



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA OF MIDDLE TENNESSEE FLAG FOOTBALL RULE BOOK

YMCA Sports Philosophy:

The philosophy of the YMCA Middle Tennessee flag football program is to provide an opportunity for every player to learn basic skills of the game, have a wholesome educational experience, and build healthy relationships with coaches and fellow players. Participation is a key part of our program and it's our choice to adopt a philosophy that does not include winning at all costs.

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1.0 Eligibility:

Participation in the program governed by these rules of play will be open to all individuals interested in playing Flag Football. All players will be assigned to teams by the Flag Football program staff.

- 1.1 Players may play in an older age group if they so desire, but not in a younger age group.

2.0 Welfare of the Player/Sportsmanship:

- 2.1 The team coach or assistant coach is responsible for the welfare of the players on his/her team.
- 2.2 The coach may stop the game at any time for an injury or player welfare.
- 2.3 If an official AND/OR YMCA staff member witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game and asked to leave the premises. FOUL PLAY WILL NOT BE TOLERATED.
- 2.4 Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the player/coach/fan will be ejected from the game and asked to leave the premises.
 - 2.4.1 Trash talking is illegal. This includes talk that may be offensive to officials, opposing players/coaches/fans. Officials will give one warning for trash talking. After that, the player/coach will be ejected from the game and asked to leave the premises.
- 2.5 Players/coaches/fans may NOT physically or verbally abuse any opposing player/coach/fan or official.
- 2.6 Defenders are NOT allowed to run through the ball carrier when pulling flags.
- 2.7 Fans must also adhere to good sportsmanship:
 - 2.7.1 Yell to cheer on your players, not to harass officials or other teams
 - 2.7.2 Keep comments clean and profanity free
 - 2.7.3 Compliment ALL players, not just one child or team
 - 2.7.4 Coaches are responsible for controlling their team's fans (a 15 yard unsportsmanlike penalty will be enforced at the official's discretion)
- 2.8 Fans are required to keep fields safe and kid friendly:
 - 2.8.1 Keep younger kids and equipment such as coolers, chairs, and tents away from the sidelines

3.0 Apparel/Equipment:

- 3.1 Prior to the game, the coaches/officials should inspect all players and substitutes for correct apparel.
- 3.2 All players **MUST** wear a protective mouthpiece. Players **CANNOT** play until he/she has a mouthpiece. For safety, the mouthpiece should not protrude from the mouth with regards to a strap. If there is a strap, it must be cut off. A mouthpiece which covers and protects the lips is permissible.
- 3.3 The league provides each player with ONE official flag belt and NFL FLAG team jersey.
- 3.4 Players may tape the forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- 3.5 No pants or shorts with pockets. Shorts or pants with belt loops or pockets **MUST BE** taped. Players will not play until he/she makes the change. Games will not be delayed for a player to tape up pockets.
- 3.6 Players must remove all watches, earrings, and any other jewelry that the officials deems hazardous.
- 3.7 Players must wear shoes. Cleats are allowed but not required. Metal cleats are **NOT** allowed.
- 3.8 All players' jerseys must be tucked into their shorts or pants if they hang below the belt line. Make sure the flags are located on the hips.
- 3.9 **Flag belts cannot be the same color as shorts or pants.**

4.0 Field Markings and Dimensions:

- 4.1 Field measurements will be as followed: 30 yards x 65 yards with two 10-yard end zones.
- 4.2 While in the no running zones (a dotted line on each 5 yard line), teams may not run the ball in any fashion.
- 4.3 No run zones are in place to prevent teams from conducting power run plays.
- 4.4 Boundaries:
 - 4.4.1 Spectators are to remain in their designated seating spaces. Spectators should not leave the seating area to approach the playing field for any reason.
 - 4.4.2 NO coach/fan can cross the playing boundaries.
 - 4.4.2.1 Safety concern for our players and officials.
 - 4.4.2.2 Only time they can step across the line is for an injury when called over by an official.

- 4.4.2.3 One warning, then ejected from the game and asked to leave the premises.
- 4.4.2.4 Treated like a coaches box like basketball.

