

UFL 8 on 8 Rules

Rule Book And Players Guide

8-Man Eligible Full Contact Flag Football

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Table of Contents

Page 3 – The Parameters of the Game

Page 6 – Basic Rules of the Game

Page 11 – DeFlagging

Page 12 – Unsportsmanlike Conduct

Page 13 – Penalties and Fouls

Page 15 – Summary of Penalties

Page 17- Multiple Team and Playoff Policy

1. The Parameters of the Game

The game shall be played by and between two teams on a regulation size football field of 100 yards X 53 yards. The fields will be marked in twenty (20) yard intervals with end zones ten (10) yards deep. Sideline players will remain between each twenty (20) yard line marker. A Team's official game ball must be at least High School regulation and shall not exceed NFL regulation. The preferred type is leather but rubber is permissible.

At any given time, the game will be officiated by no less than two (2) officials and no more than four at all A Division Games. The B and C division games will have no less than two and no more than three Officials at any given juncture of a game.

• Regulation Time of Play

All games shall not exceed Forty four (40) minutes of play, Twenty two (20) minutes per half, during regulation. Halftimes shall not exceed two (2) minutes. Start of games shall not be delayed no more than Five (5) minutes (In tournament play, the first game maybe delayed a maximum of 10 minutes), after which it will be the Referee's discretion to forfeit play. The play clock will stop on "out of bounds" plays, timeouts, injury, Fair Catch, defensive penalty and incomplete passes under two (2) minutes in each half of the game. The Referee will announce to both teams the game has approached the two minute mark during each half.

At all times a team with Offensive possession will have 25 seconds after the ball is set by the game Official to get the ensuing play snapped. After a dead ball penalty play clock will be 15 seconds.

• Overtime Play

A coin toss shall determine which team gets the ball first. Each team will decide to go for 1 point (3 yard line) or 2 points (10 yard line). Each team will have up to 3 attempts to score during regular season play, before ending in a tie. After both teams have had try if either team is a head that will end the game. *Also, teams alternate who goes first at the start of each round. Ex. Team who went first in the first round will go second in the second round and first in the third round.* During the playoffs the overtime process will continue until there is a winner. Interceptions may be returned for a touchdown resulting in victory.

Alternate (not currently used) -In the event a game is tied at the end of regulation play, start of each possession will be the 20 yard line (4 downs to score) overtime shall be the deciding format.

If the overtime game is not a playoff game, each team will be afforded one possession to score, after which if the game remains deadlocked, it will end in a

TIE. If overtime exists during playoffs, the game will continue until a winner is determined. A coin flip will determine first possession or deferment, whatever the deciding team chooses. Between the end of the game and overtime there will be an intermission period of no more than Two (2) minutes. One timeout will be awarded to each team. Timeouts will not carry over from regulation play.

In the event of a tie after two possessions by each team, teams then must attempt for 2 point conversions rather than 1. After 2 possessions of 2 point conversions ending in a tie, the 5th and final possession will be determined by the penetration rule – the team that accumulates the most yards from the 20 yard line should both teams fail to score.

- **Coin Toss**

The Referee shall conduct the coin toss duties and designate the “Caller” prior to the actual flip. The designated Player/Coach/team representative must make the decision while the coin is in the air. Failure to do so will automatically defer the decision to the non calling team. A team will have the choice to take possession of the ball, defend a particular goal while conceding possession or defer his judgment until the second half of said game. The non calling team will have opposite choices of the calling team.

- **Starting the Game**

The game will start no later than five minutes after prescribed time set. If the game does not start on time the first half may be shortened to less than twenty (20) minutes, referee’s discretion. Teams must start game with at least 5 players or forfeit will take precedence at Referee’s discretion. The ball shall be placed on the thirty (30) yard line on regulation size fields at the start of each possession to start the half or after a score. The ball shall be placed on the thirty (30) yard line after a safety.

