



RULES 8 vs 8 WOMEN'S CONTACT

SECTION 1 — THE GAME (BASIC RULES OF 8 WOMEN'S CONTACT):

ARTICLE 1 - PLAYING RULES CAN BE MODIFIED: Any rule found in this book may be altered to suit the needs of 8 on 8 Men's Contact. The U.F.F.L recommends using the Official Rule Book as closely as possible for the following reasons:

- A. All rules are subject to U.F.F.L Tournament and League Director's discretion.
- B. For a better understanding of all the rules of 8 on 8 Women's Contact Flag football.
- C. For uniformity in playing rules so that different areas of the United States can compete against one another in a safe and fair manner.

ARTICLE 2 — COIN TOSS:

A. A coin toss shall begin each game. The captain winning the toss shall choose one of the following options:

- 1. Offense
- 2. Defense
- 3. Designate which goal his team will defend.
- 4. Defer choice to the second half.

B. Loser of the coin toss shall make a choice of the remaining options.

C. Before the start of the second half, the choice of options shall be reversed.

ARTICLE 3- POSSESSIONS:

A. Game begins with a kick-off from the 40 yard line on a 100 yard field or from the 20 yard line on an 80 yard field.

B. FIRST DOWNS are achieved by crossing a **ZONE-LINE-TO-GAIN** located at the 20 and 40 yard lines. A team shall have 4 downs to advance to the next Zone-Line-to-Gain.

C. All players must start with their flag belts on. If a player starts without his flag belt properly secured with all flags attached, his team will be assessed a 5 yard penalty.

D. INTERCEPTIONS - On interceptions, the team will take possession of the ball where the defender's flag was pulled. Penalties on interceptions will be assessed where the interception occurred.

EXCEPTION: If the Referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.

ARTICLE 4 — SNAPS: Ball must be snapped between the legs, not off to one side, to start play. Direct snaps are legal.

ARTICLE 5 — HUDDLE CLOCK: 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.

ARTICLE 6 — BLOCKING: CONTACT BLOCKING IS ALLOWED. Contact between shoulders and waist only. Contact blocking is legally hindering the progress of an opponent in a fair and safe manner. Blockers must be on their feet before, during and after contact is made with their opponent. You may not dive to block. 2 on 1 blocking is permitted. Under no conditions shall a high-low block, cross body block or rolling block be permitted. The blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders. An open hand, straight arm block within the framework of the blocker's body, is the ideal block to avoid unnecessary rough play. You may not grab the jersey of an opponent while attempting to block. The blocker's hands may not be locked together. The blocker may not swing, throw or flip the elbow or forearm. There shall be no contact of any kind to the head and/or shoulders in the attempt to block an opponent. The main concept to keep contact blocking under control is to stress safe, clean, sportsmanlike contact between opponents.

ARTICLE 7 — INTERCEPTION: Interceptions may be returned.

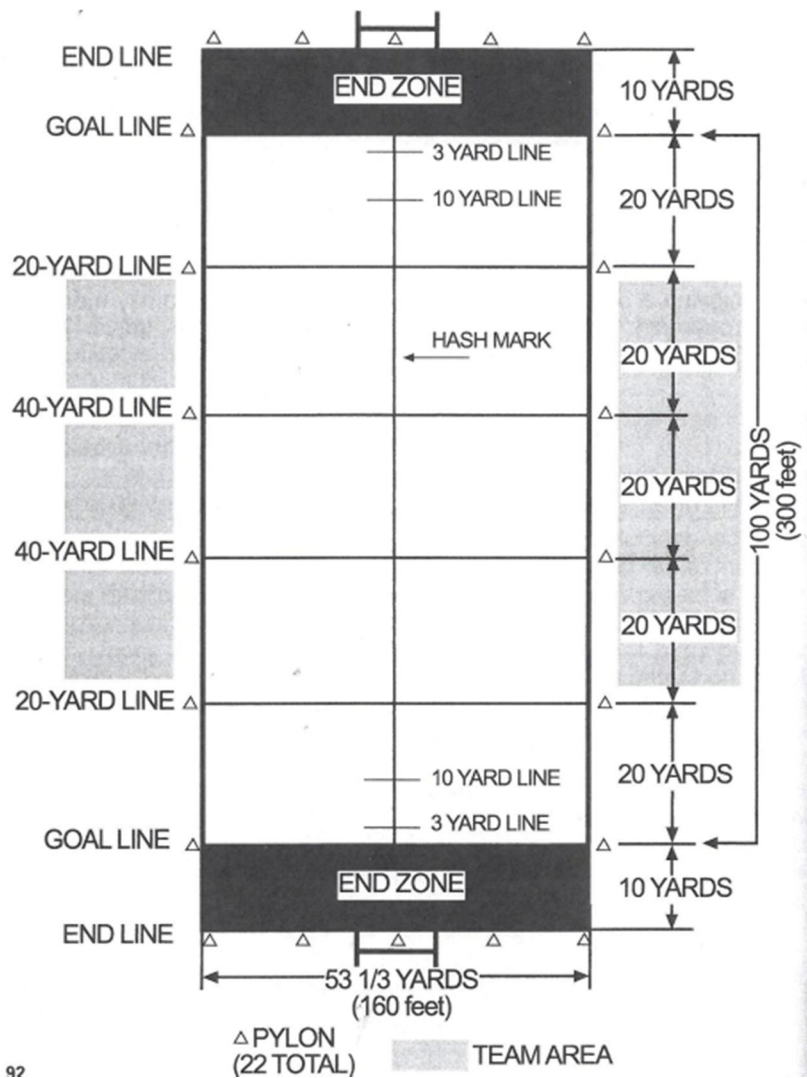
ARTICLE 8 — DIVISIONS OF PLAY: There shall be 2 divisions of play offered in the 8 WOMEN'S CONTACT Program: A Division and B Division.