5.0 Game Play:

- 5.1 Home teams wear dark color jerseys, and visiting teams wear light color jerseys.
 - 5.1.1 Teams will have separate sidelines.
- 5.2 Games are played 5 v 5. Team roster sizes will be determined based on the total number of players registered in each division. Rosters will not exceed 10 players unless a larger roster is approved by the team's coach. Teams must field a minimum of 5 players at all times if they are able.
- 5.3 Teams must start games with a minimum of four players. In the event of an injury, a team with insufficient substitute players may not play with fewer than four players on the field.
- 5.4 Adult in authority – each team must be accompanied by an adult (18 years of age or older) at all scheduled games and practices. This adult is responsible for the conduct and well-being of all players on his/her team and may not leave the area until all children are picked up.
- 5.5 At the start of the game, captains from both teams will meet at midfield for the coin toss and to determine who will start with the ball. Home team will be selected to call the toss.
 - 5.5.1 The winner of the coin toss has two options: start the first half on offense or defense OR defer to the 2nd half to start on offense or defense.
- 5.6 The offensive team takes possession of the ball at its own 5-yard line, and it has four plays to get past the mid-field line. If successful, the offense is awarded another four plays to score.
- 5.7 Ball changes possession when the team fails to get a first down or fails to score.
 - 5.7.1 **If a team goes for it on 4th down and does not get it, the opposing team will start from where the ball is placed NOT on its own 5-yard line.**
 - 5.7.2 **The exception to this rule is when a team is inside the opposing team's 5-yard line, then the ball is placed on the 5-yard line.** (Example: if a team is on the 2-yard line and goes for it, but does not get a first down/touchdown then the ball is placed on the 5-yard line at the change of possession)
- 5.8 Directions changes sides after the 1st half.

6.0 Playing Time:

- 6.1 Each member of each team must be allowed to play a minimum of half (50%) of each game as long as the player(s) show up on time and is properly uniformed. The team coach is responsible for the above and will be subjected to expulsion if found not in compliance. Players rotate so that the same players do not play only the minimum throughout the season.

7.0 Terminology:

- 7.1 **Boundary Lines** – the outer perimeter lines around the field. They include the sidelines and back of the end zones. Also the 3 foot line around the playing field in which a coach/fan cannot cross during the game unless the official signals them over due to an injury.
- 7.2 **Line of Scrimmage** – an imaginary line running through the point of the football and across the width of the field.
- 7.3 **Rush Line** – an imaginary line running across the width of the field seven (7) yards (into the defensive side) from the line of scrimmage marked by the official.
- 7.4 **Offense** – the team with possession of the ball.
- 7.5 **Defense** – the team opposing the offense to prevent them from advancing the ball.
- 7.6 **Sack** – pulling off the quarterback's flags behind the line of scrimmage; if a quarterback does not throw the ball in seven seconds, this is treated like a sack
- 7.7 **Passer** – the offensive player that throws the ball and may or may not be the quarterback.
- 7.8 **Rusher** – the defensive player assigned to rush the quarterback to prevent him/her from passing by pulling his/her flag or blocking the pass.
- 7.9 **Downs (1-2-3-4)** – the offensive team has four (4) attempts or "downs" to advance the ball. They must cross the mid-line to get another set of downs.
- 7.10 **Live Ball** – the period of time that play is in action. Generally used in regard to penalties, Live Ball penalties are considered part of the play and must be enforced before the down is considered complete.
- 7.11 **Dead Ball** – the period of time immediately before or after a play.
- 7.12 **Inadvertent Whistle** – an official's whistle that is performed in error.
- 7.13 **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest, or forearm.
- 7.14 **Flag Guarding** – an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.

- 7.15 **Shovel Pass** – a legal pass attempted behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- 7.16 **Lateral** – a backwards or sideways toss of the ball by the ball carrier.
- 7.17 **Unnecessary Roughness** – excessive physical contact (tackling, tripping, hitting, etc.).
- 7.18 **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language.
- 7.19 **Play** – a single sequence of action that begins with the snap of the ball and ends when the ball becomes dead and the down is completed.

8.0 Timing and Overtime:

- 8.1 Games are played on a 40 minute continuous clock. There are two 20 minute halves. See 14.0 for clock stoppage.
- 8.2 Halftime is five (5) minutes long.
- 8.3 Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- 8.4 Officials can stop the clock at their discretion.
- 8.5 In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- 8.6 If the score is tied at the end of the game, the game stands as a tie **EXCEPT** in a tournament setting.

9.0 Timeouts:

- 9.1 Each team has two 60-second timeouts each half.
- 9.2 Timeouts cannot be carried over to the 2nd half, use them or lose them.
- 9.3 An official can stop the clock at his/her discretion.