- **Possession and Advancement**

A team in possession of the ball will have four consecutive downs to advance its said possession to the next zone and earning new consecutive four downs. This will continue until the possessing team scores or fails to advance the ball to the next zone for four more downs. At any point a team can utilize a free kick or punt to surrender possession without declaring to the Referee, except on fourth down. On Fourth down, a team must declare its option to kick or play to the Referee, which will then be declared as official unless a timeout is utilized by the possessing team to change the declaration.

As a safety precaution to the game, a player carrying the ball cannot at any given time leave his feet to advance the ball unless he/she is attempting to avoid injury. Interpretation of this rule will be at the sole discretion of the Referee with input from his supporting staff (this includes diving and jumping).

The spot of the ball will determine the line of scrimmage at the time the play is declared dead by the Officials. The ball may be extended for extra gain to cross a plane to advance or score; it will take precedence over the carrier's body. The spot of the ball is at the discretion of the Officials.

• Scoring

By run or pass, a team can score a maximum of six (6) points for each score at any given time of the game. Extra points are determined by yardage, two (2) points when set at the 10 yard line and one (1) point when set at the three (3) yard line. A Defensive player may advance a turn over for two (2) points during an extra point attempt, regardless of the amount the offense was going for.

Touchdown: When any part of the ball, legally in possession of a player inbounds, breaks the plane of the opponent's goal line, provided it is not a touchback. The plane of the goal line extends outside of the field of play.

An Offensive team representative will declare one point or two to the official and cannot be altered without calling a timeout. Referee is responsible for spot of ball and field announcement once decision is declared.

If the point differential exceeds 16 points (17+) within the two minute mark of the second half, the game will automatically end no matter who owns the possession. IF TIME PERMITS, refs may allow the teams to finish the final 2 minutes on a running clock ONLY if there have been ABSOLUTELY NO sportsmanship issues throughout the game. IT IS NOT a legitimate argument to say that you "paid" for the last 2 minutes. All the other teams paid as well, and we have a responsibility to keep the league functioning for all teams. There are legitimate & obvious reasons for having a mercy rule (for the sake of both teams), but more importantly, in the past, the police have told us, in no uncertain terms, that if we did not completely eliminate serious sportsmanship issues, they would not hesitate to shut our league down permanently. When there have been sportsmanship issues during a game, it is usually at the end where the frustration of losing, etc., have resulted in serious incidents. This is why we are NOT going to allow 17+ point margin games to continue beyond the 2 minute mark if there have been ANY sportsmanship issues WHAT-SO-EVER during the game. We will also not hesitate to disqualify players or end games even earlier than the 2 minute mark if serious sportsmanship issues warrant such an action, at the referee's discretion. Please keep yourselves and your teammates under control so that we don't have to make tough decisions such as this and so that your league can continue to thrive.

If the point differential exceeds 35 points at any given point of the game, it will be considered a "Skunk" and will follow the same format (running clock only) as if a team is a head by 17 points or more at/under two minutes.

In the event field goals are applicable, the defensive team cannot rush the "A" and "B" gaps nor breaks the line of scrimmage when attempting a vertical block

of said kick. Guards of kicking team feet must touch or be within 2 inches of the Center's feet. The same rule applies for each offensive player blocking.

- **Timeouts**

Each team is awarded three (3) timeouts per half. A time out shall not exceed 30 seconds, from which the offensive team will have 15 seconds to snap the ball. Equipment and injury timeouts are at the Referee's discretion, play will resume on their mark. Successive timeouts are not permissible. One timeout for each team in overtime, regardless of the length of overtime.

- **Speaking Captains**

Prior to the start of each game, the Referee will ask each team to designate a speaking Captain for each possession. Said Player will be the sole representative during the entire game and can only be changed if said Player is disqualified from the game. (Each team may have an offensive captain, defensive captain). Total of 2 captains will be permitted. Sideline Coaches are permitted and must identify themselves prior to the start of any game. Sideline Coaches are permitted to solicit rule clarifications from Referee only but cannot relay a decision to said Referee directly. Speaking Captains can refer to the Coach prior to deciding the benefit of a Referee's infraction explanation. Speaking Captains initial decision is irrevocable. Timeouts will be recognized by on field players only and can be indicated to any game Official.