ARTICLE 9 — AGE CLASSIFICATIONS: The age Classification in the 8 WOMEN'S CONTACT Program shall be: 18 & Over, 35 & Over, 50 & Over.

ARTICLE 10 — ELIGIBLE PLAYERS: All players are eligible in 8 WOMEN'S CONTACT.

ARTICLE 11 - NO TOLERANCE POLICY: The U.F.F.L will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment may be asked to leave. The U.F.F.L operates under a ZERO TOLERANCE POLICY.

SECTION 2 — THE FIELD (FIELD SIZE):



ARTICLE 1 — FIELD DIMENSIONS:

Regulation Field:

- A. Field Size - 120 yards in length; 53 1/3 yards in width
- B. End Zones — (2) 10 yard end zones

Abbreviated Field (in case of facility limitations):

- A. Field Size — 100 yards in length; 40 yards in width
- B. End Zones - (2) 10 yard end zones

ARTICLE 2 — OUT-OF-BOUNDS: Stepping on the boundary line is considered out-of-bounds.

ARTICLE 3 — TEAM AREA: Team areas are located between the 20 yard lines.

SECTION 3 — THE PLAYERS:

ARTICLE 1 - ROSTER SIZE:

- A. Teams consist of a total of 30 players on the roster.

B. A player may only appear on one roster. NO EXCEPTIONS, even if the other team approves it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated. Players May be on a Roster of a different format. For example 8 on 8 and 5 on 5.

ARTICLE 2 - NUMBER OF PLAYERS ON FIELD: eight players on the field at a time.

ARTICLE 3 — FORFEITS: To avoid a forfeit, you must have at least six players to begin the game. **GAME TIME IS FORFEIT TIME.**

ARTICLE 4 — PROTEST PROCEDURE: League or Tournament Director is contacted DURING THE GAME with a \$50 **NON-REFUNDABLE** protest fee. **NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER!** You may not protest a judgment call by an Official.

SECTION 4 — EQUIPMENT:

ARTICLE 1 — THE BALL: An Officially Licensed Football by the U.F.F.L must be used and it must be a regulation size ball.

ARTICLE 2 — THE FLAGS: All flags used in the 8 WOMEN'S CONTACT Program shall be an Officially Licensed Flag of the U.F.F.L. (Triple Threat)

ARTICLE 3 — SHOES: Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed if the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.

ARTICLE 4 - JERSEYS: All jerseys shall be tucked in the pants or shorts. No waist length or half jerseys allowed. **ALL TEAMS MUST HAVE A JERSEY WITH A NAME AND NUMBER**

ARTICLE 5 — MOUTHPIECE: Mouth Piece is highly suggested but optional.

ARTICLE 6 — OPTIONAL PROTECTIVE WEAR: Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed and must be taped. All protective wear must be approved by game Officials prior to game time.

ARTICLE 7 — JEWELRY: Players must remove all watches, earrings or any other jewelry that Officials deem hazardous.

ARTICLE 8 — PANTS: Pants or shorts with belt loops or pockets must be taped. Pants or shorts must be a contrasting color to the flags.

NOTE: Referees will check each team before the game to confirm no pocket/taped pockets.

SECTION 5 — TIMING & OVERTIME:

ARTICLE 1 —- GAME LENGTH:

A. Regulation Time - 40 minute game length - (2) 20 minute halves with a running clock. The clock stops only for timeouts or the 2nd half 2 minute warning.

B. 2nd Half TWO Minute Warning — When there are 2 minutes left in the 2nd half, the game clock shall stop for incomplete passes, out-of-bounds, time outs and scores (clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready for play whistle).

