. The safety of the participants is of primary importance. All actions that are potentially injurious to other players will be closely evaluated and offenders may lose their privilege to participate in the program. The penalty for ‘violent touching’ is 10 yards (‘No Contact’ flag leagues) or 15 yards (‘Contact’ flag leagues), plus automatic ejection from the game and a minimum additional one (1) game suspension.”

I. LEAGUE LEADERSHIP

- A. Adult recreational football leagues have been established to accommodate amateur teams in the New Castle County area. An amateur is anyone who has not played professional/arena football or who has been released from professional contract for at least one year. **Exception:** See II.B.
- B. Each football league will be under the direction of a League Executive Committee that will consist of the Sports Administrator, the Official Rules Interpreter, the Assignor of Officials, and the manager of each team in the league. The team manager shall receive all correspondence from the Sports and Athletics Office.
- C. It shall be the duty of the Sports Administrator to call all meetings of the Executive Committee. Three or more team managers may request to the Administrator that a meeting be called.
- D. The Sports Administrator and/or the Official Rules Interpreter shall be responsible for the interpretation and enforcement of the rules via the league coordinator and the game officials.
- E. The league coordinator will attend all scheduled contests and will be responsible for the management of the games and the playing site.
- F. The league may appoint one volunteer to serve as the official spokesman (League Representative) to the Sports Office for general league matters.

II. ELIGIBILITY

- A. The recommended age for participation in the league is 18 years and older unless special permission is granted by Sports Office. **Note: Two 16/17 year old players are permitted, but must have written approval from their parents.**
- B. Players cannot be current year participants of high school, college, pro, semi-pro, military, or any other tackle football team. College players participating in spring football drills are ineligible to play in NCC Spring League. **Exceptions:** 1) Men’s ‘Contact’ flag football teams are permitted to carry no more than two players on their roster who actively participate with any local adult semi-pro tackle football team during the current season; 2) There is no restriction on players in the Women’s Flag Football League. Manager’s must identify such players to the NCC League Coordinator at the start of the season so that a list may be published for the benefit of all managers in the league.
- C. Roster limitations are as follows: ‘contact’ flag leagues = 32 players; ‘no contact’ flag football leagues = 20 players.
- D. Players may participate on only one team in the Men’s 7 on 7 Open Flag Football League and only one team in each of the following leagues if eligible: Men’s 34 & Over League, Men’s 9 on 9 Contact League, and the Women’s League.
- E. Completed rosters and waivers, signed by each player, must be submitted to the NCC Sports Office on or before October 1 (fall leagues) or March 30 (spring leagues). Penalty: Manager suspended from participation and 1 point deducted from standings each week until items are received. No roster changes are permitted after October 1 (fall leagues) or March 30 (spring leagues) unless approved by the Sports Administrator. **Managers must always have a copy of their roster at playing site.**
- F. Emergency roster addition forms are available from the Sports and Athletics Section after October 1 (fall leagues) or March 30 (spring leagues) to assist team who have forfeited due to lack of players. Emergency players must not have been listed on any other NCC football roster during the current season.
- G. A manager may rightfully refuse to release a player who has failed to return a team uniform or who has a financial obligation to that team. Once a player plays for a team and is released he/she may not return to play on that team during the same season.
- H. To participate in the Men’s 34 & Over Flag Football League, a player must turn at least 34 years of age during the current calendar year. Each team is permitted to **carry one (1) player** on their roster between the ages 30-34.

I. Short-Handed Rule

In lieu of forfeiting a game when a team(s) does not have the required number of players to start, the following procedure must be followed:

Teams must have the following numbers of player present to start a game: Men’s ‘No-Contact’ and Men’s 34 & Over = 5, Men’s ‘Contact’ = 7 and Women’s = 4. The team at full strength can decide to play 1 man-up or play at equal strength to their opponent. Players arriving late may enter the game immediately, in order to bring both teams back up to full strength (Full Strength: Men’s ‘No-Contact’ and Men’s 34 & Over = 7; Men’s ‘Contact’ = 9; Women’s = 6). Teams may also agree to play with less than the required number of players (4/5/ or 7) or the

team with the required number of players may take a forfeit. Officials are to be paid as outlined in Rule IV D if a forfeit is taken by the team at full strength.

III. EQUIPMENT AND GENERAL TEAM RESPONSIBILITIES

A. Uniform Requirements

All teams must be equipped with full-length jerseys alike in color and style and having a minimum 6" number on the back. The deadline for uniforms is no later than October 1 (fall leagues) or March 30 (spring leagues). Teams with uniform problems after the designated deadlines must obtain a signed waiver from the Sports and Athletics office. **PENALTY:** Whenever a player enters the game and is in violation of the uniform rule, that team's next kick-off must be from its own twenty (20) yard line. This penalty will be repeated in each half that a uniform violation occurs. **NOTE:** Flag football teams must refer to Flag Football Playing Rules concerning the use of half-jerseys.

- B. The visiting team must change jerseys if both teams are wearing similar colors. Team must carry a set of white t-shirts to use, if there is a conflict with team jersey colors.
- C. Each team must have an official, standard size leather football (ex. Wilson TD) subject to the approval of the officials. For night time play, a white or yellow striped ball must be used. A team *may* use its own ball when on offense. Teams in the Women's League have the option of using any "Youth and/or Junior" size football.
- D. Appropriate footwear is required for all players. No boots, metal golf spikes or baseball cleats may be worn. Players are permitted to wear sneakers or some type of all-purpose athletic shoe. **Exception:** the kicker may kick barefooted on field goal and point-after touchdown attempts.
- E. The home team will be the official scorer and must report the game result to the league coordinator immediately following the game. Managers are advised to check the score with the opposing team prior to each kick-off.
- F. Each team must provide their own first-aid supplies. Each participant is advised to carry some form of medical coverage.
- G. The home team will have the choice of sidelines for their team bench area. Only the players and coaches from the two competing teams are permitted to be on the sidelines within the 40-yard lines. Everyone else (spectators, other teams, etc.) must be five yards off of the sidelines (outside of the team bench area or outside of the fence at Delcastle) and not intermixed between the players of the competing teams. **Teams must police-up trash on their respective sidelines at the conclusion of game. Do not park on the grassy areas surrounding the fields.**
- H. Team managers and players are advised to have a written agreement with their sponsor and players regarding the designated ownership of uniforms and equipment prior to the start of the season.
- I. Team managers are asked to report to their league coordinator any major injuries that occur during a course of a game. **Please do not allow any players to be moved if they appear to have head, neck or back injuries. Call 911.**
- J. **Blood Rule**
A team member or official who is bleeding or who has an open wound is prohibited from participating further until the bleeding is stopped and the wound is covered.
1. Players must be replaced for at least one down until the bleeding is stopped and the wound is covered.
 2. If there is an excessive amount of blood on the uniform or if the bandage becomes blood soaked, in referee's judgment, the bandage or uniform must be changed before the individual may continue to play (USFTL Rule 6-1-4). Teams will not incur a uniform penalty if the player is out of uniform due to the enforcement of the Blood Rule.
- K. Each manager must submit a completed line-up card to the referee prior to the start of each game. Only players present and suited up may be listed. **Penalty:** The offending manager may be subject to a possible suspension in a future game for failing to supply line-up cards. There will be no penalty for adding players to the line-up card who arrive late for the game provided everyone is properly notified. **Note:** Rule will not be in effect as long as NCC provides coordinator at each playing site.
- L. The winning team in the last game at a playing site is required to help collect field markers and goal post pads and return items to the field equipment box.

IV. REGISTRATION/FINANCES

A. Admission Policy:

All teams can begin registering in person or by mail beginning July 15 (Fall League) and February 01 (Spring League). **Full payment is due upon registration.**

All registrations will be handled on a first-come first-served basis pending acceptable status of team behavior and payment record from previous season.

Out of state team (= out of state manager and/or 50% non-resident players) will be accepted only if space permits after registration deadline.

SPECIAL NOTE: (exception to the above policy) – New Castle County reserves the right to utilize a lottery system to fill the league if deemed appropriate.

- B. Each team must submit the required league entry fee at the time of registration. Checks should be made payable to New Castle County. League fees cover the following: trophy expenses, officials (unless paying cash at site), league coordinator salary, administrative expenses, etc.

- C. New Castle County reserves the right to move teams to a higher or lower division when necessary to maintain the desired structure in the recreational football program.

D. Payment of Officials:

The following fees must be paid to officials before the start of a game if the league is using a “Cash on Field” payment system:

OFFICIALS	RATE PER OFFICIAL	TOTAL COST	COST PER TEAM
1 (No Contact)	\$36.00	\$36.00	\$18.00
2 (No Contact)	\$25.00	\$50.00	\$25.00
3 (No Contact)	\$22.00	\$66.00	\$33.00
3 (Contact)	\$30.00	\$90.00	\$45.00
4 (Contact)	\$26.00	\$104.00	\$52.00

Exceptions: Forfeits caused by lack of sufficient players will be paid by New Castle County and the team that caused the forfeit will be invoiced for the referee fees. An administrative fee (typically \$5.00) will also be charged. Failure to pay forfeit fee will result in cancellation of next scheduled game and immediate indefinite suspension for the team manager. If proper notice (48 hrs) is given to the Sports Office in advance, the forfeit will be declared an “Excused Forfeit” and the referee payment will be waived.