- **Team Uniforms & Equipment**

Teams are required to have a uniformed look, meaning same basic color jerseys/shirts and it is recommended to have numbers on the front and/or back. Though numbers are only required for teams wishing to participate in stats. Pants or shorts must contrast color of flag belts. In the event two competing teams have same basic color of jersey, a coin flip will determine skins or who will wear scrimmage vests.

UFL Representatives/Tournament Directors will not be responsible for (but may make available) distribution of scrimmage vests, teams will be required to maintain uniform look, even if it means wearing no shirts at all (numbers are required for statistics keeping). Lack of uniform look will solicit a penalty at each half at the discretion of the Referee, not exceeding 10 yards.

Jersey's are asked to be tucked in at all times and shall not at any given point during a game cover any portion of the flag belt. Flag belts must be over the top of jersey's/shirts. Half cut jerseys shall not extend past the waistline nor cover any portion of the flag belt. Shoes can be screw in but must be male type where the steel stem is attached to the detachable cleat. Shoe can also be molded rubber. Baseball cleats of any sort are not permissible. Player caught wearing non preferred shoe will be removed from said game and will not be allowed to participate until problem is rectified.

Each Player shall wear Triple Threat Flags (also provided by UFL), as Sonic Booms are not permissible. The use of headgear (excluding head bands), shoulder pads, forearm pads, casts, boxing gloves, uncovered knee and elbow braces, thigh pads, jewelry and any other unyielding equipment is not permissible. Illegal equipment specified and not specified will be measure by one of the Commissioners and in game Referee.

- **Roster Limits**

Team Roster limits for all Utah Flag League sanctioned events shall be set at (20) Players for 8-Man.

At the discretion of one of the Commissioners, roster limits can be expanded up to Thirty (30) players for 8-Man for a fee of Twenty Five (\$25.00) dollars per additional player over the initial player limit. The additional fees shall be added to the normal league/tournament fee for that particular season/tournament. This having additional players require a fee to cover the extra cost that wouldn't have been figured into the cost of the league.

2. Basic Rules of the Game

- **Rule Clarification/Challenge**

At any point during the game a Team's Coach and/or designated Team Captain can request clarification of rule application or challenge a ruling on the field by calling a Timeout. Once the Timeout is granted, it is the responsibility of the designated Coach/Team Captain to identify to the Referee his/her discrepancy with the ruling and how it was applied in disfavor of them.

The Referee will then report the matter to the Field Supervisor or League Director for final ruling. If the decision is reversed the challenging Team will not be charged a timeout. In the event a call is upheld, the challenging team will be charged one of its three timeouts.

If the challenging team has no timeouts remaining it will be assessed a delay of game penalty of fifteen (15) yards and a loss of 10 seconds if under two minutes of either half. Teams are permitted one (1) challenge per half. Judgment calls are **NOT** for challenge.

- **Delay of Game**

After the ball has been set, teams have 25 seconds to begin a particular play, free kicks included. If a player intentionally delays a game by throwing an opponents flags, kicking an opponents ball away from the nearest player, detaining a player from joining his team, arguing with an Official, deliberately advancing a ball after it is blown dead by an Official, or any other flagrant attempt

to delay a game, a penalty will be assessed. Judgment is solely at the Officials discretion.

Players will not attempt to discuss a call or ruling with the Referee without calling for a timeout and requesting a Rule Clarification/Challenge. An attempt to do such will be considered a delay of game or penalized as 'Begging the Call'. Judgment is solely at the Officials discretion.

A Flagrant delay of game is a 15-yard penalty from the line of scrimmage. Failure to begin a play within twenty five seconds from the spot of ball will be a 5-yard penalty.

