

ADULT FLAG FOOTBALL



2026 RULE BOOK



Adult Flag Football

2026 Rules

ELIGIBILITY

1. PLAYER ELIGIBILITY

A player may compete for only one team in each division. To be eligible for tournament play, a participant must play in at least two (2) regular season games. Players will need to sign the participation waiver and check in and **show a picture ID** before any regular season games they wish to count towards the two required for tournament.

Provo Parks and Recreation will use discretion to move teams to the most competitive tournament bracket for post-season play. If a player is on more than one team in the same tournament bracket, they may play for any team for which they are eligible.

THE GAME

1. THE GAME

The game shall be played between two teams of 8 players each on a rectangular field with an official football. The game shall be played under the supervision of 2 to 3 officials and a site-supervisor.

The playing time will be kept on a timer operated by the game official.

Team representatives, including **players, team managers, coaches, and fans** are subject to the rules of the game, and shall be governed by the decisions of the officials assigned to the game.

2. LENGTH OF GAME

Playing time shall be **40 minutes in duration** divided into **two 20 minute periods, with a 2-5 minute half-time**. If overtime is necessary, it will begin immediately following the game.

3. TEAM CAPTAINS

Each team manager or coach shall designate to the Referee the Team Captain(s). If more than one player is designated, a Speaking Captain must be selected to make all decisions.

4. COIN TOSS

At the coin toss in the center of the field, the home team's 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 to: Receive, Defer, or designate which goal his team will defend.** The losing captain will have his choice of the remaining options.

5. START OF THE GAME

A team must begin the game with a minimum of six players. **Game time is forfeit time. The Clock starts at game time.** If one or both teams have less than 6 players (teams **MUST** start if they have 6 players present) at game time and both teams agree to wait, the clock will start at game time and a 10 minute waiting period will be given; team(s) will automatically forfeit after the waiting period is complete. Officials will not referee forfeited games. Each half will start with a kickoff. After a team scores, the opposing team will start on the 20 yard line.

6. DISQUALIFIED OR EJECTED PLAYERS

A disqualified or ejected player must always leave the game and **MUST physically leave the park.**

7. ADVANCING THE BALL

A team, in possession of the ball, shall have 4 consecutive downs to advance the ball to the next zone line-to-gain by scrimmage. Any down may be repeated if provided for by the rules.

EQUIPMENT

1. THE BALL

Provo Parks and Recreation will provide a game ball. If teams decide to use a different ball it must be an adult ball that both teams agree to use. The Referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion. During the game each team must use a legal ball of its choice when it is in possession.

2. UNIFORMS

Each team must have matching jerseys by your third game. **A player without a matching jersey will not be allowed to play.** The pants must be a different color than the flags. No red or yellow pants allowed. The visiting team shall make any changes required. **No article of clothing may cover any portion of a player's flag (excludes belt).**

Penalty: 5 yards

3. SHOES

Shoes must be of either a leather or canvas upper with a one-piece molded bottom, which may or may not have cleats. **Under no circumstances may metal tipped cleats be worn.** If a player is wearing illegal shoes during the game (from the inspection to the end of the game), that player will be charged with a penalty.

Penalty: 15 yards and player ejected from the game

4. FLAGS

Each player on the field must wear a Triple Threat One Piece Belt with 3 flags unaltered in any way. No folding, rolling or tying knots in the belt.

Penalty: 15 yards

The flags must be of contrasting color to the pants.

5. ILLEGAL EQUIPMENT

The use of headgear, of any nature, shoulder pads, body pads, or shoes with metal tipped cleats, regardless of material is prohibited. Additionally, any unyielding or dangerous equipment is prohibited (No hard casts. Soft casts must be approved by Site Supervisor.) **No loose jewelry of any kind shall be worn.**

Penalty: 15 yards

THE CLOCK

1. RUNNING CLOCK

The running clock will start when the ball is legally snapped. It will run continuously for the 20 minutes unless it is stopped for a time out. Then it will re-start when the ball is legally snapped.

2. FINAL TWO MINUTES OF THE GAME

Approximately **two minutes before the end of the GAME**, the Referee shall inform both captains of the playing time remaining. During the **final two minutes of the GAME** the clock will stop for:

Incomplete pass, re-starts when ball is legally snapped

Out-of-bounds, re-starts when ball is legally snapped

Penalty and administration, re-start is dependent on penalty

Touchdowns, re-starts when ball is legally snapped

Team time outs, re-starts when ball is legally snapped

First down, re-starts when ball is spotted and whistle blown

Referee's discretion, re-starts at his discretion

Fair catch, re-starts when ball is legally snapped.