- E. **No cash for referees** during coin flip. Delay of Game = 5 yard penalty. If game is started, team at fault plays one man short until money is brought to field. NCC coordinator also has option to delay start of game until fee is paid.

F. Sample projected referee cost for entire fall season (Flag Leagues Only):

1. “No Contact” Flag Leagues	Regular Season:	2 refs x \$25 ea x 10 games / 2 teams =	\$250.00
	Possible Playoffs:	2 refs x \$25 ea x 3 games / 2 teams =	\$ 75.00
Total			\$325.00
2 “Contact Flag” Leagues	Regular Season:	4 refs x \$26 ea x 10 games / 2 teams =	\$520.00
	Possible Playoffs:	4 refs x \$26 ea x 3 games / 2 teams =	\$156.00
Total			\$676.00

- G. A team that drops out of the league or that is ejected from the league after the start of the season is liable for the entire league fee. Refund scale:

- ~ 100% - if requested before scheduling has started – **5% of activity fee (max \$25) applies only to 100% refund**
- ~ 75% - if requested after scheduling has started
- ~ 50% - if requested after schedule is complete
- ~ No refund – if requested after season starts

- H. The manager of a team will be held accountable for the finances of his team. Individual players may be subject to penalties if deemed appropriate.

V. OFFICIALS

- A. The Northern Delaware Football Officials’ Association (or alternative association) will assign four officials to each “Contact” Flag Football League game. The New Castle County Flag Football Officials’ assigner will assign two or three officials to each “No-Contact” Flag Football League game.
- B. All games will be conducted and ruled on by the referees and all persons **must respect** their authority. Unsportsmanlike conduct, rough play, profane language, taunting opponents, or fighting of any nature will not be tolerated.
- C. The referee’s decision will be final on all matters of fact. Any discussion concerning the interpretation of the rules must involve the team manager only. A timeout is required (see Rule V.E.), but if the officials are in error it will not be charged to the team. Continuous debate after a final decision will constitute delay of game.
- D. Team may designate only one individual (one offense and one defense) to act as a field captain. Only he shall speak for his team when decisions are required for the administration of penalties. Any player may request a team-charged timeout. (**Note:** See Rule IX-L – Third Party Interference).
- E. **Time Out Rule**
 - 1. A charged timeout will be granted by any official upon request only after all play has ceased and all penalties have been enforced.
 - 2. When a timeout is granted, the coach has **three (3)** options:
 - a. the captain may go to the team box
 - b. the team may go to the team box
 - c. a coach may go to the huddle
 - 3. Additional notes:
 - a. The coach must go directly to the huddle. He may not address an official out on the field except to ask the number of timeouts or amount of time remaining.

- b. Should a coach wish to discuss something with an official or question an official, it shall be done in front of the team box. Players are not allowed in the discussion.
- c. During a disturbance on the field the coach should remain on the sidelines to control the bench personnel.
- d. A team captain may question an official on the field but it must be done in a proper manner.
- e. See the individual league rules sections for the number of timeouts permitted per game.

F. Teams participating in the “No Contact” Flag program must play their game using a volunteer referee if the regular assigned referee is not present at the playing site.

VI. SCHEDULES AND LEAGUE SEASON

- A. Schedules will be drawn up by the Sports Administrator.
- B. Every attempt will be made to play games as scheduled, however, emphasis during the first half of the season will be on preserving the fields.
- C. If heavy rains prevent the use of fields, a cancellation message will be placed on the office recorder (395-5891) *after 3:00 pm* on weekdays, or as needed throughout the weekend. In the event of inclement weather occurring after the start of play, the league coordinator will be responsible for determining whether or not fields are playable.
- D. Any rescheduling will be done by the Sports Administrator and may require teams to play on unscheduled dates. Upon receiving written notification of make-up game, opposing managers are required to confirm the game with one another and the league coordinator. If a make-up game is not played due to improper notification, the game may be ruled a “no contest” and deleted from the schedule or rescheduled only if final league standings are affected. *Special Note: It is the responsibility of the manager to obtain all necessary information regarding postponed games by viewing the NCC Sports website on a regular basis throughout the season.*
- E. The season will consist of approximately nine/ten (9/10) league games in fall and six/seven (6/7) league games in spring followed by playoffs. **Excessive inclement weather may result in a reduced playoff format.**
- F. **An effort will be made to complete all play in the fall program by Thanksgiving weekend and before Memorial Day weekend in the spring.**
- G. Any suspended game will be rescheduled, if necessary, and will be resumed for the point of suspension. Exception: Forfeitures will be issued to the violating teams for fighting or persistent badgering of officials.
- H. Championships:
 - 1. The team with the highest team total win/tie points at the end of the regular season will be declared the league or division champion.
 - 2. **Tie Breaker Procedure (Note: When breaking multiple ties, follow procedure until one tie is broken and return to top and begin procedure again).**
In case of a tie in the final league standings, the following tiebreaker procedure will be used:
 - a. Head to head record among tied teams (without comparing game scores)
 - b. Record within Division
 - c. Record versus common playoff opponents
 - d. Least amount of points allowed during head to head competition among tied teams.
 - e. Average points allowed for all games (forfeits not included).
 - f. Best record among tied teams during last 5 games.
 - g. Coin flip (only if above procedures fail)
 - 3. **Special Tie-Breaker Procedure:**
The following special procedure will be used for calculating final standings when a team (because of bye(s) is given an additional game on its schedule to help balance the total number of games played by all teams in the league:
 - a. If game schedules are uneven among teams and ties are not resolved during the regular season, winning percentage cannot be used to help calculate final standings in place of W/L/T points.
 - b. In order to compare final records among team having uneven game schedules, the *worst* game will be dropped from the final record of the team having played the extra game in the schedule.
 - c. The *worst* game will be determined in the following manner: 1) worst loss – if no losses, then, 2) worst tie – if no ties, then, 3) worst win.
 - d. A *worst* game is defined as the largest amount of points allowed. In the event that a team wins a game by forfeit, because an opponent fails to field a team, that game will be dropped instead.
 - 4. The general format for the playoffs will be a single elimination playoff among the top four teams with the first place versus 4th place and the 2nd place versus the 3rd place. The winners of these two games will meet for the playoff championship. Additional playoff berths may be granted if deemed necessary. Teams are sometimes moved to higher or lower divisions during playoffs to help set up the best brackets possible.
 - 5. Each league may conduct it’s own All-Star Game. Expenses are not included in the league fee.
- I. **20 yard Line Overtime Procedure for Regular Season & Playoff Games:**
If at the end of the game the teams have identical scores, the tie will be resolved by the procedure outlined in the National Federation of High Schools Association Football Rules Book. All game rules will apply except:

- a. The line-to-line gain shall always be the goal line.
- b. No try will be made if the winner of the game has been determined.
- c. If Team B scores a safety or touchdown, the game is ended.
- d. If a safety is scored by A, the succeeding spot will be the 20 yard line in possession of Team B provided they have already had their series.
- e. If Team B gains possession, the down and series for A ends immediately
- f. No free kick privileges are awarded following a fair catch or awarded fair catch.
- g. Only non-player, unsportsmanlike, or dead ball fouls or defensive fouls during a down which results in a successful field goal, touchdown or try are penalized from the succeeding spot.

When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with coaches. All officials will assemble at the 50 yard line, review the procedure and determine the number of second half timeouts remaining for each team.

The linesman will go to the team on the side of the field where the line-to-gain equipment is located, and the line judge to the other team, to inform the coaches of the number of timeouts each team has remaining and escort the respective team captains to the center of the field for the coin toss.

At the coin toss, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given his choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go offense first, the referee will place a ball on that team captain's chest area while he is facing the goal toward which his team will advance and give the first down sign. The other team captain will face the offensive captain with his back toward the goal which he will defend.

Each team shall be permitted one additional timeout for each extra period plus any unused second half regulation game timeouts. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation game and overtime period(s).

To start the overtime, the offensive team shall put the ball in play, first and goal on B's 20 yard line any where between the in bounds lines. Team A shall have a series of four downs. The series shall be terminated by any score A or if B has possession at the end of any down. Team A shall be awarded a new series when: 1) The penalty for defensive pass interference is accepted: or 2) Team A recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by B beyond the neutral zone; 3) When B is guilty of roughing the kicker, place kick holder or passer.

If Team A scores a touchdown, it is entitled to the opportunity to try for point, except when it is unnecessary to break the tie. A field-goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and A's series is ended.

After Team A has completed its series, Team B will become the offensive team with the ball in it's possession at the 20 yard line anywhere between the in bounds lines. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, the game(s) during the regular season will remain tied. During the playoffs, the procedure shall be repeated with another period(s) until a winner is determined. There will be an intermission of two minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

VII. FORFEITS/GRACE PERIOD

- A. A team that is not ready to play at the required starting time will receive a delay of game penalty, plus will forfeit all coin toss choices to their opponent at the start of each half.
- B. A team shall forfeit for failing to field enough rostered players after the "grace period" or anytime thereafter (See Rule II-I for Short-Handed Rule options). **A five (5) minute grace period is permitted for all games. At the end of 5 minutes, the team at full strength can accept the forfeit or extend the grace period for an additional 5 or 10 minutes with clock running.** The game will result in forfeiture if there are not enough players to play short-handed at the end of the extended grace period. If both teams are unable to field enough uniformed rostered players at game time or thereafter, a forfeit will be declared against each of them. **NOTE:** See Rule II.I for short-handed rule options.
- C. Players must be present and ready to play at least fifteen (15) minutes prior to the scheduled starting time. If sufficient players are present for both teams, **coordinators and referees may require teams to begin the game (up to five (5) minutes) before the scheduled starting time (Exception: If missing starting QB).** This policy is intended to help keep prolonged games (high scoring, etc.) on schedule and to avoid any long delays between fast moving games (low

scoring, etc.). Should one or both teams refuse to start or continue the game at the referee's command, a forfeit will result.