• **Extended Playing Time**

A period or half may be extended by an untimed down, only when during the last timed down one of the following occurs:

1. A touchdown was scored and the try for point is attempted as a part of the same half.
2. There was an inadvertent whistle and the down is to be replayed as a part of the half.
3. A penalty was committed by the defense at expiration of a half.
4. There was a 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.
5. If there was fair catch interference and the offended team accepts the distance penalty, the half will be extended by a replay of down.

• **Legal Kicks and Fielding**

Legal kicks are punts by a player of the team in possession. A punt can be blocked and ALL players on the line of scrimmage and offense must remain motionless until ball is kicked. Four (4) players from the receiving team must be on the line of scrimmage.

Players from the receiving team cannot attempt to block a punt with a rush – however, the defender may jump at the line of scrimmage. Should the defender block the punt without crossing the line of scrimmage, the ball is dead where it first lands. If the defender blocks the punt and crosses the line of scrimmage, a 10 yard penalty will be assessed and a replay of the down.

Punter cannot take snap directly from center from between the legs; the ball must be snapped from between the center's legs at a minimum of 5 yards. If ball is dropped to the ground by punting team, the ball is automatically dead and awarded to receiving team at the spot. The center cannot be blocked until his body is upright and ball is kicked. Roughing the Center is equivalent to roughing the Quarterback.

If the ball is punted into the end zone it will be considered a dead ball. If a kickoff travels into the end zone it will be considered a dead ball. Fake punts are considered illegal.

A returning player may field a punt and advance toward the opponent's goal line. The returning player can also declare a fair catch on a punt by clearly waving either hand over head. Returning player has no "halo" zone but cannot be touched by any opposing player. If returning player declares a fair catch and then attempts to advance the ball after the catch, a flagrant delay of game penalty will be assessed. If returning player is interfered with during attempt of catch a penalty will be assessed.

If returning player attempts to field a punt and muffs the attempt, the ball touches the ground, the play is considered dead. If the returning player muffs a punt into the hands of an opposing player, possession returns to the kicking team at the spot of repossession.

- **Safety and Touchbacks**

If an offensive team is deflagged in its own end zone the play is classified as a Safety and two (2) points will be awarded to the opposing team. The ball will be awarded to the defensive team at its own thirty (30) yard line.

- **The Forward Pass**

During a scrimmage down, a forward pass may be thrown provided the passer is behind the line of scrimmage. Also, to be considered an illegal forward pass by crossing the line of scrimmage the passer's entire body must cross the line before the ball is thrown. All players are eligible to catch a pass. Only one forward pass can be thrown per down. An offensive player who goes out of bounds on his volition during a down loses eligibility to be the first player to touch the ball, but may catch a tipped ball.

In the event a passer crosses the established line of scrimmage and passes the ball, it will be considered an illegal forward pass and a penalty will be assessed. Play will continue until declared dead. If the illegal pass is intercepted, the defense will be given the option of letting the play stand or assessing the penalty against the offense, which forfeits their possession.

If a passer throws a pass out of bounds in an attempt to avoid a sack, it will be considered intentional grounding. Judgment is the Officials discretion and a penalty will be assessed (if the Quarterback is outside the tackles/pocket).

Lateral passes that are dropped or missed and remain in bounds are considered a dead ball at the spot and cannot be advanced. If the ball crosses the inbound line, it will be dead at the spot.

Player in possession of the ball may pass it backward to a teammate for further advancement. Defensive player may intercept such pitches and advance for score.

In the event the backward pitch touches the ground or goes out of bounds, it is considered a dead ball and remains the possession of the last team. Player cannot throw ball out of bounds to save time, attempt to do such will be considered a flagrant delay of game and will be penalized as such (referee's discretion) and clock will continue to wind under two minutes.

- **Handoffs**

Handoffs behind the line of scrimmage are legal. Forward handoffs past the line of scrimmage are considered illegal and penalizing.

Shuffle/shuttle passes that do not cross the line of scrimmage but go forward are considered forward passes and if dropped are incomplete.