The clock will not stop if the score differential is 17 points or greater.

3. TIME OUTS

The Referee shall declare a time out when he suspends play for any reason. Each time out shall be charged either to the Referee or to one of the teams. A charged time out, requested by any captain, shall not exceed **one minute**. Other time outs may be longer only if the Referee deems it necessary to remove an injured player.

The Referee shall **WARN** both teams **five seconds** before a charged time out expires. The team then has 25 seconds to put the ball in play. When two time outs have been charged to a team in the half, the Referee shall notify the Field Captain and the Coach of that team.

3.1 CHARGED TIME OUT

Each team is entitled to **two charged time outs per half (do not carry over)** during the game without penalty. Successive charged time outs may be granted to each team during a dead ball period. If the ball is dead and a team has not exhausted its charged time outs, the Referee shall allow a time out and charge that team.

3.2 OFFICIAL TIME OUT

The Referee shall declare an Official's time out when:

A touchdown, touchback, field goal or safety is made in the last two minutes

An excess time out is allowed

The game clock is stopped to complete a penalty

3.3 DISCRETIONARY TIME OUT

The Referee may declare an Official's time out for any contingency not elsewhere covered by the rules. If a time out is for repair or replacement of player equipment which becomes illegal through play, the Referee shall charge himself. The Referee shall also charge himself when an injured player is designated.

3.4 COACH - OFFICIAL CONFERENCE

During the play the Captain or Coach may call time out to review a misapplication of a rule or penalty. Judgement calls will not be reviewed. If a call is reversed, that team's time out will be restored. If the call is not reversed, that team's time out is consumed and will count against their total of two time outs. If a team has used its two time outs, a delay of game penalty will be assessed for an attempt to call a third time out and subsequent requests for a time out will be ignored by the referee.

4. DELAYING THE GAME

Each team shall have its players on the field at the scheduled time for the beginning of each period. All players must have their flags in legal position at the start of each play.

Penalty: 10 yards

The ball must be put in play promptly and legally; any action or inaction, which tends to prevent this is an illegal delay of the game. This includes, but is not limited to:

A Coach-Referee conference after all permissible charged time outs have been used, and during which, the Referee is requested to reconsider the application of a rule which results in no change

Consuming more than 25 seconds to put the ball in play after it is "ready for play"

Penalty: 5 yards

5. CHANGE IN PLAYING TIME

Before the start of the game, playing time may be shortened by mutual agreement of the Field Supervisor, Captains, and the Referee. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the same individuals. A period may be extended by an untimed down, only when during the last timed down, one of the following occurred:

A touchdown was scored, the try-for point is attempted as a part of the same half

The penalty from a foul by the defense was accepted, the half must be extended

There was fair catch interference and the offended team accepts an awarded fair catch, the half may be extended and the ball put in play by a snap

If there was fair catch interference and the offended team accepts the distance penalty, the half must be extended and down replayed

AWARDS

1. TOURNAMENT AWARDS

Any team finishing 1st or 2nd in their respective tournaments will receive 12 shirts for their team. Additional shirts may be purchased for other roster members for \$15ea.

KICKS

1. LEGAL KICKS

A legal kick is a punt (when such a kick is permitted by rule) by a player of the team in possession. **Kicking the ball in any other manner is unsportsmanlike conduct and penalized as such.** Any kick continues to be a kick until it is caught or recovered by a player or becomes dead.

2. PUNTS

All punts must be announced, **there are no quick kicks.** Any given team must announce to the Referee before the ball is ready for play that they are going to punt. After such announcement the kick must be attempted.

Penalty: 15 yards

Exception: If a penalty occurs anytime during this down which results in a team being in a position of fourth down again, the team then must re-declare the punt. No direct snap is allowed. The punter must be at least five yards behind the line of scrimmage when receiving the snap. After receiving the snap, the punter must kick the ball **immediately** and in a continuous motion.

Penalty: 5 yards for first offense, unsportsmanlike conduct 15 yards and loss of down for each subsequent offense.