ARTICLE 2 — HALFTIME: Halftime is 30 seconds long.

ARTICLE 3 — HUDDLE CLOCK: 25 seconds long. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a Delay of Game Penalty is enforced.

ARTICLE 4 — TIME OUTS:

- A. Each team has (3) 30 second time outs per half.
- B. Officials can stop the clock at their discretion.
- C. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

ARTICLE 5 — OVERTIME:

- A. Each team receives 4 downs from the 20 yard line to try and score.
- B. KICKING IS ALLOWED IN OVERTIME FOR THE FIRST TWO OVERTIME PERIODS.**
- C. Coin Flip — two choices — Offense or defense
- D. If score is tied at end of first O.T., repeat second O.T., reversing choices, etc.
- E. If score is tied at the end of the second overtime, teams must PLAY NOT KICK a 1 point or a 2 point conversion from the 3 or 10 yard line. Overtime will continue until a winner is declared. Choices will continue to be reversed per overtime period.
- F. One time out per team, per overtime period.
- G. Interceptions on returned overtime extra points are worth the value of the attempted overtime extra point (1 or 2 points).
- H. Penalties are administered as in regular game.

SECTION 6 — SCORING:

ARTICLE 1— SCORING VALUES:

- A. Touchdown = 6 points
- B. Field Goals = 3 points
- C. Extra point = 1 point (3 yard line — run or pass)
 - 1 point (3 yard line kick)
 - 2 points (10 yard line — Run or Pass)
 - 2 points (15 yard line kick) ***PROFESSIONAL EXTRA POINT***

NOTE: A team that scores a touchdown must declare whether it wishes to attempt a 1 or a 2 point conversion. Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty.

- D. Interceptions on returned extra points are worth the value of the attempted extra point (1 or 2 points).
- E. Extra Point Attempts** - If the attempting team throws an interception and commits an infraction after the interception, the opposing team takes offensive possession of the ball. They will get an additional 5 yards from the Line of Scrimmage. If a flagrant foul or intentional foul occurs on the extra point play, the penalty will still be assessed from the Line of Scrimmage.
- F. Safety = 2 points
- G. Forfeited game = 28 points (game time is forfeit time)
- H. Overtime = 1 or 2 points (depending on choice)

ARTICLE 2 — MERCY RULE:

A. Two Minute Warning - If a team is ahead by 17 points or more when the Referee announces the Two Minute Warning for the second half, the game shall be over.

B. After the Two Minute Warning — If a team scores during the last two minutes of the second half and the score creates a point differential of 17 or more, the game shall end at that point.

SECTION 7 — LIVE BALL & DEAD BALL:

ARTICLE 1 — LIVE BALL:

A. The ball is live at the snap and remains live until the Official whistles the ball dead.

B. One Foot In-bounds for Legal Catch - A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field-of-play.

C. Imitating Offensive Signals — The defense may not imitate the offensive team's 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** (S27).

ARTICLE 2 —- DEAD BALL:

A. The ball is ruled dead when:

1. A snap to a Quarterback hits the ground.
2. A fumble hits the ground (no fumble recoveries allowed).
3. A ball carrier's knee touches the ground.
4. A ball carrier steps out-of-bounds.
5. A ball carrier's flags are legally removed.

NOTE: If a ball carrier's flags fall off inadvertently, play shall revert to hand touch between the shoulders and knees.

6. If no flags are worn at the time of the snap, play revert to a one hand touch.

Penalty - failure to wear proper equipment (S23).

7. A touchdown, point after touchdown or safety is scored.
8. Any Official can whistle the play dead.
9. Substitutions may be made on any dead ball.

B. The Official will indicate the Neutral Zone and Line of Scrimmage, It is an automatic dead ball foul if any player on offense or defense enters the Neutral Zone. In regards 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.

NOTE:

1. There are no fumbles. The ball is spotted where the ball hit the ground.
2. The ball will be spotted wherever the ball was at the time of a flag pull.

ARTICLE 3 — INADVERTENT WHISTLE: In the case of an inadvertent whistle, the offense has three options:

A. The ball is in player possession — the team in possession may seal to put the ball in play where declared dead or replay the down. :

B. The ball is loose from a fumble, backward pass or illegal forward pass — the team in possession may elect to put the ball in play where possession was lost or replay the down.

C. During a legal forward pass the ball is returned to the previous spot and the down is replayed.

NOTE: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

SECTION 8 — RUNNING:

RUNNING PLAYS:

A. The ball will be spotted wherever the ball was at the time of a flag pull.

B. The Quarterback MAY run with the ball at any time.

C. The offense may use multiple handoffs.

1. “Center Sneak” play — The ball must completely leave the center's hands on the snap and he must step backwards off the Line of Scrimmage in order to receive a direct handoff from the Quarterback before advancing the ball.