- **Legal Catch**

A legal catch by either an offensive or defensive player is one foot down with clear possession of the ball. In the event a player collides in midair and does not land on his foot, possession must be established after contact with the ground by any other part of the body. If the ball is lost or not in clear possession, it will be the Officials judgment to determine a legal catch. Also, there is no pushing a receiver out of bounds while they attempt to make a reception. NFL rule permits this, we are a flag football league and you must play the ball or the flags. A catch will be awarded if the official determines a legal catch would have been made without the push.

- **Fumbles**

ALL fumbles are dead balls, but the game clock will continue to wind down on fumbles under two minutes. That also includes the center to quarterback snap and center to punter snap. A trap is permitted playable though. A trap is a snap that gets to the Quarterback without bouncing. Referee discretion will determine playability.

- **Roughing the Quarterback**

During drop back and in throwing motion, the Quarterback CANNOT be touched, except along the flag belt. A defender can attempt to block a pass as long as the Quarterbacks throwing motion is not interrupted (making contact with Quarterbacks hand, arm, etc... Includes the ball if the ball is in the Quarterbacks hand when contact is made), which included after release. A penalty will be assessed and if roughness is habitual per player or one team, ejection rules will apply. Judgment will be Referee's discretion. If a Quarterbacks arm/hand comes in contact with a defending players body unintentionally (defending player not

attempting to block the pass, but reaching for flags) it will be ruled as incidental contact. Judgment will be Referee's discretion.

If the Quarterback advances past the line of scrimmage, he is declared a runner and is no longer under the rules of Quarterback. Regular personal foul penalties apply in the event unnecessary roughness occurs.

- **Scrimmage Formations**

All plays from scrimmage must be started by a legal snap from a point established by a designated Official.

At all times the team with possession must have at least four (4) players on the line of scrimmage. At the start of play, Players must be five (5) yards away from sideline inbounds. An Offensive player cannot enter himself on the field of play when a formation is set for play. 8 on 8 Rule Clarification: In 8 on 8, sneak plays are illegal (5 yards/replay the down).

A sneak play is when a team tries to sneak a player near the sideline by an illegal substitution or by making the other team believe the player is substituting off the field. To clarify, on the first play of a team's possession all players must check in at least 15 yards inside the sidelines. On subsequent plays, if an offense huddles, all players must check in at least 15 yards from the sidelines (or a ref must verbally declare a player is on the field as a participant if they do not huddle or check in 15 yards from the sideline). Whether or not a team huddles, a player cannot sneak onto the field or sneak out of the huddle earlier than the rest of the players and acts as if he is going to leave the field of play and then stays close the sidelines or sneaks behind the ref who is on the line of scrimmage, with the intention of deceiving the opposing team to make them believe he is not on the field of play and then he runs unguarded down the sidelines. Teams can only have eight (8) players on the field during play. If a team motions a player, he will not be counted as one of the mandatory four players until he resets himself. The reset is for a half second and at the discretion of the Official. A defensive team can have as many players on the line of scrimmage it chooses.

- **Pass Interference / Face Guarding**

The free bump zone is Five (5) yards off the line of scrimmage, where a defender can make contact (no holding and contact must be between the shoulders and waist) with an offensive player. Contact outside the free bump zone is illegal contact and will result in a penalty. Judgment is at the discretion of the official.

When the ball is in the air, contact between an offensive and defensive player is not allowed. Judgment is at the discretion of the Official. In the event a defender touches a pass and the offensive player is interfered with after said touch, interference is not applicable.

A defender must look for the ball if defending the receiver. Defender may not run with the receiver and hold his/her hands up without making an attempt to

play/look for the ball before it arrives to the receiver. Referee's discretion will determine if the play constitutes Face Guarding. This will be penalized as Face Guarding, same as Pass Interference.

• **Blocking and Rushing**

A player can employ multiple styles of blocking:

1. Hands extended outward, palms down fingers upward
2. Shoulder blocks with forearms extended outward
3. Two on One block down field and at the line of scrimmage
4. Two, three and four point stances are legal.