If a kick goes out-of-bounds, between the goal lines, or comes to rest inbound untouched and no player of either team attempts to secure it, the ball becomes dead. **RUSHING THE PUNTER IS ILLEGAL.**

3. FORMATION

Both teams must have four players on the line of scrimmage during any kicking play. Both teams must maintain at least four players on the line of scrimmage until the kick is made. Players on the line of scrimmage must remain motionless until the ball is kicked. At all times, when the ball is snapped from the center to another player the snap must be between the center's legs and the center's shoulders must be parallel to the line of scrimmage and any snap that hits the ground is dead at the spot where it hits the ground.

4. RELEASE OF OFFENSIVE PLAYERS

Two offensive players may release from the line of scrimmage before the ball is kicked, but it must be the two outside players; all other players must stay in place until the ball is kicked.

5. CATCH AND TOUCHED

A scrimmage kick that touches anything on or goes out-of-bounds behind a team's goal line (plane), is a touchback and the ball belongs to the defending team at their 20 yard line. A ball that is kicked out of bounds (kick off only) between the goal line and the 20 yard line will be spotted at the 20 yard line. Punts will be declared down where they went out of bounds. A ball that is caught in the endzone may be brought out.

A dropped ball received from a kick-off or punt will be dead at the spot the ball hits the ground.

If any member of the kicking team catches or touches a free kick before the ball is touched by the opposing team, or **hits the ground**, it is fair catch interference.

Penalty: 15 yards, previous spot or awarded fair catch

PASSING

1. LEGAL FORWARD PASS

During a scrimmage down and before a team possession has changed, a forward pass may be thrown provided the ball, when it leaves the passer's hand, is on the offensive team's side of the line of scrimmage. **All players are eligible to touch or catch a pass. Only one forward pass can be thrown per down.**

If a defender pulls the quarterback's flags while his arm is in forward motion, it is declared a sack and the ball is dead at that spot.

An offensive player, who goes out-of-bounds on his own volition during a passing down, loses eligibility until the ball has been touched by another player.

Penalty: 15 yards (illegal participation)

When a legal forward pass touches the ground or anything out-of-bounds it becomes dead and is ruled as an incomplete pass. The ball belongs to the passing team at the spot of the previous snap, unless a new series has been created. In such a case, it belongs to the opponents at the previous spot.

2. ILLEGAL FORWARD PASS

A forward pass is illegal in the following situations:

- if the passer is beyond the line of scrimmage when the ball leaves the hand
- thrown after a team possession has changed during the down
- thrown intentionally out-of-bounds to save loss of yardage
- there is more than one forward pass per down
- a player throws a ball to himself untouched by a defensive player.

Penalty: 10 yards from the spot of the foul (loss of down if by the offense and before a team possession changes during a scrimmage down)

3. BACKWARD PASS OR FUMBLE

A backward pass is when a player tosses the ball backwards or parallel to the line of scrimmage. A backward pass or fumble may be **caught in flight** in bounds by **ANY** player and advanced.

A backward pass in flight shall **not** be batted forward by the passing team.

Penalty: 10 yards

A backwards pass or fumble is down at the spot when it goes out of bounds or touches the ground or the goal line. The ball belongs to the team last in possession, unless lost on downs. If ball hits the ground inbounds the clock does not stop.

A ball carrier may not intentionally fumble a ball forward in order to take advantage of field position or achieve a first down.

Penalty: 10 yards

A ball carrier may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid the capture.

Penalty: 10 yards, clock starting or stopping is at Referee's discretion

4. LEGAL CATCH

One foot inbound **with** possession of the ball constitutes a legal catch.

A ball intercepted in the endzone may be brought out by the intercepting team.

5. PASS INTERFERENCE

During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver (offensive or defensive), is pass interference unless it occurs when two or more eligible players make a simultaneous and bona fide attempt to reach, contact, or bat a pass.

OFFENSIVE INTERFERENCE Penalty: 10 yards and loss of down

DEFENSIVE INTERFERENCE Penalty: 10 yards from previous spot and automatic first down

6. ROUGHING THE PASSER

A defender cannot make contact with the quarterback while in the throwing motion and follow-through.

Penalty: 15 yards and automatic first down contact with quarterback added on to the result of the play

ADVANCING THE BALL

1. HANDING FORWARD

No player may hand the ball forward except as follows: A player, who is behind the line of scrimmage, may hand the ball forward to a teammate who is also behind the line of scrimmage.

Penalty: 5 yards from the previous spot

2. HANDING BACKWARD

A ball carrier may hand the ball backward at any time.