- D. A team may be caused to forfeit a game by the actions of its players, coaches, and spectators.
- E. A team may be caused to forfeit for playing with an ineligible player.
- F. A team that forfeits two game during the season for failing to field a team may be dropped from the league and their entry fee considered forfeited. In addition, the manager *will not* be permitted to enter a team into the league the following season.
- G. See provisions for short-handed rule in section II-I.

VIII. PROTESTS

- A. Protests can be filed on a question of player eligibility only. An official's judgement cannot be protested.
- B. **Procedure at Site of Game:**
 1. The contesting manager must make a formal protest with the coordinator, officials, and opposing team manager prior to start of game if possible.
 2. The accused player's name and number must be recorded. Failure to provide an I.D. or sign the score book (signature, date of birth, address, etc.) upon request shall result in the protest being honored.
 3. Teams must resume play in order to complete the game, and the protest along with a \$20 fee must be submitted to the Sports and Athletics Section **within the next working day**. Faxed copy of check and protest are acceptable.
 4. If upheld, a forfeit will be awarded to the offended team, and the ineligible player stands to be ejected from the league.
- C. All managers have open access to league rosters maintained in the Sports and Athletics Section. If an ineligible player is detected beyond the protest deadline, the contesting manager may still file a formal protest and, if upheld, one win will be deducted and one loss added to the overall record of the team in violation. Ineligible players will be ejected from the league.
- D. All other disputes regarding player rules or league rules must be settled at the field of play.
- E. Complaints regarding the quality of officiating or violations of procedures committed by officials or coordinators shall be placed in writing to the Sports and Athletics Office.
- F. Special procedures for "No-Contact" Flag Football Leagues: Protest will be allowed on misinterpretation of rule(s) applications that occur **late** in the **fourth period of play and only have a direct bearing on the final outcome of the game**. Protest must be made at the field of play, so that the time, down, and distance may be recorded properly by the coordinator and official. Rule in violation must also be recorded. All reports must collaborate on the matter and be conclusive.

NOTICE: By signing their team roster and player waiver forms, managers and players agree to abide by all policies and procedures for the NCC Adult Softball Program. Individuals who are reported for violations of the policies described below will be subject to the appropriate disciplinary action based upon the review of reports that are filed with the Sports Office. No hearings will be held. Suspension memos will be mailed to all teams involved and also published on the Sports and Athletics website (<http://www.nccdesports.com>). Violations will be recorded in a database maintained by the Sports and Athletics Office; repeat offenders will receive more severe penalties.

IX. CONDUCT OF PLAYERS, COACHES, AND MANAGERS

- A. No player, coach, or manager may participate in a league game while under the influence of intoxicants. This rule is to be strictly enforced by each team upon notification from the officials.
- B. **THE SALE, CONSUMPTION, OR POSSESSION OF INTOXICATING LIQUOR OR BEVERAGES AND DANGEROUS OR NARCOTIC DRUGS OR GAMBLING OF ANY KIND IS PROHIBITED** in any park facility under the jurisdiction of New Castle County, Delaware.
- C. Any reports of a player guilty of misconduct shall be reviewed and decided upon by a representative of the NCC Sports and Athletics Section and an appropriate penalty will be imposed. Faxed reports are encouraged and no hearings are guaranteed.
- D. All Board of Education and/or private agency property owners' rules governing the use of their facilities must be obeyed as part of these rules and regulations. Failure to adhere to this policy will cause our Department forfeiture of the rights of utilizing these facilities.
- E. Incidental damages to private vehicles and/or nearby property is the responsibility of the participating teams. The manager(s) must identify the players / spectators that are responsible for the damages or the team will be held accountable.

- F. All teams are to be held responsible for any actions by any player, coach, spectator, etc. toward an official. Each team must control and/or identify anyone so involved or the team will be disciplined.
- G. The manager of each team must make an effort to control unruly players and spectators, or be penalized.
- H. Any player who is ejected from a game for unsportsmanlike conduct must leave the playing area (sight and sound) immediately, and in addition will receive a minimum one game automatic suspension to be served in the next game played. **Written notification is not required.** The manager is responsible for proper enforcement. **NOTE:** "Sight and Sound" also applies to "Two-Flag" misconduct violations (no exceptions).
- I. Teams must not linger or consume alcohol in parking areas or residential areas following ball games.
- J. Suspensions issued at the end of the current season will be served during the playoffs, and may also be carried over into the next season of play if deemed necessary.
- K. Suspended players are not permitted to attend their games while under suspension.
- L. Players with a pattern of poor behavior in the past will be subject to more stringent penalties. The Sports Office maintains a data-base of violators to help with assessment of appropriate penalties and/or removal from program.
- M. **Third party Interference:** Only one member of the coaching staff and/or the player involved may dispute a call with an official **in a respectful manner.** The third individual (or more) who enters a dispute will be ejected from the game and will receive an additional automatic one game suspension. **Players are advised not to leave their playing positions or the team bench area, or they will subject themselves to possible ejection as a result of "Third Party Interference".** **NEW:** In addition, the team will be assessed a mandatory \$50 fine to be paid before the next scheduled game in order to help compensate opponent if next scheduled game is declared a forfeit, and/or fine will be designated for other services.
- N. Pre-game "Warning" to be read by referees and/or managers to players: "NO TRASH TALKING, NO TAUNTING, NO ARGUING, NO PROFANE LANGUAGE, **NO INTRA-RACIAL REMARKS**, ETC. The referees assigned to this contest have been instructed to strictly enforce the NCC Sports Office policies against the list of unsportsmanlike acts listed above. There will be no additional warnings given to anyone during a game and the offending coach or player will be immediately assessed the requisite penalty. NCC believes strongly that this game should be played in a spirit of respect for the opposing team, the contest officials, and the rules and traditions of the sport".
- O. Unfair acts: If a team refuses to play within two minutes after ordered by the referee, or if play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play or for repeated fouls, the referee shall, after one warning, forfeit the game to the opponents.

X. TABLE OF VIOLATIONS AND RECOMMENDED PENALTIES

VIOLATIONS	FIRST OFFENSE	SECOND OFFENSE
A. Use of alcohol or drugs prior to game	Ejection from game	Ejection from league(s).
B. Use of alcohol or drugs in county parkland following a game	Warning or suspension from next scheduled game.	Ejection from league(s).
C. Fighting	Ejection from game, plus minimum one (1) game suspension for non-aggressor and three (3) game suspension for aggressor.	Ejection from league(s).
D. Profanity, arguing, derogatory remarks, etc. toward and official, staff member, etc.	Zero Tolerance. Ejection from game plus minimum one (1) game suspension.	Minimum two (2) game suspension with possible ejection from league.
E. Verbal abuse of officials or staff member including incidental threatening remarks.	Minimum one (1) month suspension from all football leagues.	Ejection from league(s) with long term suspension probable.
F. Intentional threatening remarks or actions against officials or staff members, returning after ejection to encounter officials or staff, violent behavior.	Minimum six (6) month suspension from all NCC Sports programs.	Ejection from league(s) with long term suspension probable from all NCC sponsored sports activities.
G. Incidental misconduct ("Cool Down" Rule – applies to minor player vs player confrontations, trash talking, minor self anger incidents, intra-racial remarks and general use of profanity). Note: Does not apply to player vs official incidents.	Periods 1-3 – Penalty yardage assessed and violating player(s) removed from current and next period. Period 4 – Penalty yardage assessed and violating player(s) removed from current period and entire first half of next game played.	Two (2) occurrences in one (1) game = one (1) game suspension.
H. Two (2) unsportsmanlike conduct or personal foul penalties against a player in one (1) game.	Ejection from game (sight and sound), plus minimum one (1) game suspension.	N/A

VIOLATIONS	FIRST OFFENSE	SECOND OFFENSE
I. Failure to leave area after ejection, continuous harassment of officials, etc.	Minimum three (3) game suspension.	Minimum four game suspension plus probation.
J. Physical altercation with an official or NCC staff, extreme violent behavior	Ejection from league(s) with possibility of long term suspension.	Indefinite suspension with possibility of being banned from all NCC programs forever.
K. Malicious destruction of facility / private vehicles or property	Suspension from league(s) with the possibility of a long-term suspension.	Indefinite suspension with possibility of being banned from all NCC programs forever.
L. Misconduct before or after game on NCC park land / playing site.	All NCC Disciplinary procedures apply.	Possibility of ejection from league(s).
M. Player out of uniform (after Oct. 1 (fall season) or March 30 (spring season))	Team kicks off from twenty (20) yard line once each half.	Possibility of forfeiture if team manager fails to comply after notification from Sports Office.
N. Use of ineligible player or using an assumed name.	Minimum two (2) game suspension for manager; Player may be ejected from league(s); forfeit give to offended team, or one (1) win deducted and one (1) loss added to record of team in violation.	Manager loses privilege to coach in league; team is ejected from league(s).
O. Tossing ball to taunt opponent; verbal taunting, spiking ball in end-zone, etc.	Unsportsmanlike conduct penalty to player; warning to team captain; possibility of ejection from game and minimum one (1) game suspension.	Ejection from game for offending player
P. Continuous complaining by manager or coach, general misconduct on sideline	Warning or ejection issued by coordinator	Coordinator will stop game until team is under control.
Q. Flagrant personal foul (judged to be harmful and deliberate).	Ejection from game plus a minimum one (1) game suspension.	Possibility of ejection from league(s).
R. Players leaving team bench area during a disturbance	\$50.00 fine per team, ejection plus minimum two (2) game suspension for each player, possibility of suspension of manager, payment for police coverage, etc.	Possibility of ejection from league(s).