D. Laterals and pitches ARE allowed anywhere on the field.

E. All defensive players are eligible to rush at the snap.

F. Runners may not leave their feet (diving) to advance the ball.

G. Spinning is allowed. Lateral moves to the left or right are permitted.

H. Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without a flag guarding penalty enforced.

I. **CONTACT BLOCKING IS ALLOWED.** Contact between shoulders and waist only.

J. **Downfield Blocking**— Blocking for the ball carrier is allowed Downfield but not while the ball is in the air.

K. **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.

SECTION 9 — PASSING:

PASSING PLAYS:

A. Backward passes and laterals ARE allowed.

B. Only one forward pass per down

C. If a passer crosses the Line of Scrimmage and comes back behind the Line of Scrimmage and throws a pass, it is an illegal forward pass.

D. Interceptions change the possession of the ball at the point of interception. Interceptions may be returned.

E. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.

F. If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

G. **Intentional Grounding** — A passer may not intentionally throw the ball into the ground to avoid a loss of yardage.

EXCEPTION: In the last 2 minutes of each Half, a passer may throw the ball into the ground (spike) to stop the clock and conserve time for his team. This play is legal, provided the passer is not trying to avoid a loss of yardage.

SECTION 10 — RECEIVING:

RECEIVING PLAYS:

A. All players are eligible to receive passes.

B. Center — The Center can be bumped one time after assuming a blocking position or firing out into his pattern by one full step.

C. Only one player is allowed in motion at a time. All motion must be 4 parallel to the line of scrimmage and no motion is permitted towards the Line of Scrimmage.

D. A player must have at least 1 foot in-bounds to make a legal reception.

E. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

F. Interceptions change the possession of the ball at the point of interception.

G. Interceptions are returnable on extra point plays and the points awarded will be the same as the extra point attempt.

H. Receivers may be bumped one time within 5 yards of the Line of Scrimmage.

SECTION 11 — KICKING (The Kicking Game):

ARTICLE 1 — KICK-OFF (FREE KICK):

A. Kick-off begins each half.

B. Kick-off follows a touchdown, field goal or safety.

C. **Kick-off spot on 100 yard field** — 40 yard line.

D. **Kick-off spot on 80 yard field** — 20 yard line.

E. Kick-off may be placed on a 2 inch tee or on the ground.

F. **SAFETY** — Kick-offs following a safety may be a kick-off or punt and must be kicked from the 20 yard line on both the 100 and 80 yard fields.

G. Minimum on line for Kick-off Returns — 4 players

H. Kick-off Return Team — A minimum of 4 players must line up on the 50 yard line on a 100 yard field, and the 30 yard line on an 80 yard field.

I. Kick-offs are dead if touched by either the kick-off team or the kick-off return team. NO FUMBLES.

J. ONSIDE KICKS- 2ND HALF ONLY. AFTER 2 MINUTE WARNING. TEAMS MUST KICK FROM THE 40 YARD LINE ON A 100 YARD FIELD AND FROM THE 20 YARD LINE ON A 80 YARD FIELD AND MUST PULL THE OPPOSING TEAMS FLAG BEFORE THEY REACH THE BALL PAST THE OPPOSITE 20 YARD LINE. *BALL MUST CROSS THE 20 YARD LINE PRIOR TO FLAGS BEING PULLED*

K. Kick-off team may recover a fumbled or muffed kick-off in the air before it touches the ground.

L. All kick-offs must travel 10 yards before it can be touched.

M. Kick-offs into the End Zone — Kick-offs may be brought out of end zone. Taking a knee will result in a touchback, place ball at 20 yard line. Zone-line-to-gain for first down.

N. Kick-offs Out of the End Zone — Kick-offs kicked out of the end zone is a touchback, place ball at 20 yard line. Zone-Line-to-Gain for first down.

O. Kick-off team has 30 seconds to kick-off after a score or it is a **Delay of Game Penalty** - 5 yards (S21).

P. Kick-off Out-of-Bounds before the 35 yard line — Place ball at spot.

Q.. Kick-off Out-of-Bounds between the 35 yard line and the goal line — Place ball on 35 yard line.

R. Kick-off Out-of-Bounds in End Zone — Place ball on 20 yard

S. Fair Catch — Any kick-off returner may signal for a fair catch kick-off.

T. Fair Catch Interference — No member of the kick-off team interfere with a kick-off returner after making a Fair Catch Signal (it is a **Fair Catch Interference Penalty** — 10 yards (S33).