3. RUNNING OVER

The ball carrier shall not lower his head and deliberately drive or run into a defensive player. This is running over. The carrier shall try to avoid this by agility rather than power.

Note: In judging "running over," the referee will keep in mind the charging rule as applied in basketball. A ball carrier shall not charge into nor contact an opponent in his path or attempt to run between two opponents or between an opponent and a boundary unless the space is such as to provide a reasonable chance for him to go through without contact. If a ball carrier passes an opponent to have his head and shoulders in advance of the opponent, the greater responsibility for contact is on the opponent. If a ball carrier in his progress has established a straight line path, the carrier must avoid contact by changing directions or ending his forward motion.

Penalty: 10 yards from the spot of the foul, loss of down. Flagrant offenders may be disqualified.

4. JUMPING

A player **may not leave his feet** to advance the ball. The ball carrier may leave his feet to avoid head-on collisions or injury. The ball carrier may jump backwards with out being penalized. The interpretation of this rule is left to the referee's discretion.

Penalty: 10 yards from the spot of the foul, loss of down

5. RUNNING UP THE MIDDLE

There are no designated **running plays for two yards on either side of the center (tackle box)**. A ball carrier may run up the middle, as long as the ball goes outside the tackle box.

Penalty: 10 yards

DEFLAGGING

1. FLAG REMOVAL

Offensive players must have possession of the ball before they can legally be deflagged. A flag removed inadvertently (not removed by grabbing and pulling) does not cause play to stop. It should continue as if the flag had not been removed. In all situations where a play is in progress and a ball carrier loses his flags either accidentally or inadvertently, the deflagging reverts to a one-hand touch of the ball carrier below the shoulders. It is **unsportsmanlike conduct** and penalized as such for a player to remove **his own flags** before or during a live ball period. A player may leave his feet to remove opponents flags.

2. CAPTURE

When the flag belt is **clearly** taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier **should immediately** hold the flag belt above his head to assist the Official in locating the spot where the capture occurred. If a flag inadvertently falls to the ground, a one-handed tag anywhere below the shoulders.

3. AFTER A SCORE

After each score the player scoring must walk to the nearest Official with the ball held over his head. The Official will remove the flag belt. **If the flag belt is tied or illegally fastened it is a foul. Penalty: Player ejected from the game, play disallowed, loss of down, and 15 yards from the previous spot. If the scoring player, a team member, or fan removes the flag belt or causes the belt to come off, (in the observance of an official) the score will not count and a 5 yard penalty will be assessed from the previous spot.**

4. FLAG GUARDING

Ball carriers shall not protect their flags by blocking with arms or hands the opportunity of an opponent to pull or remove a flag. Straight arming is a foul.

Penalty: 10 yards from the spot of the foul, loss of down (still a penalty even if flags are removed)

5. ILLEGAL CONTACT

In an attempt to remove a flag, both offense (A) and defense (B) are responsible for avoiding head on collisions. B may contact the body and shoulders of A with their hands, but B can **not** contact A's face or any part the neck or head. B may **not** hold, grasp, push, or knock the ball carrier down, or obstruct forward progress in an attempt to remove the flag. **B may not knock the ball loose after A has possession. B may not push out of bounds.**

Penalty: 10 yards

SCORING

1. POINTS

The following methods shall be used in scoring a game:

Touchdown	6 points
Safety	2 points
Successful Try-For-Point	
Running, passing from 5 yards	1 point
Running, passing from 10 yards	2 points

2. TOUCHDOWN

A touchdown shall be scored for the team to which the ball legally belongs, when a down is completed and any part of the ball is on, above, or behind the opponent's goal line.

An opportunity to score one or two points, shall be granted a team scoring a touchdown. There shall be one scrimmage play unless changed by penalty. A team is given one choice which cannot be changed, even if a penalty should occur. e.g., If you declare you are going to two points, the ball is placed at the 10 yard line, and even if a penalty should occur, the team will only be able to run or pass, and if successful, no matter from what distance the value of the try is two points.

3. TRY-FOR-POINT

The point(s) shall be awarded if the try results in what would have been a touchdown under rules governing play at other times.

If an offsetting foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by Team B, during a successful try, Team A will accept the score with enforcement of the penalty from the start line.

If the defending team intercepts the try and runs it back for a touchdown, 2 points will be awarded.

4. SAFETY

When the ball is out-of-bounds behind a goal line (except from an incomplete forward pass) or when the ball becomes dead in possession of a player on, above, or behind the player's own goal line, it is a safety if the defending team is responsible for the ball being on or behind that goal line.