XI. ASSUMPTION OF RISK

New Castle County Department of Community Services and it's officers assume no responsibility for injuries to the members of any team holding franchise in this league, no matter under what circumstances incurred, and adoption of these rules by the team managers shall be the equivalent of full and lawful release and discharge of any claims that any members may have or that may arise in the future against any of the above named for injury to their persons or property.

XII. SAVING CLAUSE

If any clause, sentence, paragraph, section, or portion of these rules and regulations for any reason shall be adjudged invalid by a court having jurisdiction, such judgement shall not affect, impair, or invalidate the remainder of these by-laws not directly involved in the controversy in which judgement is rendered.

XIII. SUSPENSION LISTS

1. Long Term Suspensions

Long Term Suspensions

The following suspension list was last compiled on Wednesday, August 24, 2011.

<u>PLAYER</u>	<u>TEAM</u>	<u>SPORT</u>	<u>SUSPENSION (YR)</u>	<u>EFFECTIVE</u>	<u>ELIGIBLE</u>
Bull, Erich	Wailing Souls	Indoor Soccer	Past Debt	All Sports	Indefinite
Byam, Christopher	Big Red	Summer Basketball	Past Debt ('04)	All Sports	Indefinite
Cutler, Paul, Jr	Docs Demons	Spring Football	Must Apply	All Sports	Indefinite
DiMarzio, Nicol	Tigers	Field Hockey	Past Debt	All Sports	Indefinite
Driver, Andre	Panthers	Basketball	Past Debt	All Sports	Indefinite
Ekdahl, Kurt	Budweiser	Softball	Past Debt ('92)	All Sports	Indefinite
Ford, Ken	Cotton Club	Summer Basketball	Past Debt ('96)	All Sports	Indefinite
Hubbard, Mike	H&J	Winter Basketball	Past Debt ('99)	All Sports	Indefinite
Joachim, Socrates	Pizza By Elizabeth	Soccer	Indefinite	All Sports	Indefinite
Johnson, Solomon	Purple Soul	Summer Basketball	Past Debt ('03)	All Sports	Indefinite
Keys, Bahkeim	Dunnz	Fall Football	Anger Mgmt. Class ('06)	All Sports	Indefinite
Krupanski, Vince	Coatesville Sabres	Ice Hockey	Past Debt ('93)	All Sports	Indefinite
Entire Team	Laborers Unlimited	Spring Football	Indefinite ('08)	All Sports	Indefinite
Mendez, Bonifacio	Guerrero Azteca	Soccer	Past Debt	All Sports	Indefinite
Perillo, Whip	Port	Softball	Past Debt ('00)	All Sports	Indefinite
Williams, PJ	7-11	Softball	Past Debt ('08)	All Sports	Indefinite
Jones, Rannord	FulHundred FC	Soccer	Lifetime	All Sports	n/a
Bennett, Courtney	FulHundred FC	Soccer	Ten Years	All Sports	12/07/17
Pepper, Jerry	ING Direct	Soccer	Ten Years	All Sports	10/23/16
Bruce, Jason	Wadadah	Soccer	Ten Years	All Sports	09/18/16
Fuentes, Carlos	El Tapatio	Soccer	Probation	All Sports	12/31/13
Richard, Dean	FulHundred FC	Soccer	Probation	All Sports	12/31/13
*Lanouette, Matt	Bomb Squad	Softball	Probation	All Sports	05/31/13
Reinhart, Gary	Arsenal	Soccer	Five Years	All Sports	12/07/12
Parson, Marty	Bower's Street	Summer Basketball	Eleven Years	All Sports	08/02/12
Munoz, Julian	48	Soccer	Probation	All Sports	12/31/12
*Cook, Shola	Xtreme Linen Service	Winter Basketball	Until 08/31/11	All Sports	08/31/11
			Probation	All Sports	12/31/14
*Stevenson, Leonard	St. Anthony's	Spring Football	Until 12/31/11	All Sports	12/31/11
			Probation	All Sports	12/31/14
*Truitt, PJ	St. Anthony's	Spring Football	Until 12/31/11	All Sports	12/31/11
			Probation	All Sports	12/31/14
Haden Jr., Ken	DT United	Soccer	Two Years	All Sports	01/12/12
			Probation	All Sports	01/12/15
*Gonzalez, Mike	Formerly of Rudy's	Spring Football	One Year	All Sports	05/31/12
	Auto Body		Probation	All Sports	12/31/14
*Shorts, Jerry	Road Runners	Spring Football	One Year	All Sports	05/31/12
			Probation	All Sports	12/31/14
*Truitt, Sedale	Road Runners	Spring Football	One Year	All Sports	05/31/12
			Probation	All Sports	12/31/14

- *Denotes new additions*

2. Short Term/Carry Over Suspensions

<u>PLAYER</u>	<u>TEAM</u>	<u>SPORT</u>	<u>SUSPENSION</u>	<u>ELIGIBLE</u>
Blackstone, Donald	Kings	Fall Flag Football ('05)	(Ref Fee)	Indefinite
Coffield, Dave	Flying Gonzos	Spring Flag Football ('10)	(Ref Fee)	Indefinite
Karpinski, Mark	Young Gunz	Spring Flag Football ('05)	(Ref Fee)	Indefinite
Locklear, Santos	Hoopes Fire Prevention	Fall Flag Football ('10)	2 Games (2011 Fall 9 Man Contact Flag)	TBD
Moss, Kevin	Magnum Force	Fall Flag Football ('10)	(Ref Fee)	Indefinite
Morgan, Mike	Congo Funeral Home	Fall Flag Football ('08)	One Month	TBD
Mulvena, John	Tailgaites	Fall Flag Football ('09)	(Ref Fee)	Indefinite
Perno, Frank	Bakhsh	Spring Flag Football('07)	(Ref Fee)	Indefinite
Price, Chris	Raiders	Fall Flag Football ('09)	(Ref Fee)	Indefinite
Roy, Stephen	Supreme Team	Fall Flag Football ('10)	(Ref Fee)	Indefinite
Smith, Jeremy	Summit Aviation	Fall Flag Football ('09)	(Ref Fee)	Indefinite
Yonker, Kevin	Done Rite Auto	Spring Flag Football ('08)	(Ref Fee)	Indefinite
Wilson, Dan	Tri-State Cougars	Spring Flag Football ('10)	One Game	TBD

Note(s): Players are not permitted to be at playing sites while under suspension. Future misconduct will result in more severe penalties. If there are any questions on suspensions, please call the Sports & Athletics Office at 395-5890.

XIV. APPENDIX A: “NO CONTACT” FLAG FOOTBALL (6/7-MAN) RULES AND REGULATIONS

A. Jurisdiction

Games in the flag football leagues shall be governed by the current edition of the United States Flag and Touch Football Rule Book, except as amended by these special playing rules as adopted by the New Castle County Department of Community Services.

B. Purpose

The flag football leagues are designed to provide recreational activity for adults. The safety of the participants is of primary importance. All actions that are potentially injurious to other players will be closely evaluated and offenders may lose their privilege to participate in the program. **NOTE: Penalty for “Violent Touching” is 10 yards, plus automatic ejection from the game and a minimum additional one (1) game suspension.**

C. General Playing Rules

1. The designated team manager is the official representative of the team and is the only person who may question an official about the interpretation of a rule (See Rule V.C. for procedure).
2. The offensive team must have three players on the line of scrimmage at the snap. **NOTE: Penalty for “Illegal Formation” is 5 yards.** The snap must go through the snapper’s legs.
3. Free substitution is allowed as long as the player being substituted for is off the field at the next snap. **NOTE: Penalty for “Illegal Substitution: is 5 yards; Penalty for “Illegal Participation” is 10 yards.**
4. The ball becomes dead where it is muffed or fumbled and hits the ground (this rule also applies to a snapped ball and a backward pass).
5. Only one player, who is clearly off the line of scrimmage, may be in motion at a time; his movement must be parallel to and one yard away from the line of scrimmage and must be continuous at the time of the snap.
6. In the event of an inadvertent whistle during a running play, the offense shall have the choice of replaying the down or accepting the ball at the spot where it whistled dead (down and distance count). The down will be replayed if an inadvertent whistle occurs during a forward pass or kick in flight.
7. In violations of the neutral zone by the offensive team during a scrimmage down, the ball becomes dead immediately. **NOTE: Penalty for “Encroachment (Dead Ball)” is 5 yards.**
Situation: The team leading in the score, during the final two (2) minutes of timing in the second or fourth quarters, repeatedly encroaches to run out the clock prior to the seven (7) play period. **Ruling:** First offense – five yards penalty; second offense – ten yards and clock is stopped and not started until the snap (USFTL Rule 12-1-2a).
8. No defensive player may be less than five (5) yards from the line of scrimmage at the time of the snap. Exception: If the line of scrimmage is inside the defensive team’s 10 yard line, the restraining is half the distance to the goal line. There are no additional positional requirements for defensive team. **NOTE: Penalty for “Encroachment (Live Ball)” is 5 yards.**
Situation: 1st down and 2 yards on offense’s own 18 yard line. Defense encroaches, intentionally or unintentionally, thus if the penalty is administered, it would be 1st down and 17 yards on the 23 yard line. **Ruling:** Offense has the right to decline the 5 yard penalty (USFTL Rule 13-1-1). If, however, if the defense encroaches on the next down, the penalty is 10 yards (unfair act) (USFTL Rule 12-1-2a) and a warning should then be given that repeated encroachment in the same series may result in a forfeit (USFTL Rule 12-2-1).
9. Any player receiving the ball from the center must be a minimum of five (5) yards behind the line of scrimmage at the time he/she receives the ball. **NOTE: Penalty for “Illegal Procedure (Dead Ball)” is 5 yards.**
10. Two, three or four-point stances are legal at anytime.
11. Offensive players cannot be within five (5) yards of the sidelines when the ball is snapped. **Penalty = Illegal Procedure – 5 yards.**