While blocking/rushing a player cannot:

1. Elbow or "flipper" block
2. Lead with his head
3. Make contact against a player above the shoulders or below the waist
4. Chest to chest block
5. Hit a player in the back or head
6. Trip
7. Crack back on a player when ball carrier is down field and will not be deflagged by cracked player.
8. Hold
9. Leave his feet to block

All rule infractions are at the discretion of the Officials.

Rushers are allowed to do the following:

1. Spin
2. Dip
3. Rip
4. Bull rush

Rushers cannot do the following:

1. Hit a player above his shoulders nor below his waist
2. Hold
3. Trip
4. Hit a center prior to him raising his head
5. Tackle a player
6. Dive into a would be blocker

All rule infractions are at the discretion of the Officials.

3. Deflagging

• **Flag Removal**

Offensive player must have possession of the ball before they can be legally deflagged. If a player bobbles the ball and the flag is pulled **after** the ball is first touched, but before the player ultimately gains possession, the ball will be marked down at the spot where the flag was first pulled. If a player pulls another player's flag before the ball is touched by that player the player will not be considered down until they are touched (as if the flags fell off). If a player intentionally pulls another player's flag away from the ball it is a penalty of yards from the line of scrimmage and the down is replayed. In the event a flag belt inadvertently detaches from a player, the player must be touched with ONE hand.

If the flag falls off during contact but attempt to deflag did not occur, the play is still live until touched. If a player's flag falls off without the aid of a defender, that player must simply be touched. If a ball carrier falls down without the aid of a defender he can get back. The defense only needs to touch him while on the ground. Judgment is at the discretion of the Official. A player cannot remove his flags during a play. A player cannot tie his flag belt. A player cannot guard against being deflagged. At the start of a play, all players must have flag belts on.

A player cannot hold, grab or prevent a player from advancing when attempting to deflag a ball carrier. A player can leave his feet in an attempt to deflag a ball carrier. If a player is in the "open" field and is pushed out of bounds while flag belt is on, ball will be advanced 10yards.

If ball carrier is pushed out of bounds while inside the twenty (20) yard line, a 5yard penalty or half the distance to the goal and an automatic first down will be awarded to the offensive team. Should the ball carrier be pushed out of bounds on a break away play by the last defender, the offensive team will be awarded a score of six (6) points. (The last player rule is a judgment call by the officials).

- **Capture**

When the flag belt is CLEARLY (belt clip and belt separate) taken from the ball carrier, the play is considered dead and a new line of scrimmage will be established. The defender who deflags a ball carrier should immediately hold the flag belt above his head for clarification and spotting of the ball.

- **Official Score (Tournaments)**

A touchdown will not be granted until the closest Official verifies a player (referee's discretion). The player must go to the Official with hands raised and allow the official to remove the flag belt from his person. In the event the flag belt falls off during the play, the scoring team will not be penalized. Flags will be verified when the ball carrier runs the ball or catches in the end zone, at referee's discretion. **If player removes flag belt prior to being verified, the score will be nullified and loss of down will occur.** If it is found the flag belt was tied or illegally applied, player will be ejected from the game/tournament. If multiple

violations occur on a particular team, the league directors will make the judgment call to eject entire team from play.

4. Unsportsmanlike Conduct

• Unfair and Unsportsmanlike Acts

If a team refuses to play within two minutes after being 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, the Referee may enforce any penalty he considers equitable, including awarding of a score. For refusal of play, repeated fouls, the Referee will after one warning, forfeit the game to the opponents.

• Personal Fouls and Prohibited Acts

In order to preserve the integrity of the game and keep it safe for all individuals involved, the Officials will manage each game to their best judgment.