10.0 Game Balls:

- 10.1 The YMCA will provide the game ball. Game balls will be of composite material or leather grain.
 - 10.1.1 1st-4th Grade: pee wee
 - 10.1.2 5th-8th Grade: junior
 - 10.1.3 9th-12th Grade: official size 9

11.0 Scoring:

- 11.1 Touchdown: 6 points
- 11.2 PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - 11.2.1 Note: 1 point PAT is a pass only; 2 point PAT can be run or pass.
 - 11.2.2 Interceptions on extra point conversions can only be returned for two (2) points.
- 11.3 Safety: 2 points
 - 11.3.1 A safety occurs when the ball carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee/arm hits the ground, a fumble occurs in the end zone, or where a snapped ball lands in or beyond the end zone.
- 11.4 Mercy Rule: if a team is winning by 28 points or more in the 2nd half, the losing team is then allowed one more offensive series to continue regulation play. If they do not score, the game then goes into scrimmage mode for the remainder of the game.
 - 11.4.1 Refs will remain on the field.
 - 11.4.2 The clock will continually run for the rest of the game (even during the last two minutes) unless there is an injury.
 - 11.4.3 There will also be NO timeouts during this time.
 - 11.4.4 The score will NOT be kept at this point.
 - 11.4.5 The winning team may no longer rush the quarterback while on defense.
- 11.5 Officials will be keeping score on the field.

12.0 Live Ball/Dead Ball:

- 12.1 The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 12.2 The official will indicate the neutral zone and the line of scrimmage.
 - 12.2.1 It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- 12.3 The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. THIS WILL RESULT IN AN UNSPORTSMANLIKE CONDUCT PENALTY.
- 12.4 Substitutions may be made on any dead ball.
- 12.5 Any official can whistle the ball play dead.
- 12.6 Play is ruled "dead" when"
 - 12.6.1 The ball hits the ground.

- 12.6.1.1 If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
- 12.6.2 The ball carrier's flag is pulled.
- 12.6.3 The ball carrier steps out of bounds.
- 12.6.4 A touchdown, PAT, or safety is scored.
- 12.6.5 The ball carrier's flag falls out.
- 12.6.6 The receiver catches the ball while in possession of one flag or no flag(s).
- 12.6.7 The 7 second pass clock expires.
- 12.6.8 Inadvertent whistle.
- 12.7 There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.
- 12.8 In the case of an inadvertent whistle, the offense has two options:
 - 12.8.1 Take the ball where it was when the whistle blew, and the down is consumed.
 - 12.8.2 Replay the down from the original line of scrimmage.

13.0 Formations:

- 13.1 An offensive team must have a minimum of two players (including the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - 13.1.1 One player at a time may go in motion one yard beyond and parallel to the line of scrimmage.
 - 13.1.2 No motion is allowed towards the line of scrimmage.
- 13.2 Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
- 13.3 Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 13.4 The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

14.0 Clock Stoppage:

- 14.1 Called timeout
- 14.2 Injury, clock starts when substitute enters the game
- 14.3 In the last two minutes of each half when there is...
 - 14.3.1 A change of possession
 - 14.3.2 Touchdown, extra point, or safety is scored
 - 14.3.3 Incomplete pass
 - 14.3.4 Penalty and then clock resumes once the penalty has been assessed
 - 14.3.5 Out of bounds

14.4 Clock will still run if the quarterback gets sacked or if a fumble occurs.

15.0 Running:

- 15.1 The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot preceded the other, the forward foot marks the spot. EXCEPT TOUCHDOWNS. (This is a safety rule. This is put in place to keep players from reaching out, diving, jumping, and being vulnerable to injury trying to get the ball just that little bit further.)
- 15.2 The quarterback may not advance the ball as a runner after receiving the snap. The quarterback becomes eligible to run only after possession of the ball has first been transferred to another offensive player and the quarterback subsequently receives possession again through a legal handoff, backward pass, lateral, or forward pass. A defensive rush does not make the quarterback eligible to run.
- 15.3 **Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. Offenses may use multiple handoffs.**
 - 15.3.1 "Center sneak" play is not allowed. The quarterback is not allowed to handoff to the center on the first handoff of the play.
- 15.4 **Laterals or pitches are allowed BEHIND the line of scrimmage. Once a player with the ball crosses the line of scrimmage, they CANNOT lateral or pitch the football.**
- 15.5 No run zones, located five yards before each end zone, are designed to avoid the short-yardage power-running situations. **This must be a pass beyond the line of scrimmage.**
- 15.6 **If a play which results in a loss of yardage occurs while a team is in the no run zone which pushes them outside of the 5-yard line, that team now has the option to run as long as the line of scrimmage remains outside of the 5-yard zone.**
- 15.7 Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 15.8 Once the ball has been handed off in front, behind, or to the side of the quarterback, all defensive players are eligible to rush.
- 15.9 Spinning is allowed, but players cannot leave their feet.