D. Equipment and Uniforms

1. **Jerseys** must be tucked into pants. Half-jerseys are permitted if they do not interfere with the pulling of the flags. Officials may require dangling shirts to be taped or tied.
2. **Shoes** are required for all players except for kickers when kicking. They must be made of a soft, pliable upper material (canvas, leather or synthetic material) which covers the foot. All purpose athletic shoes are permitted. Boots are illegal as well as metal golf, baseball and softball cleats. Football shoes are permitted.
3. **Pads** are not permitted on upper body. Players may wear soft, pliable pads on the leg, knee, and/or ankle. Female players may wear a breast protector of soft, material. Hard casts, even if padded, are illegal.
4. **Jewelry** may not be worn if deemed by the officials to be dangerous to any player. (Exception: post earrings and wedding bands may be worn if covered with tape. Neck chains may be worn if they remain tucked in the jersey).
5. **Hats** with visors are permitted only if worn backwards. Headbands are permitted but may not contain derogatory or offensive symbols or sayings. Ski-type caps are permitted.
6. **Sunglasses** are not permitted (unless proof of prescription from doctor is provided before start of game).

7. **Use of Flags:** Each team should carry their own approved set of belts and colored flags
- a) **Applicable Rules:**
USFTL 4.2.1. The flags should be a minimum of two (2) inches wide and 14 inches long. The flags must be of a contrasting color to the opponents' flags. The flags may not be altered in any way. The flags must be of contrasting color to the players pants or shorts.
Interpretation: the flag material, excluding any connecting devices, must be at least 14 inches long.
USFTL 12.7.1.e. Tampering with the flag in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. **PENALTY:** Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and player disqualification.
 - b) **Procedures:**
Pre-game: Officials will visually inspect all flag belts and require that each player pull his/her flags off of their belt.
During game: A team may call time-out and request the measurement of an opponent's flag: 1) If the flag is found to be illegal as outlined in USFTL Rule 4.2.1., the penalty for failing to wear proper equipment will be issued (5 yards) and the player will not be allowed to participate until the equipment is replaced. The time-out will be charged to the officials. **Note:** If the equipment became illegal through use, no penalty will be issued and the player will be allowed to repair the equipment as long as it can be done promptly. 2) If the flag is found to be altered as outlined in USFTL Rule 12.7.1.e, the penalty for unsportsmanlike conduct will be issued, a loss of down enforced, and the offending player ejected. The time-out will be charged to the officials. 3) If the flag is found to be legal, the time-out will be charged to the team requesting the measurement. If that team has no time-outs left, the delay of game penalty (5 yards) will be enforced.

E. Contact Rules

1. **Screen blocking** is the act of legally obstructing an opponent without contacting him/her with any part of the blocker's body. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during and after screen blocking. **NOTE: Penalty for "Personal Foul" is 10 yards.**
Screen Blocking Fundamentals. A player who screens shall not:
 1. When he/she is behind a stationary opponent, take a position closer than a normal step from him or her.
 2. When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.
 3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.
 4. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.
2. **Contact is not allowed.** Note: A touchdown may be awarded by the referee for any flagrant contact which in the official's opinion prevents a "clear / break-away" touchdown from being scored in the open field.
3. **Blocking and Interlocked Interference.** Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. **NOTE: Penalty for "Personal Foul" is 10 yards.**
4. **Use of hands or Arms by the Defense.** Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgement of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

F. Deflagging

1. Deflagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping, or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag.
2. A defensive player that **pushes a ball carrier out of bounds** (rather than attempting to pull the player's flag) will be penalized for Illegal Physical Contact = 10 yard penalty. Player also stands to be ejected from game if penalized for flagrant contact.
3. Guarding the Flag is illegal. **NOTE: Penalty for "Flag Guarding" carries no yardage, but the ball shall be blown dead at the spot of the infraction.**
4. A player running with the ball **cannot bend** at the waist **to protect the flag** causing contact with a defensive player. Penalty: Same as "Guarding the Flag" = Ball blown dead a spot of infraction.

5. Spinning is illegal if done to avoid having the flag removed. **NOTE: Penalty for “Spinning” carries no yardage, but the ball shall be blown dead at the spot of the infraction.** Spinning to change direction is legal.
 6. Hurdling over a fallen or standing player(s) is not permitted. **NOTE: Penalty for “Hurdling” carries no yardage, but the ball shall be blown dead at the spot of the infraction.**
 7. **Batting**, grabbing or stripping the ball by the defense (rather than attempting to pull the player’s flag) is illegal. **NOTE: Penalty for “Personal Foul” is 10 yards. If contact occurs with the QB attempting to pass the ball, it will carry an automatic first down.**
 8. If a flag inadvertently falls to the ground, a one-hand touch between the shoulder and waist constitutes capture.
 9. If a ball carrier falls to the ground, he is ruled automatically down at the spot and is not permitted to advance the ball in any fashion.
 10. The defense may not deflag a player who does not have the ball (e.g. after a passer has released the ball or before a receiver catches the ball). **NOTE: Penalty for “Personal Foul” is 10 yards.** A player who has been deflagged must be tagged with one hand or have a remaining flag pulled (USFTL Rule 12-7-1d). **NOTE: Flags pulled simultaneously with release of ball by passer or catch by receiver should not be penalized for deflagging.** Officials should use their judgement based on the intent of the rule.
 11. **A quarterback can be deflagged / sacked if his arm is in the throwing motion or holding the ball in any other manner.**
 12. Diving to advance the ball is prohibited. **NOTE: Penalty for “Personal Foul” is 10 yards.**
- G. Field and Timing
1. The game will be played on a regulation Flag Football field.
 2. The game shall be played in four (4), twelve (12) minute quarters with five (5) minutes between halves. The offensive team must put the ball into play within 25 seconds after the referee has blown the ready for play whistle. **NOTE: Penalty for “Delay of the Game” is 5 yards.** The clock shall be stopped only for “official” and “team” time-outs, except during the last two (2) minutes of the 2nd and 4th quarters, in which a “7-play” period is used. Exception: the clock will be stopped for thirty (30) seconds after field goal or point after touchdown attempts; the ball must be put into play within fifteen (15) seconds after the ready for play whistle has blown.
 3. During the last play of the 1st and 3rd periods, an untimed down may result if any live ball penalty is accepted by either team unless a loss of down is included in the penalty.
 4. **“7-play” Procedure** (replaces the last two (2) minutes of the 2nd and 4th quarters)
 - 1) There are 7 total plays between the two teams.
 - 2) The clock is **not** used.
 - 3) Officials are responsible for counting the 7 plays.
 - 4) If a penalty is accepted on a live ball foul, the down and play do not count unless a “loss of down” is included in the penalty.
 - 5) Point after touchdown attempts and free kicks do **not** count in the 7 plays.
 - 6) To retain possession, a team must continue to make first downs.
 - 7) When the defense takes over, it may use any of the remaining 7 plays.
 - 8) The game is over when all 7 plays are completed, the 17 Point Mercy Rule applies or the team behind in the score concedes the game, or the offensive team can automatically run out the remaining plays.
 5. Each team is allowed three charged timeouts per half. Unused timeouts in the first half may not be carried over to the second half. Timeouts shall be one minute.
 6. A timeout for an injured or apparent injured player is charged to the officials; however the injured player must be replaced for at least one play.
 7. Tie Game:
 - 1) If the game is tied at the end of regulation during the regular season, each team will be given one (1) series of downs to settle the outcome of the game with the ball starting at the opponents 20 yard line. Each team will receive one (1) point in the weekly standings if the game remains as a tie.
 - 2) During the playoffs, a twenty-yard line procedure similar to the high school and college rule will be used with each team receiving one additional time out (see overtime procedures in General Rules VI.I). Beginning with the third overtime period in the playoffs, teams will be required to attempt a 2-point conversion following a touchdown.
 8. Once the game begins, no on field warm-up type activities are permitted while the ball is dead (except during half-time).
 9. Intentional delay of game: Referees may stop the clock and issue a 5 yard penalty for delay of game (5yds.) for any of the following reasons: 1) Team ahead in score intentionally delays getting back to offensive huddle late in game, 2) Team repeatedly kicks ball out of bounds on a kickoff to exhaust time off of clock.
 10. Time-out errors and rule applications:
 1. Play: Team A calls a time-out which they are not entitled to and a) the referee informs the team that they are out of time-outs and they game continues without delay, or b) the referee stops the clock before realizing that

team A is out of time-outs. *Ruling: a) no penalty, b) delay of game penalty (5 yards) and the clock is restarted on the ready. Note: since it is the responsibility of the referee to monitor time-outs and also suspend play, situation "b" should seldom, if ever, occur.*