A fumble in your own endzone does not constitute a safety and will be considered a loss of down with the ball placed on the goal line for the next play.

When an accepted penalty for a foul or an illegal forward pass leaves the ball on or behind the offending team's goal line it is a safety.

After a safety is scored against Team A, Team A shall punt or kick the ball from the 20 yard line just like a kick off.

SUBSTITUTIONS

1. ENTRY

No substitute shall enter during a down. Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes live. An incoming substitute **must** enter the field directly from his team area, and check into the huddle (no hiding players). A replaced player **must** leave the field at the sideline nearest his team area prior to the ball being snapped.

Penalty: 9 or more players on the field during a live ball period is illegal participation and penalized 15 yards from the previous spot. Any player exiting the field quickly when the ball becomes live and does not participate in the play will not be penalized.

2. RE-ENTRY

During the same dead ball interval, no substitute shall become a player then withdraw. No player shall withdraw and then re-enter as a substitute unless a dead ball foul occurs or there is a charged time out or period ends.

Penalty: 5 yards from previous spot.

TIE GAME (OVERTIME)

1. REVIEW

When the score is tied at the end of the game, the Referee will instruct both teams to return to their respective sidelines. There will be no intermission. All Officials will assemble at the 40 yard line. The Line Judge will go to one team and the Back Judge to the other team, to inform the Coaches of the time outs.

2. COIN TOSS

At the coin toss in the center of the field, the Captain from the team that did not call the opening coin toss shall be given the privilege of calling the coin while it is in the air. The choices will apply. The loser will have his choice of the remaining options. To indicate which team will go on offense, the Referee will have that Captain face the goal toward which his team will advance and indicate this with the first down signal. The other team Captain will face the offensive Captain with his back toward the goal which he will defend.

3. TIME OUTS

Each team shall be permitted one time out during each overtime period (**NO CARRY OVER**). The final score shall be determined by totaling all points scored by each team during the regulation game and overtime period(s).

4. PROCEDURE

To start the overtime, Team A shall put the ball in play, first and goal, on the 20 yard line **anywhere between the inbound lines**. Team A shall have a series of four downs. The series shall be terminated by a score by Team A or if Team B has possession at the end of any down. **An interception results in change of possession only**. Team A shall be awarded a new series when:

- The penalty for defensive pass interference is accepted
- When Team B is guilty of roughing the passer
- When a first down is provided by rule in the enforcement of a penalty

After Team A has completed its series, Team B will become the offensive team with the ball in its possession at the 20 yard line, **anywhere between the inbound lines**. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time. After the first overtime is completed, both teams will be required to attempt a two point conversion instead of being given the choice.

If the score remains tied after each team has completed a series of downs, the procedure shall be repeated with another overtime period until a winner is determined*; the loser of the coin toss from the first overtime will be given first choice of the options in the second overtime. If additional overtime periods are required, continued playing procedure will be at the discretion of the officials and site supervisors, according to time constraints.

***During the regular season only:** After the 4th overtime period, the outcome of the game will be determined by a coinflip in order to complete all games in the night before the park curfew.

INADVERTENT WHISTLE

1. INADVERTENT WHISTLE

If the referee blows his whistle by mistake the ball shall be placed at the spot of the ball when the whistle was inadvertently blown and the down counted, or the down may be replayed, at the discretion of the offensive team.

UNFAIR AND UNSPORTSMANLIKE ACTS

1. UNFAIR AND UNSPORTSMANLIKE ACTS

If a team refuses to play within one minute after ordered to play 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 considers equitable, **including the awarding of a score. The Referee may award a touchdown when B tackles or pushes A out of bounds on a breakaway or inside of B's first down line.** For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.

2. PERSONAL FOULS & PROHIBITED ACTS

No player shall commit a personal foul during a period or an intermission. Whenever, in the judgment of any game Official, the following acts are deliberate or flagrant, the players involved shall be ejected from the game and required to leave the park:

- No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent.
- There shall be no hurdling, tripping, clipping, or diving to advance the ball. **(A player may dive, jump or hurdle to avoid contact or injury.)**
- There shall be no contact with an opponent who is on the ground.
- The runner shall not be thrown to the ground.
- There shall be no unnecessary roughness of any nature.
- The ball carrier shall not deliberately drive or run into a defensive player.
- The center may not be touched until he has begun his pass pattern or stood up to block. **(Automatic First Down)**
- Pushing out of bounds.
- Abusive or insulting language.
- Any acts of unfair play.
- Managers, coaches or others on the field of play at any time.
- Players leaving the field of play other than during intermission at half time.
- Interfering with a player or any play while the ball is live.
- Using a "hide-out" or "sleeper" play, by placing a player(s) near the sideline who were not within the huddle at the time of the ready-for-play signal.
- The punter delaying the kick.
- Attempting to substitute a suspended player.