- 15.9.1 Players spinning out of control (meaning they spin and initiate contact with the defense) will be called for flag guarding.
- 15.10 Runners may not leave their feet to advance the ball. DIVING, JUMPING SIDE TO SIDE, LEAPING, OR HURDLING TO AVOID A FLAG PULL IS CONSIDERED FLAG GUARDING.
- 15.11 No block or "screening" is allowed at any time.
- 15.12 Offensive players without the ball CANNOT run with the ball carrier down the field.
- 15.13 Flag obstruction - all jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

16.0 Passing:

- 16.1 All passes, no matter which player throws it, (shovel, underhand, or regular passes) can be thrown to a receiver/player beyond the line of scrimmage.
 - 16.1.1 All forward passes must cross the line of scrimmage before being touched by a receiver. A forward pass caught or touched at/or behind the line of scrimmage is illegal. Backward passes and laterals behind the line of scrimmage are legal.
 - 16.1.2 The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage.
- 16.2 When throwing the ball, the player throwing it must have their back leg behind the line of scrimmage when the football is released for it to be a forward pass.
- 16.3 If the ball is handed off behind the line of scrimmage and the player **crosses** the line of scrimmage, there can be no forward pass.
 - 16.3.1 If the ball is handed off and the player remains **behind** the line of scrimmage one forward pass, beyond the line of scrimmage, is still allowed.
- 16.4 The quarterback has a seven-second (7) "pass clock." If a pass is not thrown within the seven seconds, the play is treated like a sack. Once the ball is handed off, the seven-second (7) rule is no longer in effect.
 - 16.4.1 If the quarterback is standing in the end zone at the end of the seven-second (7) clock, the play is a safety.

17.0 Receiving:

- 17.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 17.2 Only one player may go in motion at a time. All motion must be parallel to the line of scrimmage. No motion is permitted towards the line of scrimmage.
 - 17.2.1 A player is considered **in motion** if they are moving at the same time as the snap.
 - 17.2.2 A player is considered to be in a shift if they are moving before the ball is snapped.
- 17.3 A player must have at least one foot inbounds when making a reception.
- 17.4 In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 17.5 Interceptions are returnable. Interceptions on extra point conversions can only result in two (2) points.
 - 17.5.1 Interceptions are the only changes of possession that do not start on the five-yard (5) line. Fourth down turnovers are spot of not from the 5 yard line UNLESS it is in between the 5 yard line and goal line (example: 2 yard line).

18.0 Rushing the Quarterback:

- 18.1 Only one defensive player may rush the quarterback before the ball is transferred to another offensive player. The rusher must be at least seven yards from the line of scrimmage when the ball is snapped.
- 18.2 Players not rushing the quarterback may defend on the line of scrimmage.
- 18.3 Once the ball is handed off, the "seven yard rule" is no longer in effect. All defenders may go behind the line of scrimmage.
- 18.4 An official will designate seven yards from the line of scrimmage.
 - 18.4.1 A legal rush is:
 - 18.4.1.1 A rush from a point seven-yards from the defensive line of scrimmage.
 - 18.4.1.2 A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - 18.4.1.3 If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.
 - 18.4.1.4 If a rusher leaves the line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the ball carrier.
 - 18.4.2 A penalty may be called if:

- 18.4.2.1 The rusher leaves the rush line before the snap AND crosses the line of scrimmage before a handoff or pass. (illegal rush; 5 yards from the line of scrimmage and replay down)
- 18.4.2.2 Any defensive player crosses the line of scrimmage before the ball is snapped. (offsides; 5 yards from the line of scrimmage and replay down)
- 18.4.2.3 Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off. (illegal rush; 5 yards from the line of scrimmage and replay down)
- 18.4.3 Special circumstances:
 - 18.4.3.1 Teams are not required to rush the quarterback with the seven second clock in effect.
 - 18.4.3.2 Teams are not required to identify their rusher before the play
- 18.5 Players rushing the quarterback may attempt to block a pass. However, no contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
 - 18.5.1 A rusher CANNOT leave their feet to block a ball behind the line of scrimmage.**
- 18.6 Offense cannot impede the rusher in any way. The rusher must have a CLEAR PATH to the quarterback and any interference that would impeded his/her path will be considered screening.
- 18.7 A sack occurs if the quarterback's flags are pulled behind the line of scrimmage or when the quarterback does not throw the ball in seven (7) seconds. The ball is placed where the quarterback's feet are when the flag is pulled.
 - 18.7.1 A safety is awarded if the sack takes place in the offensive team's end zone.