U. Touchback — If a kick-off returner catches a kick-off in the end zone and then kneels down, it is a touchback and the ball is placed on the 20 yard line - Zone-Line-to-Gain for first down. If a kick-off | goes through the end zone, the ball is brought out to the 20 yard line — first down, Zone-Line-to-Gain.

ARTICLE 2 — PUNT (SCRIMMAGE KICK):

A. Protected Punt — If a team declares punt on 4th down they will have a no rush “protected punt”if a team decides to “No-Declare” the defense may bring a full rush to attempt to block a punt or the kicking team is allowed to go for it. FAKE PUNTS ARE ALLOWED

B. If a protected punt has been announced and the kick team purposely runs an offensive play, other than the punt, the penalty shall be a dead ball foul Unsportsmanlike Conduct Penalty 10 yards and loss of down (S7, S27 & S9).

C. At least four players on the Line of Scrimmage at the time of a punt (Offensive & Defense).

D. Defense may raise their arms or jump to try to block the punt but cannot cross the Line of Scrimmage on a declared punt.

E. If punter drops the snap, the ball is dead at the spot.

H. Punter must be at least 5 yards behind the center when receiving the snap.

I. Punter must punt the ball immediately and in a continuous motion. — The penalty for not punting the ball immediately shall be a 5 yard | **Illegal Procedure Penalty** (S19).

PENALTY: Delay of Game — 5 yards (S21)

NOTE: If repeated, it is an Unsportsmanlike Conduct Penalty, yards and loss of down (S27 & S9)

J. If the punting team or the punt return team touches a punt and it hits the ground, the ball is dead at the spot.

L. Muffs and fumbled punts are dead at the spot.

M. **Punt in the End Zone** — Place the ball on the 20 yard line if not returned.

N. **Punt Out-of-Bounds** — Play ball on spot.

O. Punts that hit the ground may be advanced by the punt return team or downed by the punting team.

P. **A fair Catch of a Declared Scrimmage Kick** — The receiving team may fair catch or advance a missed field goal that stays in bounds or comes up short.

Q. If the clock has been stopped for some reason and there is a request for a protected scrimmage kick, the clock will start at the snap.

R. **Fair Catch** — Any punt returner may signal for a fair catch while any punt is in flight and is beyond the punter's Line of Scrimmage.

S. **Fair Catch Interference** — No member of the punting team may interfere with the punt returner after making a Fair Catch signal — Fair Catch Interference, 10 yards (S33).

T. **Touchback** — If a punt returner catches a punt in the end zone and kneels down, it is a touchback and the ball is brought out to the 20 yard line, first down, Zone-Line-to-Gain. If a punt goes through the End Zone, the ball is brought out to the 20 yard line — first down, Zone-Line-to-Gain.

ARTICLE 3 — EXTRA POINTS (TRY-FOR-POINT):

A. 1 point = 3 yard line - run, pass or kick

2 points = 10 yard line - run or pass

2 points = 15 yard line- kick ***PROFESSIONAL EXTRA POINT***

B. **Change Extra Point choice** - You may only change your extra point choice by calling a time out.

C. **Next Play** — After an extra point, the next play shall be a kick-off or take the ball first and five from the 35 yard line.

D. **Penalty During an Extra Point Attempt** — If a penalty occurs during an extra point attempt, assess the penalty but the extra point value remains the same.

E. **The Center** — The Center cannot be touched and the Center cannot touch anyone on an extra point kick attempt. If there is a fake kick extra point attempt and the Center fires out into a pass pattern, then the defense can legally chuck the Center 1 time after he takes a full step into his pass pattern. If the extra point attempt is a scrimmage play, then the Center can be chucked one time after assuming a blocking position or firing out into his pass pattern by one full step.

F. **Minimum Number of Players on Line of Scrimmage** — 4 players

G. Rushing Between the Center & Guard — There shall be no rushing between the Center and Guard “A-GAP” on an Extra Point Kick Attempt, The Center’s foot must be in contact with the guard’s foot.

H. Stances — there shall be no three or four stances on any kick attempt, including extra point kick attempts.

I. Position of Holder’s Knees — The holder of an extra point kick attempt may have his knee on the ground, and after receiving the snap may hold for the kick attempt or get up and run or pass the ball.

J. Kicking Block — A 2 inch kicking block may be used to kick an extra point.

K. Roughing the Kicker, Holder or Center (Extra Point Kick Attempts) — Any roughing of the kicker, holder or center is (S30 & — s8):

1. Automatic 10 yard penalty on the kick-off, whether the extra point was good or not.
2. Choice of 1 or 2 points from the 1 yard line.
3. You may run, pass or kick from the 1 yard line for 1 or 2 points
4. If a choice for 1 or 2 points has been declared, the only way to change that choice is by requesting a time out.
5. If the kicker, holder or center is roughed after a kick attempt has been blocked, it is considered a personal foul and will have the option of a re-kick or re-play for whatever extra point was declared. — **Roughing the Kicker, Center or Holder** (S30 & S8).