ABSOLUTELY ALL FIGHTING OF ANY KIND IS PROHIBITED IN UFL EVENTS AND WILL NOT BE TOLERATED. With that, players will not commit the following Acts without the threat of ejection/fine for one or more acts:

1. No contact with any opponent while on the ground
2. Tackling
3. Hitting below the waist or above the shoulders
4. Ball carrier will not lower head or shoulders into defender
5. Defender will not lower head or shoulder into ball carrier
6. No Hurdling or diving by the ball carrier, unless trying to avoid injury
7. Hitting the Quarterbacks arm while in throwing motion
8. Roughing the Quarterback
9. Roughing a pass catching center
10. Crack back on a player who is not a threat to deflag a ball carrier
11. Abusive or insulting language
12. Fighting of ANY kind (Game ejection is automatic and/or up to year long suspension from the league and/or fine)
13. Players leaving the sideline to partake in an altercation (Game ejection is automatic and/or up to year long suspension from the league and/or fine)
14. Participation of illegal players (Game forfeit)
15. Interfering with a player during a live play
16. Sleeper plays
17. Throwing flags away from deflagged player
18. Intentionally pulling a non ball carriers flags
19. Delaying the punt
20. Making contact with an Official, Supervisor and/or League Directors (Automatic ejection from game)

5. Penalties and Fouls

- **Foul Notification**

When a foul occurs during a live ball, the Referee, at the end of the down, will notify the offended captain of his options. If the penalty is declined, there is no loss of anything and play will resume as normal. A captain's choice cannot be reversed once the Referee is informed.

When a foul occurs during a dead ball, between downs or prior to a free kick, the ball does not become live (exception is defensive offside, at the referees discretion). The Referee will notify the offended captain of his options. If the penalty is declined, play will resume as normal.

- **Fouls by Both Teams**

If offsetting fouls occur during a down, that down will be repeated. However, if the down determined change of possession, the team with possession will maintain possession by repeat of downs.

When a dead ball foul by the opponent follows a live ball foul, the penalties are administered separately in the order they occurred.

- **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 will be first down, but the zone line to gain will be established before the penalty is enforced.

- **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, in addition to those occurring during a down by the same team.

When the same team commits two or more live ball fouls, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct is administered separately. The offended captain may choose which penalty will be administered or he may decline all penalties.

When both teams commit live ball fouls during the same live ball period and (a) there is no 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.

- **Scrimmage Fouls**

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 a half second before the ball is snapped (exception is one motion man). Judgment is at the discretion of the Referee.

- **Penalty Resulting in First Down**

When a scrimmage down follows the penalty for a foul committed during a free kick, the down and distance established by the penalty will be first down with the next zone line to gain.

After a penalty, which leaves the ball in possession of Team A beyond its zone line to gain, or when a penalty stipulates a first down, the down and distance established by that penalty will be first down with the next zone line to gain.

After a distance penalty for a foul committed during a down and after the team in possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty will be first down with zone line to gain.

6. Summary of Penalties

- **5 Yards**

1. Less than 4 players on the line of scrimmage at the time of snap (replay)
2. Less than 4 players on the receiving team's line during a punt (replay)
3. False Start/Off sides/Encroachment
4. Illegal Snap (replay)
5. Impeding the Runner (Holding the ball carrier's clothes) added to the end
6. Flag Guarding/Stiff Arming + down counts
7. Diving to Advance the ball + down counts
8. Illegal Bump/Contact down field (Automatic First Down)
9. Defensive holding (Automatic First Down)
10. Delay of game
11. Illegal participation (too many players on the field of play) loss of down
12. Illegal Substitution (loss of down)
13. Illegal equipment
14. Illegal Procedure/Motion (replay)
15. Flag Tying + possible ejection

- **10 Yards**

1. Illegal Forward Pass + down counts
2. Offensive Holding (replay)
3. Offensive Pass Interference (loss of down)

4. Intentional Grounding (loss of down)
5. Tackling
6. Tripping
7. Clipping
8. Elbow block or Flippers
9. Contact to the head
10. Roughing the Center (Established as a Receiver)