- B intentionally pulling or removing a flag from an A without the ball. **Spot of the Foul.**
- Roughing the quarterback or center. **Automatic First Down.**
- The defensive player shall not deliberately drive or run into the ball carrier.
- Any other deliberate, flagrant, or violent act.
- Fighting using fists, kicking or kneeing.
- Using locked hands, elbows, or any part of the forearm or hand, except according to rule.
- Tackling the ball carrier as in tackle football.
Penalty: 15 yards, if flagrant, the offender will be ejected

FOULS AND PENALTIES

1. PROCEDURE AFTER A FOUL

When a foul occurs during a live ball, the Referee shall, at the end of the down, notify the offended captain of his options. If the penalty is declined or there is a double foul, there is no loss of distance. A captain's choice of options may not be revoked. When a foul occurs during a dead ball between downs or prior to a free kick or snap, the ball does not become live. The Referee shall notify the offended captain of his options.

If a penalty is declined the number of the next down shall be whatever it would have been if that foul had not occurred.

2. FOULS BY BOTH TEAMS

If offsetting fouls occur during a down, that down shall be repeated. **Exception:** If each team fouls during a down, in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty for its opponents foul.

3. FOUL BETWEEN DOWNS

The penalty for a foul between downs is enforced from the succeeding spot. A foul following a penalty incurred after a series ends and before the next series begins shall be first down, but the zone line-to-gain shall be established before the penalty is enforced.

4. BLOCKING FOULS

The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. Offensive players must have their hands at their sides, crossed in front of them, or behind their backs when screen blocking.

Penalty: Personal foul, 10 yards from the previous spot.

NOTE: If an illegal block occurs downfield, the penalty is enforced from the SPOT of the foul

5. RUSHING FOULS

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. No pushing in the chest or the back. The application of this rule depends entirely on the judgment of the Official.

Penalty: 10 yards

The ball carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

Penalty: 10 yards

6. MULTIPLE FOULS

Penalties for dead ball fouls are administered separately and in order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. All unsportsmanlike fouls are penalized separately, and in addition to those occurring during a down by the same team.

When two or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct follows a previous foul. In such a case, the penalty for the unsportsmanlike conduct is administered or the team may decline all penalties.

When both teams commit live ball fouls during the same live ball period and (a) there is not change of team possession, or (b) there was a change of team possession and the team in possession at the end of the down had fouled prior to final change of possession, it is a double foul. In (a) or (b) the penalties cancel and the down is replayed. **If both teams foul during a down where there is a change of team possession, the team last gaining possession may retain the ball, provided it did not foul prior to the final change of possession and it declined the penalty for its opponent's foul.**

7. SCRIMMAGE FOULS

Any infraction of the following, **before** the snap is a foul:

The center, after assuming the position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be canceled.

The center must have both feet behind the scrimmage line, and no part of his body shall be beyond the forward point of the ball.

The center shall hand or pass the ball back between his legs from its position on the ground with a quick and continuous motion of the hand(s). The ball shall leave the hands(s) in this motion. No players may interlock their legs at the line of scrimmage. No player may make contact or interfere with an opponent or the ball before it is snapped. There shall be no contact with the center, except by rule.

After the ball is ready-for-play and until it is snapped, no player on defense may touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the zone to give defense signals, or shifting through the zone.

No player of the offensive team shall make a false start. A false start includes feigning a charge, or a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be ignored.

In a snap preceded by a huddle or shift, all players of the offense must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the ball is snapped.

No player on the defensive team shall imitate the snap cadence.

Penalty: 5 yards

Any Infraction of the following, **when** the ball is snapped is a foul:

At least four players must be on their offensive line of scrimmage. The remaining players must be either on the line of scrimmage or their backfield line. Exception: One player may be between the line of scrimmage and backfield line if placed in a position to receive a hand-to-hand snap from between the center's legs. When in such position, the player may receive the snap himself or may go directly to any back.