ARTICLE 4 — FIELD GOAL:

A. Field goals are worth 3 points and can be attempted on any down.

B. Next Play — After a successful field goal, the next play shall be kick -off or take the ball - first and five from the 35 yard line.

C. Penalty During a Field Goal Attempt — Assess penalty as in a regular play.

D. The Center - The Center cannot be touched and the Center cannot touch anyone on a field goal attempt. If there is a fake field goal attempt and the Center fires out into a pass pattern, then the defense can legally chuck the Center one time after he takes a full step into his pass pattern.

E. Minimum Number of Plays on Line of Scrimmage — 4 players

F. Rushing Between the Center & Guard — There shall be no rushing between the Center and Guard on a field goal attempt. The Center’s foot must be in contact with the guard’s foot and the guard’s foot must be in contact with the tackle’s foot. NO GAPS are allowed on the offensive line.

G. Stances — There shall be any stance on a kick attempt, including field goal kick attempts.

H. Position of Holder’s Knees — The holder of a field goal attempt may have his knee on the ground and after receiving the snap, may hold for the kick attempt or get up and run or pass the ball.

I. Kicking Block — A 2 inch kicking block may be used to kick a field goal.

J. Roughing the Kicker, Holder or Center (Field Goal Attempt) — Any roughing of the kicker, holder or center is an automatic first down and a 10 yard penalty (S30 & S8).

K. When a Field Goal is Missed or Blocked:

A. Missed Field Goals:

1. Any missed Field goals shall be placed at the original scrimmage line.
2. The receiving team may return a missed field goal attempt from the end zone of the field-of-play.
3. If the receiving team fumbles or muffs an attempted return of a | missed field goal attempt, the ball is dead at the spot where it hits the ground. 2

B. Blocked Field Goals:

1. If an attempted field goal is blocked and hits the ground, the ball is dead.
2. Field goals that are blocked shall be placed at the original Line of Scrimmage.
3. The kicking team may advance a blocked field goal attempt that is legally caught behind or beyond the Line of Scrimmage, as long as the ball has not yet touched the ground.
4. The receiving team may advance a blocked field goal attempt that is legally caught behind or beyond the Line of Scrimmage, as long as the ball has not yet touched the ground.
5. If the receiving team fumbles or muffs an attempted return of a blocked field goal attempt, the ball is dead at the spot where it hits the ground.

L. Field Goal Attempts on 1st, 2nd or 3rd Down — A field goal attempt on 1^o, 2^o or 3^o down that is blocked by the receiving team behind the Line of Scrimmage and is caught by the kicking team shall be counted as a scrimmage play, and the kicking team shall receive the next succeeding down.

ARTICLE 5 — THE TURNOVER RULE (ONSIDE KICKS):

A. Change of Possession During Last 2 Minutes of Second Half — During the last 2 minutes of the second half ONLY, all kick-offs that follow a score MUST be returned by kick-off return team's 20 yard line or further (after all penalties that occur have been assessed), or the kick-off team shall receive the ball at the 50 yard line. **THE BALL MUST CROSS THE 20 YARD LINE** — First down and the next Zone-Line-to-Gain. **APPLIES TO LOSING TEAM ONLY.**

B. Foul During a Return in the Last 2 Minutes of the Second Half — | All fouls that occur on a return during the last 2 minutes of the second half must result in the ball being brought to or past the 20 yard line or the kick-off team shall receive the ball on the 50 yard line — First down and the next Zone-Line-to-Gain. **APPLIES TO LOSING TEAM ONLY.**

C. Touchback - If a touchback occurs during the last 2 minutes of the second half, it shall be the kick-off return team's ball on their 20 yard line — First down and the next Zone-Line-to-Gain.

SECTION 12 — RUSHING THE PASSER

RUSHING PLAYS:

A. Defensive players who rush the passer may line up on the Line of Scrimmage when the ball is snapped. Any number of players can rush the Quarterback at the snap.

B. A ball spotter shall be used to mark the Line of Scrimmage.

C. 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 a contact with the passer will result in a **Roughing the Passer Penalty**. Players must go for the Quarterback's flag.

D. A sack occurs if the Quarterback's flags are pulled behind the Line of Scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.

SECTION 13 — FLAG PULLING:

DE-FLAGGING: De-flagging 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. Offensive players are not permitted to protect or guard their flags.