19.0 Flag Pulling:

- 19.1 A legal pull takes place when the ball carrier is in full possession of the ball.
- 19.2 Defenders can lunge to pull flags, but cannot tackle, hold, or run through the ball carrier when pulling flags. A defender cannot leave their feet when diving for a flag.
- 19.3 It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- 19.4 If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- 19.5 A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 19.6 Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head/hand/arm/shoulder, or intentionally covering the flags with the football jersey.

20.0 Penalties:

- 20.1 General
 - 20.1.1 The referee will call all penalties.
 - 20.1.2 Referees determine incidental contact that may result from normal run of play.
 - 20.1.3 All penalties will be assessed from the line of scrimmage, except noted (spot fouls).
 - 20.1.4 Only the head coach may ask the referee questions about rule clarifications and interpretations. Parents and players cannot question judgement calls.
 - 20.1.5 Games cannot end on a defensive penalty, unless the offense declines it.
 - 20.1.6 Penalties are assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.
- 20.2 Defensive Penalties**
 - 20.2.1 Defensive unnecessary roughness (refer to 7.18): +10 yards; automatic first down
 - 20.2.2 Defensive unsportsmanlike conduct (refer to 7.19): +10 yards; automatic first down
 - 20.2.3 Stripping: +10 yards; automatic first down
 - 20.2.4 Roughing the passer: +10 yards from LOS; automatic first down
 - 20.2.5 Offside: +5 yards from LOS; replay down
 - 20.2.6 Illegal rush (starting rush from inside the seven-yard marker; leaving feet): +5 yards from LOS; replay down
 - 20.2.7 Holding (pulling shorts, jerseys, or player): +10 yards from spot or end of run; automatic first down
 - 20.2.8 Illegal flag pull (before the receiver has the ball): +5 yards from LOS or spot of the catch; replay down
 - 20.2.9 Taunting: +5 yards (first offense), +10 (second offense), ejected (third offense) from LOS; replay down
 - 20.2.10 Illegal contact (holding, blocking, etc.): +10 yards from LOS; replay down

- 20.2.11 Defensive pass interference: spot foul; automatic first down
- 20.3 Offensive Penalties**
 - 20.3.1 Offensive unnecessary roughness (refer to 7.18): -10 yards; loss of down
 - 20.3.2 Offensive unsportsmanlike contact (refer to 7.19): -10 yards; loss of down
 - 20.3.3 Flag guarding: -10 yards; spot foul; loss of down
 - 20.3.4 Charging: -10 yards; loss of down
 - 20.3.5 Screening, blocking, or running with the ball carrier: -5 yards from the spot of the foul; result of play
 - 20.3.6 False start: -5 yards from LOS; replay down
 - 20.3.7 Illegal forward pass (any pass received or lands behind the LOS or throwing a pass after crossing LOS): -5 yard from LOS; loss of down
 - 20.3.8 Offensive pass interference (illegal pick play, pushing off/away from defender): -10 yards from LOS; loss of down
 - 20.3.9 Holding (pulling shorts, jerseys, or player): +10 yards from spot or end of run; automatic first down
 - 20.3.10 Illegal motion (more than one person moving): -5 yards from LOS; replay down
 - 20.3.11 Delay of game: -5 yards from LOS; replay of down
- 20.4 Five Yard Penalties**
 - 20.4.1 Offside
 - 20.4.2 Defense illegal rushing (starting rush from inside the seven-yard marker)
 - 20.4.3 Defensive illegal flag pull (before the receiver has the ball)
 - 20.4.4 Taunting
 - 20.4.5 Offensive screening, blocking, or running with the ball carrier
 - 20.4.6 False start
 - 20.4.7 Illegal forward pass
 - 20.4.8 Offense illegal motion (more than one person moving)
 - 20.4.9 Delay of game
- 20.5 Ten Yard Penalties**
 - 20.5.1 Defensive unnecessary roughness
 - 20.5.2 Defensive unsportsmanlike contact
 - 20.5.3 Defensive holding
 - 20.5.4 Stripping
 - 20.5.5 Defensive illegal contact (holding, blocking)
 - 20.5.6 Defensive pass interference
 - 20.5.7 Offensive unnecessary roughness
 - 20.5.8 Offensive unsportsmanlike conduct
 - 20.5.9 Offensive pass interference
 - 20.5.10 Offensive holding
 - 20.5.11 Flag guarding
 - 20.5.12 Charging

21.0 Coaches on the Field:

21.1 FRANKLIN, MADDOX & BRENTWOOD:

- 21.1.1 All grades: only ONE coach is allowed on the field for the entire season.

22.0 Post-Game Activity:

- 22.1 At the conclusion of every game, both teams line up at the center of the field to congratulate the opposing team.