All players must be inbound and only the center may be encroaching on the neutral zone and their feet must be stationary behind the ball.

One offensive player may be in motion, but not in motion toward the opponent's goal line. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms. The offensive team must still have four men of the offensive line of scrimmage at the time of the snap. No offensive player, while on the scrimmage line, may receive a snap.

Every defensive player must be at least 3 yards off the line of scrimmage. Any number of players can rush the QB. The referee will designate the 3 yards with a marker. Defenders crossing the 3 yard mark will be called for a penalty if, still across the mark when the ball is snapped.

Penalty: 5 yards

DISCIPLINE

Player Unsportsmanlike Penalties (these are Unsportsmanlike Penalties for conduct or Code of Conduct Violations) during pre-season, season, and post-season will be penalized as follows:

1st Unsportsmanlike= 15 yard penalty

2nd Unsportsmanlike (any time in pre-season, regular and post-season) = 15 yard penalty and minimum suspension from 1 game.

3rd Unsportsmanlike (any time in pre-season, regular and post-season) = 15 yard penalty and minimum suspension from 2 games

4th Unsportsmanlike =15 yard penalty and suspension for rest of season and tournament

These unsportsmanlike penalties are cumulative and carry through regular season and tournament. **Game ejection will occur upon receiving two Unsportsmanlike Penalties in one game.** Serious conduct violations may require additional disciplinary actions.

Any team which receives **three Unsportsmanlike Penalties** in a game will automatically forfeit that game. Any team which receives seven **Unsportsmanlike Penalties** or code of conduct violations over the course of the season (Pre-season, regular and Post-season) will be suspended for the remainder of the season. (No Refund)

Any player given a suspension will not be allowed to participate in any Provo Recreation Leagues for the specified amount of time.

SUMMARY OF PENALTIES

5 YARDS

Delay of game (**blow whistle**)
Illegal substitution (**blow whistle**)
False start (**blow whistle**)
Any illegal act by the center (**blow whistle**)
Defensive Encroachment
Free kick infractions
Less than 4 players on offensive line at snap
Illegal position at snap
Offense illegally in motion
Illegal shift
Illegally handing ball forward (**downfield-spot foul**)
Article of clothing covering portion of player's flag
No contact roughing the passer (**+ result of play**)
Illegal Movement on punt (1st offense)
Imitating cadence

10 YARDS

Delaying start of either half
Interference with opponent or ball before snap
Running up the middle
Holding (**downfield-spot foul**)
Illegal block (**downfield-spot foul**)
Illegal contact (**downfield-spot foul**)
Illegal use of hands (**downfield-spot foul**)
Offensive pass interference (**down counts**)
Defensive pass interference (**automatic 1st down**)
Illegal forward pass (**spot foul, down counts**)
Pushing the ball carrier (**spot foul**)
Running Over (**spot foul, loss of down**)

Flag Guarding (**spot of foul, loss of down even if flags are pulled**)
Diving, Jumping (**spot foul, loss of down**)
Batting ball forward
Throwing ball out of bounds

15 YARDS

Striking, kicking, kneeing, tripping, clipping, pushing, or hitting (**spot**)
Striking the head (**spot**)
Unsportsmanlike conduct by player or bench
Interlocked interference
Roughing the passer or center (**automatic 1st down, + result of play**)

Quick kick
Fighting
Illegal participation
Any listed unfair, unsportsmanlike, personal foul, or prohibited act
Illegal equipment, flag manipulation
Illegal movement on punt (2nd offense)
Illegal touching

FORFEITURE OF GAME

Failure to play within one minute when ordered by the Referee
Repeatedly committing fouls in an attempt to delay the game
Less than six players at game time
Player ejection will occur upon receiving **two** Unsportsmanlike Penalties in one game
Any team which receives **three** Unsportsmanlike Penalties in a game will automatically forfeit that game

Forfeiture of game is not a penalty, but an edict by the Referee

ANY fighting results in ejection of the combatants and suspension. **During tournament play any player ejected for fighting is ineligible for the entire tournament. Any player who touches or threatens an official, employee or staff member is automatically suspended for one (1) year, pending further review, the offender can be placed on permanent suspension from all Provo Parks and Recreation events. In no case shall the suspension be modified or shortened. The minimum suspension is one year from the date of occurrence. The Director of Officials shall impose the suspension by verbally informing the player and filing a written report with the Parks and Recreation office.**