2. Play: A team who has used all of its time-out requests a coach-referee conference to a) determine if the referee has made a mistake in monitoring the time-outs, or b) to review a playing rule interpretation. In both cases, the referee's original ruling was unchanged. *Ruling: in both a) and b) the conference is granted and the team is charged with a 5-yard delay of game penalty.*
3. Play: Team A calls a time-out which they are not entitled to snaps the ball as soon as team B relaxes. *Ruling: unfair act – 10 yard penalty.*

H. Free Kick

1. The ball is kicked from the 40 yard line in a five-zone field (or 20 yard line in a four zone field).
2. The receivers' restraining line is ten (10) yards from the free kick line. Players must be at least seven (7) yards from the nearest sideline. Defenders are not required to be on the receiving line prior to the kick.
3. Any kick that crosses the goal line can be returned out of the end zone by any R player. This applies to free kicks (kick offs) and scrimmage kicks (punts and missed field goals). It doesn't matter if the kick is in flight or grounded. Exception: A missed extra point kick attempt is dead.
4. If a kickoff goes out of bounds untouched by the receiving team, the following options are given:
 - a. The receiving team may put the ball in play at the inbound spot where ball went out of bounds.
 - b. The receiving team may put the ball in play at the inbound spot 25 yards from kickoff line (own 35-yard line on normal kickoff).
 - c. The receiving team may have a re-kick after a 5-yard penalty is administered.
5. On-side kicks are not permitted. The ball must travel at least 10 yards in the air. **Penalty = ball marked dead at the spot it touches ground.**
6. Any kick (including kickoffs, punts, and field goals) that is muffed by R is dead at the spot where the ball touches the ground.
7. The kicking team may not touch or be touched by a kick in the air. **NOTE: Penalty for "Fair Catch Interference" is 10 yards or awarded fair catch at the spot of the foul.**
8. If a kicked ball touches the ground and is then touched by the kicking team, it becomes dead where it touched the ground and is awarded to the receiving team.
9. A kickoff may be recovered by the kicking team if it is caught in the air after being touched by a member of the receiving team. This is an exception to the no on-sides kick rule. K is awarded the ball, first and line to gain from the spot of the recovery (K may not advance).
10. A receiver may advance a kicked ball that has first touched the ground provided he picks it up cleanly.
11. Kickoffs may be kicked from the ground, a kicking tee (maximum 2" high) or from a player's toes touching the ground. A kicking block may be used on PAT's and field goals.

I. Punts, Field Goals, and PATs

1. All punts must be announced while the offensive team is in their huddle, allowing the defensive team to get ready.
2. There must be at least three players from each team on the line of scrimmage. The offensive team is not permitted down field until the ball is kicked.
3. The kicker must be at least 5 yards behind the line of scrimmage when receiving the snap. After receiving the snap, the kicker has 6 seconds to kick the ball from any point behind the line of scrimmage. The ball remains live if the snap is dropped or missed by the kicker or place kick holder as long as the kick is made within six (6) seconds from the snap. **NOTE: Penalty is 5 yards and loss of down.**
4. On a fourth down punt, the kicking team is permitted to walk the ball back to the punter immediately after executing a legal snap.
5. No specialized balls will be permitted to be brought into game during kicking downs.
6. The defense may not rush to block a kick and the offense may not leave the line of scrimmage until the ball has been kicked.
7. Once announced, the kick must be made unless:
 - a. the offense is granted a timeout
 - b. A foul occurs
8. A missed field goal inside the 20 yard line will be brought back to the 20 yard line.
9. Following a PAT (Point After Touchdown) attempt and the new "Ready-to-Play" signal has been given, the kicking team has 25 seconds to kick-off to their opponent. **Penalty: Delay of Game – 5 yard penalty.**

J. Passing

1. All players are eligible to receive a pass.
2. A double pass is permissible as long as the ball does not pass the line of scrimmage. Clarification: There can be only two exchanges of the football in the air (forward pass or lateral) which are initiated behind the line of scrimmage. Following two exchanges behind the line of scrimmage, the ball may be run or passed (3rd exchange)

across the line of scrimmage. A team may make as many backward passes as they wish once the ball has passed the line of scrimmage. Penalty: Play remains live and a 5 yard penalty plus a loss of down is applied at end of play from spot of the illegal pass / forward lateral.

3. Offensive players may step over LOS and return to catch pass in backfield and may re-pass the ball forward down field during the same play.
4. **Penalty for “Pass Interference (Defensive)” is an automatic first down at the spot of the foul. If foul occurs in end zone, ball is placed on goal line.**
5. **Penalty for “Pass Interference (Offensive): is 10 yards and loss of down.**
6. Pass interference will not be ruled on any pass that, in the judgement of the officials, is not catchable.

K. Scoring

1. The following scoring system will be used:

Touchdown = six (6) points

Point After Touchdown (PAT)

One (1) point = kick, pass, or run from three (3) yard line

Two (2) points = pass or run from ten (10) yard line

Missed PAT (run or pass) and returned successfully by defense = Corresponding value of play for defense (1or 2 pts. determined by missed PAT attempt).

NOTE: The choice of one (1) point from the three (3) yard line or two (2) points from the ten (10) yard line cannot be changed even if a foul occurs.

Field goal = three (3) points

Safety = two (2) points

2. Field goals and extra points may be kicked over soccer goals if no football goal posts are present on the field. The referees will gauge the success of the kick using imaginary uprights as a guide. Volunteers may also assist in the procedure if available.
3. **Mercy Rule** – A mercy rule shall be in effect when a team is at least 17 points ahead anytime during the 7 play period in the fourth quarter. The game is declared over.
4. One overtime period is permitted during regular season – game may end in a tie for both teams. Consecutive overtime periods during playoffs until winner is determined (see rule VI – I).

L. Penalties and Enforcement

1. “All but One” enforcement principal is used; all penalties (but one) are enforced from the “Basic Spot”.

Explanation:

Whenever the ball is alive, one of two types of plays is in progress, a loose ball play or a running play. The official must know which type of play was in progress when the foul occurred. This immediately **determines the basic spot of enforcement.**

- a. A loose ball play is action during:
 - 1) A free kick or scrimmage kick
 - 2) A legal forward pass
 - 3) A backward pass (including the snap) or fumble made by the offensive team in or behind the neutral zone prior to a change of team possession.
 - 4) Any run which precedes a legal pass, fumble or kick.
- b. A running play is any action that is not a loose ball play.
 - 1) In or behind the neutral zone in either of the following:
 - (a). It includes a run not followed by a loose ball.
 - (b). A run followed by an illegal forward pass.
 - (c). A run followed by an illegal kick.
 - 2) Beyond the neutral zone:
 - (a). It includes a run.
 - (b). A run followed by a loose ball, including an illegal forward pass or illegal kick.

If a foul occurs during a **loose ball** play, the basic spot is the previous spot, either the spot of the snap or the free kick. If a foul occurs during a **running play**, the basic spot is where the run ended. A loose ball may be part of a running play and should not be confused with a loose ball play. **Exception to all of the above** (or the All-But-One principle): When the foul is by the offensive team and the spot of the foul is behind the basic spot, the penalty is from the spot of the foul.

2. Reminder: Referee must give choice of accepting or declining any penalty. If team accepts penalty, the down is replayed unless the penalty includes loss of down. If penalty that does not result in a loss of down is accepted during the 7-play period, the play and the down will be repeated (Exception: Play counts if foul occurs during dead ball).

3. Clarification: A team can accept part of a penalty, such as repeat of a down or loss of a down, and decline the yardage portion of the penalty to avoid benefiting the offending team. Some teams may prefer to leave an opponent with a first down and long yardage, rather than a later down and short yardage.
4. Penalty Enforcement (for fouls committed on scoring plays)

FOUL	OPTIONS
By "B" on a successful kick try	Accept penalty and replay down or accept result of play and enforce on succeeding spot*
By opponents of scoring team on TD or 2 point PAT	Decline penalty
By "A" on successful TD, PAT, or FG (not unsportsmanlike)	Accept penalty and replay down
Any unsportsmanlike foul	Enforce on succeeding spot*

- A = Offense at start of play. B = Defense at start of play
- Succeeding spot is defined as the spot where the ball is next snapped or free kicked if there is no foul.