- **15 Yards**

1. Unsportsmanlike Conduct (Possible Ejection)
2. Personal Foul
3. Flagrant Delay of Game
4. Roughing the Quarterback (Automatic First Down)
5. Away from the play Crack back blocks
6. Roughing the kicker
7. Illegal contact with a game Official, UFL Rep (Player Ejection)
8. Abusive and lewd behavior (Trash Talking) + possible ejection

- **Loss of Down**

1. Illegal touch by out of bounds receiver

- **Spot Fouls**

1. Defensive Pass Interference (automatic first down). If interference occurs in the defenders end zone, ball will be placed on the one yard line.
2. Illegal block (in the back, below the waist, above the shoulders) during punt
3. Flagrant Delay of Game
4. Flag Guarding/Stiff Arming
5. Impeding the Runner
6. Forward pitch beyond the established Line of Scrimmage
7. Diving to Advance the Ball

- **Begging the Call**

"The team captain(s) will be the only player(s) who is/are allowed to address the referees and the captain addressing the referees should be done so in a respectful manner and really should just be in the form of a question, rather than complaining.

If any player, including a captain, disrespectfully addresses a referee the team may be penalized and the player ejected. Referees have the authority to call a "begging the call" penalty that increases in enforcement.

If a player is disrespectful, or 'begs for a call', or excessively complains, a "begging the call" penalty may be called progressively (for the team, not a particular player) starting with a warning on the first infraction, to 5 yards on the 2nd infraction (by the team), to 10 yards for the 3rd infraction (by the team), and then any additional infractions would be 15 yards. These penalties would be dead ball penalties marked off after the end of the play.

If a particular player is responsible for repeated infractions of this penalty they may be asked to sit out for a certain number of player, series, a half, or even ejected from the game."

- **Disqualification/Police Action**

1. Fighting (Ejection)
 2. Touching/Belittling Referees (Ejection)
- Any rules or penalties not specified in this rulebook will be referred to NFL rules.

Modified Multiple Team Policy: There are some players who have played on multiple teams and since some of these teams have moved up divisions, some of these players are playing on multiple teams within the same division. As long as they play on both teams all season, we don't have a problem with that, but we don't want to see players switching teams or playing on multiple teams only at the end of the season. When it comes time for playoffs the policy will be that the players need to pick one team if their multiple teams are in the same division. However, if (before the game) your playoff opponent agrees to let you play on a 2nd team then it's ok, but again, **ONLY** if you've played on both teams all season. This is the fairest compromise that we could come up with. Four game minimum participation on both teams.

Playoff Policy: To participate with a team in the playoffs you need to be listed on the official roster and have played at least two regular season games. Also refer to the Modified Multiple Team Policy above. Changes/additions may be made through UFL Officials, ahead of time.

A Div players, playing on B or C teams, etc.- The rules for A division players, playing on B or C teams, etc., during the playoffs are as follows:
Two 5 on 5 A Division players can play on a 5 on 5 B team during the playoffs.
One 5 on 5 A Division player can play on a 5 on 5 C team during the playoffs.
Three 5 on 5 B Division players can play on a 5 on 5 C team during the playoffs.
Four 8 on 8 A Division players can play on a 8 on 8 B team during the playoffs.
Two 8 on 8 A Division players can play on a 8 on 8 B team during the playoffs.
Five 8 on 8 B Division players can play on a 8 on 8 C team during the playoffs.
NOTE: Of course ALL players are only eligible to play on teams during the playoffs if (and only if) they played at least 3 regular season games with the particular team. An "A" Division player is defined simply as any player who legally plays on any A division team.

TOURNAMENT FORMAT:

All teams will be randomly placed in groups of three/four teams. The first two/three rounds will consist of a round robin format where teams will play the other 2/3 teams within their group. After the first two/three rounds the top teams (TBA) will be seeded for a single elimination format. Tiebreakers will be as follows: 1) Head to Head Record 2) Point Differential 3) Points scored. 4) Net point allowed 5) Coin Flip