- A. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- B. Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
- C. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- D. If a player's flag inadvertently falls off during the play, the de-flagging reverts to a 1 hand touch of the runner between the shoulder and the knees.
- E. If a flag is removed illegally, play should continue with the option of the penalty or the play.
- F. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- G. Tampering with the flag in any way to gain an advantage including, tying the flag, cutting the flag, using foreign materials or other such acts are illegal and will **RESULT IN EJECTION FROM GAME**.
- H. 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 or shoulder, or intentionally covering the flags with the football jersey.

SECTION 14 — FORMATIONS:

ARTICLE 1 — MINIMUM PLAYERS ON LINE: Offense must have a minimum of four players on the Line of Scrimmage and up to seven players on the Line of Scrimmage. The Quarterback must be off the Line of Scrimmage.

ARTICLE 2 — MOTION:

- A. Offensive players must come to a complete stop for 1 second before the ball is snapped unless he is the only player in motion.
 - 1. One player at a time may go in motion at the snap behind and parallel to the Line of Scrimmage.
 - 2. No motion is allowed towards the Line of Scrimmage.
- B. 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.
- C. The center must snap the ball with a rapid and continuous motion between his legs to a player in the backfield (not on the Line of Scrimmage) and the ball must completely leave his hands.

SECTION 15 — UNSPORTSMANLIKE CONDUCT:

- A. If the Referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, **the game will be stopped and the player will be ejected from the game**. The decision is made at

the Referee's discretion. No appeals will be considered. **THERE IS A ZERO TOLERANCE POLICY. FOUL PLAY WILL NOT BE TOLERATED**

B. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the Referee will give one warning. If it continues, **the player or players will be ejected from the game.**

C. Players may not physically or verbally abuse any opponent, coach or Official.

D. Ball carriers **MUST** make an effort to avoid defenders with an established position.

E. Defenders are not allowed to run through the ball carrier when pulling flags. Fans must also adhere to good sportsmanship as well.

1. Yell to cheer on your players, not to harass Officials or other teams.
2. Keep comments clean and profanity free.
3. Compliment ALL players, not just one player or team.

G. Fans are required to keep fields safe and kid friendly.

1. Keep younger kids and equipment such as coolers, chairs and tents to a minimum of 10 yards off the field.

H. FIGHTING

1. If either team leaves the bench during a fight, the game will immediately be forfeited. **REFEREES DISCRETION WILL DECIDE IF ONE OR BOTH TEAMS ARE DISQUALIFIED FROM GAME OR TOURNAMENT.**
2. Any player that comes off the sideline during a fight will be **EJECTED AND DISQUALIFIED FROM GAME OR TOURNAMENT.**
3. **FIGHTING IN THE U.F.F.L WILL NOT BE TOLERATED. ZERO TOLERANCE POLICY. U.F.F.L DIRECTORS AND NATIONAL STAFF WILL DETERMINE PUNISHMENT IN THE EVENT OF A FIGHT.**

SECTION 16 — PENALTIES:

ARTICLE 1 — GENERAL:

A. The Referee will call all penalties.

B. All penalties will be assessed from the Line of Scrimmage except as noted (spot fouls).

C. Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question judgment calls.

D. Games may not end on a defensive penalty unless the offense declines it.

E. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before a play is considered complete.

F. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

G. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a \$50 non-refundable reinstatement fee.

ARTICLE 2 — SPOT FOULS: SPOT FOULS — OFFENSE

SPOT FOULS — OFFENSE

Illegal Forward Pass	Spot Foul, -5 yards, Loss of Down
Flag Guarding	Spot Foul, -10 yards, Loss of Down
Holding	Spot Foul, -10 yards, Replay the Down
Diving to Advance the Ball	Spot Foul, -10 yards, Replay the Down
Illegal Block	Spot Foul, -10 yards, Replay the Down
Illegal Contact/Not Avoiding Defensive Player	Spot Foul, -10 yards, Replay the Down
Unnecessary Roughness	Spot Foul, -15 yards, Automatic First Down
Targeting	Spot Foul, -15 yards from Line of Scrimmage, Loss of Down

SPOT FOULS — DEFENSE

Defensive Pass Interference	Spot Foul, Automatic First Down
Stripping	Spot Foul, +10 yards from End of Run, Replay the Down
Illegal Contact/Bodying Up the Ball Carrier to Remove Flag	Spot Foul, +10 yards, Replay the Down
Unnecessary Roughness	Spot Foul, +15 yards, Automatic First Down
Targeting	Spot Foul, +15 yards from Line of Scrimmage, Automatic First Down

ARTICLE 3 — DEFENSIVE PENALTIES:

Illegal Contact	+5 yards from Line of Scrimmage, Automatic First Down
Illegal Flag Pull	+5 yards from Line of Scrimmage, Automatic First Down
Holding—Eligible Receiver (non-possession)	+5 yards from Line of Scrimmage, Automatic First Down
Off-Sides/Encroachment/Neutral Zone Infraction	+5 yards from Line of Scrimmage, Replay the Down; Consecutive— +10 yards from Line of Scrimmage, Replay the Down
Illegal Substitution	+5 yards from Line of Scrimmage, Replay the Down
Holding—Ball Carrier (possession)	+10 yards from End of Run, Replay the Down
Roughing the Center, Kicker, Holder or Passer	+15 yards, Automatic First Down
Unsportsmanlike Conduct	+15 yards from Line of Scrimmage, Automatic First Down
Simulating the Snap Count	+15 yards from Line of Scrimmage, Replay the Down
Illegal Participation	+15 yards from Line of Scrimmage, Replay the Down

ARTICLE 4 —- OFFENSIVE PENALTIES:

Illegal Contact	+5 yards from Line of Scrimmage, Automatic First Down
Illegal Flag Pull	+5 yards from Line of Scrimmage, Automatic First Down
Holding—Eligible Receiver (non-possession)	+5 yards from Line of Scrimmage, Automatic First Down
Off-Sides/Encroachment/Neutral Zone Infraction	+5 yards from Line of Scrimmage, Replay the Down; Consecutive— +10 yards from Line of Scrimmage, Replay the Down
Illegal Substitution	+5 yards from Line of Scrimmage, Replay the Down
Holding—Ball Carrier (possession)	+10 yards from End of Run, Replay the Down
Roughing the Center, Kicker, Holder or Passer	+15 yards, Automatic First Down
Unsportsmanlike Conduct	+15 yards from Line of Scrimmage, Automatic First Down
Simulating the Snap Count	+15 yards from Line of Scrimmage, Replay the Down
Illegal Participation	+15 yards from Line of Scrimmage, Replay the Down

ARTICLE 5 — GENERAL PENALTIES

Fighting	15 yards from Line of Scrimmage, Ejection
Profanity	15 yards from Line of Scrimmage, possible Ejection
Unpalatable Act	15 yards, Official's discretion
Conduct Unbecoming	15 yards from Line of Scrimmage
Taunting	15 yards from Line of Scrimmage

ARTICLE 6 — ALL-BUT-ONE ENFORCEMENT PHILOSOPHY: Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give us this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot, unless it occurs behind the Line of Scrimmage. Then it is assessed from the Line of Scrimmage.

EXCEPTION: Any foul that occurs by the offense in their own end zone shall be ruled a safety.

Fig. 1

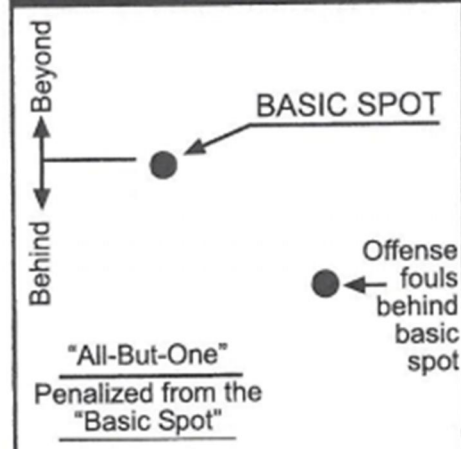


Fig. 2

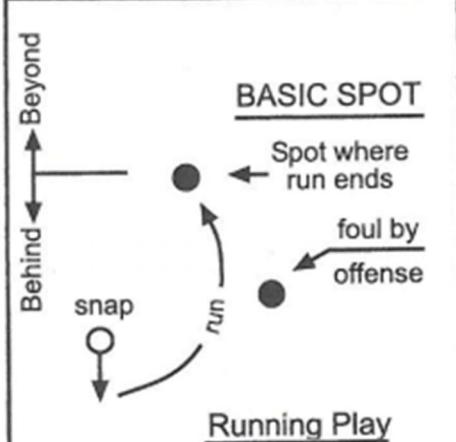


Fig. 3

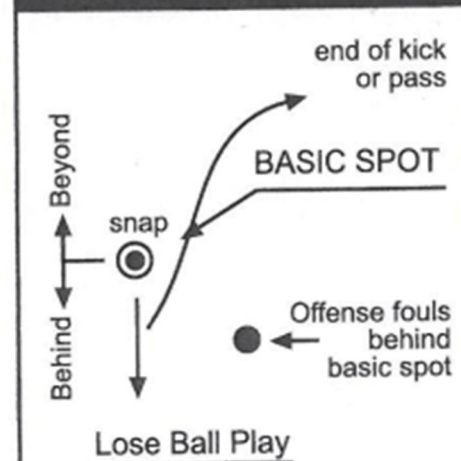


Fig. 4