5. All penalties are either five or ten yards (see below) – Teams are entitled to refused yardage:

10 YARD PENALTIES

- Delay start either half
- Fair catch interference
- Pass interference (*Offense – LOD*)
- Unsportsmanlike conduct
- Illegal physical contact
- Illegal screen blocks
- Illegal kick/bat Infraction protected scrim kicks
- Illegal participation
- Interlocked blocking
- Diving to advance ball
- Roughing passer (auto-1st down)
- Roughing kicker (auto-1st down)
- Deflagging player without ball
- Violent touching (plus ejection)
- Grabbing or stripping ball

5 YARD PENALTIES

- Illegal equipment
- Delay of game
- Sub infractions
- Encroachment
- False start
- Illegal snap
- Intentional grounding (LOD)
- Illegal forward handing (LOD) @ spot
- Illegal forward pass (LOD) @ spot
- Helping runner
- Failure to kick within 6 seconds (LOD)
- Illegal formation
- Illegal procedure
- Free kick out of bounds
- Three men not on LOS

ADDITIONAL PENALTIES

- Pass interference (defense) = Automatic 1st down at spot of foul
- Securing /Guarding the flag = Ball blown dead with no penalty
- Hurdling = Ball blown dead with no penalty
- Spinning = Ball blown dead with no penalty
- Fair catch interference = 10 yard penalty from previous spot and repeat down **or** awarded fair catch at spot of interference (may kick a field goal).

M. **Points of Emphasis (effective starting Spring 2009):**

1. **Batting the ball** out of a player's hand (rather than attempting to pull the player's flag) will be penalized as Illegal Physical Contact = 10 yard penalty. If contact occurs with the QB attempting to pass, it will also carry an automatic first down.
2. Teams must adhere to the **allotted time requirement following a PAT (25 seconds to kick-off after the "Ready-for-Play" signal)**. Delay of Game = 5 yard penalty.

XV. APPENDIX B: “CONTACT” FLAG FOOTBALL (9-MAN) RULES AND REGULATIONS

- A. Jurisdiction
Games in this league shall be governed by the current edition of the National Federation of High Schools Association Football Rule Book, except as amended by these special playing rules as adopted by the New Castle County Department of Community Services.
- B. Purpose
The “contact” flag football league is designed to provide recreational activity for adults. The safety of the participant is of primary importance. All actions that are potentially injurious to other players will be closely evaluated and offenders may lose their privilege to participate in the program. **NOTE: Penalty for “Violent Touching” is 15 yards, plus automatic ejection from game and a minimum additional one (1) game suspension.**
- C. General Playing Rules
1. The designated team manager is the official representative of the team and is the only person who may question an official about the interpretation of a rule (See Rule V.C. for procedure).
 2. The offensive team must have three players on the line of scrimmage at the snap (tba – linemen eligible or ineligible?). **NOTE: Penalty for “Illegal Procedure” is 5 yards.**
 3. Free substitution is permitted as long as the player being substituted for is off the field at the next snap. **NOTE: Penalty for “Illegal Substitution: is 5 yards; Penalty for “Illegal Participation: is 15 yards.**
 4. The ball becomes dead where it is muffed or fumbled and hits the ground (this rule also applies to a snapped ball and a backward pass).
 5. Only one player, who is clearly off the line of scrimmage, can be in motion at a time and his movement must be parallel to and one yard away from the line of scrimmage and must be continuous at the time of the snap.
 6. In the event of an inadvertent whistle during a running play, the offense shall have the choice of replaying the down or accepting the ball at the spot where it whistled dead (down and distance count). The down will be replayed if an inadvertent whistle occurs during a forward pass or kick in flight.
 7. The ball will remain alive for defensive violations of the neutral zone (encroachment), but is immediately dead for offensive violations of the neutral zone.
- D. Equipment and Uniforms
1. **Jerseys** may be tied or taped provided the number is not obscured.
 2. **Shoes** are required for all players except for kickers when kicking. They must be made of a soft, pliable upper material (canvas, leather or synthetic material) which covers the foot. All purpose athletic shoes are permitted. Boots are illegal as well as metal golf, baseball and softball cleats. Football shoes are permitted.
 3. **Pads:** No protective materials are permitted to be worn on the hands, wrists, forearms, or elbows unless to protect an actual injury. A doctor’s certification must be presented and the padding must be inspected by the officials before the game. No player may participate with a cast. If protective padding is worn on other areas of the body, it must be of a soft (foam rubber) material and worn under the jersey.
 4. **Jewelry** may not be worn if deemed by the officials to be dangerous to any player. (Exception: post earrings and wedding bands may be worn if covered with tape. Neck chains may be worn if they remain tucked in the jersey).
 5. **Hats** with visors are permitted only if worn backwards. Headbands are permitted but may not contain derogatory or offensive symbols or sayings. Ski-type caps are permitted.
 6. **Gloves** are approved for play but may not be sticky or adhesive.
 7. It is recommended that a mouthpiece be worn by all players.
 8. **Use of Flags:** Each team should carry their own approved set of belts and colored flags
 - a) Applicable Rules:

USFTL 4.2.1. The flags should be a minimum of two (2) inches wide and 14 inches long. The flags must be of a contrasting color to the opponents’ flags. The flags may not be altered in any way. The flags must be of contrasting color to the players pants or shorts.

Interpretation: the flag material, excluding any connecting devices, must be at least 14 inches long.

USFTL 12.7.1.e. Tampering with the flag in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. PENALTY: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and player disqualification.
 - b) Procedures:

Pre-game: Officials will visually inspect all flag belts and require that each player pull his/her flags off of their belt.

During game: A team may call time-out and request the measurement of an opponent’s flag: 1) If the flag is found to be illegal as outlined in USFTL Rule 4.2.1., the penalty for failing to wear proper equipment will be issued (5 yards) and the player will not be allowed to participate until the equipment is replaced. The time-out will be charged to the officials. **Note:** If the equipment became illegal through use, no penalty will be issued and the player will be allowed to repair the equipment as long as it can be done promptly.

- 2) If the flag is found to be altered as outlined in USFTL Rule 12.7.1.e, the penalty for unsportsmanlike conduct will be issued, a loss of down enforced, and the offending player ejected. The time-out will be charged to the officials. 3) If the flag is found to be legal, the time-out will be charged to the team requesting the measurement. If that team has no time-outs left, the delay of game penalty (5 yards) will be enforced.
- c) Flags must be visible and may not be covered by loose clothing. Shirts must be tucked in or trimmed above the belt at all times. "Poppers" are the recommended style of flag connectors to be worn.
9. Eyewear: Sunglasses are illegal. Only prescription glasses are legal. Clear protective eye guards/goggles are legal. They may not be dark or tinted.
- E. Contact Rules
1. Blocking: The blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders. Contact can be made with only the open hands.
 - a. A blocker must be on his feet before, during, and after contact is made.
 - b. Two-on-one blocking is permitted in or behind the neutral zone.
 - c. Retreat blocking (using palms of hands to fend off a pass rusher) is permitted.
 - d. No rolling or dive blocks are permitted.
 - e. Blocking above opponent's shoulders or below the opponent's waist is not permitted. **NOTE: Penalty for "Illegal Blocking" is 15 yards.**
 - f. Offensive holding penalties behind the L.O.S. will result in a 10 yd. penalty from previous spot (rather than the point of foul).
 2. The offensive center may not be touched in a shotgun formation by an opposing player until he has raised up from his stance or takes a step in any direction. When the offensive team is in a scrimmage kick formation, the defensive team is in a scrimmage kick formation, the defensive team may not charge directly into the snapper. **NOTE: Penalty for "Roughing the Snapper" is 15 yards plus an automatic first down.**
 3. Contact by a defensive player with a receiver beyond the expanded neutral zone (5 yards off L.O.S.) during a pass which is thrown over the L.O.S. is not permitted. **NOTE: Penalty for "Illegal Chuck" is 5 yards plus an automatic first down.**
 4. A defensive pass rusher who pushes an offensive blocker into the quarterback (rather than attempt to "touch" quarterback) will be penalized for roughing the passer. **NOTE: Penalty for "Roughing the Passer" is 15 yards, plus an automatic first down.** To help avoid roughing the passer, referees *should* alert the defensive pass rushers by calling out "*The ball is gone*" or *It's away*".
 5. Unnecessary contact away from ball is prohibited. **NOTE: Penalty for "Unnecessary Roughness" is 15 yards and mandatory "Cool-Down" or ejection from the game.**
 6. Blind-sided hits against players in the open field will not be tolerated. **Penalty = 15 yards – "Flagrant / Violent Contact" and possible ejection from game.**
 7. Two-on-one blocking is permitted anywhere on field.
- F. Deflagging
1. Deflagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping, or tripping the ball carrier when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. **SPECIAL NOTE:** Pushing or driving a ball carrier out of bounds is illegal. A defensive player must be in the act of reaching down low for the ball carrier's flag if contact occurs near the sideline. **Penalty = 10 yards – "Personal Foul"**.
 2. Guarding the Flag is illegal. **NOTE: Penalty for "Flag Guarding" carries no yardage, but the ball shall be blown dead at the spot of the infraction.**
 3. Spinning by ball carrier is legal.
 4. Hurdling is illegal. **NOTE: Penalty for "Hurdling" carries no yardage, but the ball shall be blown dead at the spot of the infraction.**
 5. Grabbing or stripping the ball by the defense is illegal. **NOTE: Penalty for "Personal Foul" is 10 yards.**
 6. If a flag inadvertently falls to the ground, a one-hand touch between the shoulder and waist constitutes capture.
 7. The defense may not deflag a player who does not have the ball (e.g. after a passer has released the ball or before a receiver catches the ball). **NOTE: Penalty for "Personal Foul" is 10 yards.** A player who has been deflagged must be tagged with one hand or have a remaining flag pulled (USFTL Rule 12-7-1d). **NOTE: Flags pulled simultaneously with release of ball by passer or catch by receiver should not be penalized.** Officials should use their judgment based on the intent of the rule.
 8. Diving to advance the ball is prohibited. **NOTE: Penalty = Ball blown dead at spot.**
 9. Stiff arm by ball carrier is illegal. **NOTE: Penalty for "Personal Foul" is 10 yards.**
 10. Ball carrier falls = may be touched by opponents; Ball carrier falls and gets back up before being touched = flag must be pulled.
- G. Field and Timing

1. The game will be played on a regulation football field.
2. The home team has choice of sidelines for their bench area, and the visiting team must take the opposite side. *No* spectators are permitted near the team bench areas.
3. The game shall be played in four (4), twelve (12) minute quarters with five (5) minutes between halves. The offensive team must put the ball into play within 25 seconds after the referee has blown the ready for play whistle. **NOTE: Penalty for “Delay of the Game” is 5 yards.** The clock will be stopped after field goal or point after touchdown attempts; teams must be ready to kick or receive the ball within one (1) minute or be assessed a delay of game penalty.
4. During the last two minutes of the second and fourth quarter, the clock will stop on the following situations (**EXCEPTION:** During the playoffs, there will be an additional minute of stop time added to the fourth quarter only for a total of three (3) minutes of stop-time):
 - a. score
 - b. time-out
 - c. penalty
 - d. illegal delay
 - e. incomplete pass
 - f. spiking the ball by the quarterback (legal if the quarterback, immediately after receiving a direct hand-to-hand snap, throws the ball into the round for the purpose of stopping the clock)
 - g. live ball out of bounds
 - h. fourth down when the offense declares whether it will “punt” or “go for it”
 - i. marking off a first down
 - j. change of possession

The clock will start with the “ready for play signal” on the following situations:

- a. violation of substitution rule, excessive time outs, or an illegal delay
- b. enforcement of a penalty
- c. marking of a first down
- d. following a change of possession
- e. referee’s discretion
- f. fourth down run/pass

The clock will start on the snap after:

- a. team time-out
- b. incomplete forward pass
- c. live ball out of bounds
- d. fair catch

5. For time restrictions regarding punts, please refer to Section I.
6. Teams have four downs to cross a first down line, located at the twenty-yard intervals. Any part of the ball touching the line is a first down.
7. Each team is allowed **three** time-outs per half. A time-out is limited to one minute. The clock will restart on the snap.
8. **Tie Game:**
 - 1) During the regular season, there will be one overtime scoring attempt if needed. Each team will be awarded one (1) point in the standings, if the game remains tied after the OT period.
 - 2) During the playoffs, the complete OT procedure will be applied until a winner is determined. Each team will receive one additional time out per each OT period (see General Rule VI –I for additional OT procedures).

H. Free Kick

1. The ball is kicked from the 40-yard line in a five—zone field (or 20-yard line in a four-zone field).
2. The receivers’ restraining line is ten (10) yards from the free kick line. Defenders are not required to be on the receiving line prior to the kick.
3. During kickoffs, the ball must travel at least 10 yards in the air. **Penalty = ball marked dead at spot it touches ground if less than 10 yards.** After a free kick has traveled ten (10) yards, the kicking team may recover the football (but not advance it). The kicking team must recover a free kick to obtain possession, but the receivers need only touch the ball (muff = dead ball) to secure it.
4. Any kick (including kick-offs, punts, and field goals) that is muffed by R is dead at spot where the ball touches the ground.
5. Any kick that crosses the goal line can be returned out of the end zone by any “R” player. This applies to free kicks (kick-offs) and scrimmage kicks (punts and missed field goals). It doesn’t matter if the kick is in flight or grounded. Exception: A missed extra point kick attempt is dead.
6. If a kickoff goes out of bounds untouched by the receiving team, the following options are given:

- a. The receiving team may put the ball in play at the inbound spot where ball went out of bounds.
 - b. The receiving team may put the ball in play at the inbound spot 25 yards from kickoff line (own 35-yard line on normal kickoff).
 - c. The receiving team may have a re-kick after a 5-yard penalty is administered.
7. The kicking team may not touch or be touched by a kick in the air. **NOTE: Penalty for "Fair Catch Interference" is 10 yards or awarded fair catch at the spot of the foul.**
 8. A receiver may advance a kicked ball that has first touched the ground provided he picks it up cleanly.
 9. Contact blocking is permitted by the receiving team.
 10. Kickoffs, point after touchdown tries and field goals may be kicked from the ground, a kicking tee (maximum 2" high) or from a player's toes touching the ground.
- I. Punts, Field Goals and PATs
1. All punts must be announced while the offensive team is in their huddle, allowing the defensive team to get ready.
 2. There must be at least three men from each team on the line of scrimmage. Offense cannot be in a 3-point stance on scrimmage kicks (punts, x-pts, and field goals). The offensive team is not permitted down field until the ball is kicked.
 3. After announcing that it will punt, the kicking team has 25 seconds to punt the ball after the ready to play signal is given. **NOTE: Penalty is 15 yards and loss of down - teams are advised to call a time out to avoid penalty.**
 4. On a fourth down punt, the kicking team is permitted to walk the ball back to the punter immediately after executing a legal snap.
 5. Jumping to block a punt is not permitted. Defensive players are permitted to stand with hands in air.
 6. During the two minute warning period, the clock does not start until the ball has been kicked by the punting team.
 7. If time expires after the fourth down snap, the game cannot end on a held kick. **NOTE: Penalty is 15 yards and loss of down. The receiving team has one untimed down.**
 8. Any ball brought into the game for a punt must be approved beforehand by the officials.
 9. The rush on field goal and extra point kicks must come from outside the shoulders of the offensive guards.
 10. Field goal attempts, even if blocked, may **not** be advanced. The ball will be spotted wherever it lands or at the previous line of scrimmage, whichever favors the defensive team. If ball carries into end zone, it will be brought back out to the 20-yard line for the opposing team.
 11. In order to fake an extra point or field goal, the holder must not allow the ball to come in contact with the ground. Holder can accept the ball while on his knee but **must stand up** to throw or pitch it. If the ball bounces back to holder on snap from center, the ball becomes a dead ball and results in a loss of down.
 12. Following a PAT (Point After Touchdown) attempt and the new "Ready-to-Play" signal has been given, the kicking team has 25 seconds to kick-off to their opponent.
- J. Passing
1. All players on the offense are eligible to receive a pass. Only one (1) forward pass is permitted per offensive play. Penalty: Play remains live and 5 yard penalty plus loss of down is applied at end of play from spot of illegal pass/forward lateral.
 2. A team may make as many laterals as they wish once the ball has passed the line of scrimmage.
 3. **Penalty for "Defensive Pass Interference" is an automatic first down at the spot of the foul. An additional 15 yards shall be assessed if the interference is unsportsmanlike.**
 4. Pass interference shall not be ruled when, in the judgment of the officials, the pass is not catchable.
 5. Any flagrant or malicious touching of a receiver or runner whose back is turned can result in immediate ejection from the game. Defensive players are not permitted to jar the ball loose from a receiver (or a ball carrier) with a forceful push. A receiver who leaps to make a catch may not be downed until both feet are back on the ground. **NOTE: Penalty for "Violent Touching" is 15 yards, plus automatic ejection from the game and additional one (1) game suspension.**
 6. Penalty for offensive pass interference = 15 yard penalty from previous spot and loss of down.
- K. Scoring
1. The following scoring system will be used:
 - Touchdown = six (6) points
 - Point After Touchdown (PAT)
 - One (1) point = kick, pass or run from the three (3) yard line
 - Two (2) points = kick, pass or run from the ten (10) yard line
 - Field Goal = three (3) points
 - Safety = two (2) points
 - Missed PAT (run or pass) and returned successfully by defense = Corresponding value of play for defense (1 or 2 pts as determined by missed PAT attempt).

2. Field goals and extra-points may be kicked over soccer goals if no football goal posts are present on the field. The referees will gauge the success of the kick using imaginary uprights as a guide. Volunteers may also assist in the procedure if available.
 3. **Mercy Rule** – A mercy rule may be in effect when a team is 17 points ahead anytime during the last two (2) minutes of the fourth quarter. The game is declared over.
 4. One overtime period is permitted during the regular season – game may end in tie for both teams. Consecutive overtime periods during playoffs until a winner is determined (see rule VI – I).
- L. Penalties and Enforcement
1. “All but One” Enforcement Principle (see page 15 for explanation)

2. Penalty Enforcement (for fouls committed on scoring plays)

FOUL	OPTIONS
By “B” on a successful kick try	Accept penalty and replay down or accept result of play and enforce on succeeding spot*
By opponents of scoring team on TD or 2 point PAT	Decline penalty
By “A” on successful TD, PAT, or FG (not unsportsmanlike)	Accept penalty and replay down
Any unsportsmanlike foul	Enforce on succeeding spot*

- A = Offense at start of play. B = Defense at start of play
- Succeeding spot is defined as the spot where the ball is next snapped or free kicked if there is no foul.

XVI. MISCELLANEOUS APPENDICES

- National Federal Rule Revisions (for 9 on 9 Contact League only)
- Previous Season Final Standings (or included in manager’s packet)

See www.nccdesports.com for the following additional forms / materials:

- Lightning Policy*
- Ballfield / Park Locations*
- Recommendations for Hydration*
- Season Recap Form*
- Accident Form*
- Weekly Standings and Notices*
- Emergency Roster Addition Form*
- Incident Form*
- Official Game Schedule*