Litchfield Park Flag Football

RULEBOOK

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The rules for each of our youth sports have been modified from professional, collegiate and high school rule books. These minor changes to the rules allow for equal playing time and place the emphasis on skill development and sportsmanship. Within each sport, the rules have been modified by age so that the older a participant gets, the more comprehensive the rules become.

Every team will be issued one rule book at the beginning of the season. These rule books will be provided to the head coach at the time of the mandatory coaches meeting prior to the start of each sports season. These rule books are extensive and cover nearly every situation that will be encountered throughout your season. In the case that a situation is not addressed in the rule book, please feel free to contact the Youth & Sports Coordinator at: 623-935-9040.

RULE 1: LEAGUE DEFINITIONS

- PEE WEE DIVISION
  The Litchfield Park Pee Wee Division Flag Football League is for boys and girls who are six and seven years of age.

- JUNIOR DIVISION
  The Litchfield Park Junior Division Flag Football League is for boys and girls who are eight to ten years of age.

- BOTH DIVISIONS
  1. TEAMS:
     a. Teams will consist of both male and female players.
     b. Teams will consist of a minimum of eight players and a maximum of ten players.
  2. GAMES:
     a. Games will consist of two teams with five players each.
     b. Games will consist of scoring of touchdowns and extra points.
     c. Games will be allowed to end in tie scores.

RULE 2: FIELD DIMENSIONS and EQUIPMENT

A. The FIELD

- BOTH DIVISIONS
  1. The dimensions of the football field may vary depending on the park facilities being used.
  2. The length of the field will not exceed 100 Yards.
  3. The width of the field will not exceed 40 Yards.
  4. A diagram of the field can be found on page 14.

B. The BALL

- BOTH DIVISIONS
  1. The size of the football used will be "Pee Wee".
  2. The game ball will be provided by the City of Litchfield Park.
  3. Players are recommended to bring their own football to practices as well as for game-day warm-ups.

C. UNIFORMS

- BOTH DIVISIONS
  1. The City of Litchfield Park will order and distribute game jerseys to each team in the league.
  2. "Black" shorts are not provided, however they are highly recommended for games.
  3. Players are required to wear their game jerseys during each game in the season.
  4. Game Jerseys are required to be tucked into their shorts during each game.

D. FLAG BELTS

- BOTH DIVISIONS
  1. Game day flag belts will be provided by the City of Litchfield Park.
  2. Practice flag belts will be issued to the Head Coach at the beginning of the season.
     a. In addition to flag belts, coaches will be provided an equipment bag with cones.
     b. The equipment bag MUST be returned to the City on the last scheduled game of the season in order for the team to receive their end of the season awards.

E. MOUTH GUARDS

- BOTH DIVISIONS
  Protective mouth guards are MANDATORY anytime a player is actively playing in the game.
  NO EXCEPTIONS!
  It is highly recommended that mouth guards be used during team practices.

RULE 3: DEFINITION of TEAMS

A. The COACH

- BOTH DIVISIONS
  1. The Head Coach is the leader of the team.
  2. He / She should provide advice and guidance to the players in a calm, poised, nurturing and friendly manner from the sideline as well as on the field.
  3. The Head Coach is responsible for creating a practice schedule for their team.
     a. Practices days and times should be scheduled by taking into consideration the availability of the players on the team as well as the personal schedule of the Head Coach.
  4. The Head Coach is responsible for organizing and teaching specific flag football skills during each practice.
  5. The Head Coach is responsible for reading, understanding and following the NYSCA Coaches' Code of Ethics which can be viewed in our Policies & Procedures Booklet.

- PEE WEE DIVISION
  6. Only one coach may be on the field during the game.
     a. The coach on the field may instruct players prior to and in between plays.
     b. The coach on the field *MAY NOT* instruct players after they have lined up at the line of scrimmage.
     c. The coach on the field *MAY NOT* instruct players after the play has started.

- JUNIOR DIVISION
  7. No coach will be on the field of play during the game.
     EXCEPTION: Coaches may enter the field of play during time-outs in order to instruct their players.
     a. Coaches *MAY NOT* instruct players after they have lined up at the line of scrimmage.
     b. Coaches *MAY NOT* instruct players after the play has started.

B. The PLAYERS

- BOTH DIVISIONS
  1. Each team will consist of a minimum of eight (8) players and a maximum of ten (10) players.
  2. Each team will use a maximum of five players on the field of play during games.
  3. No team will have less than four players on the field at one time.

** If a team is unable to place four players on the field for a game, the game will be abandoned and considered a forfeit. In the event of a forfeited game, both teams may be allowed to discuss continuing the game as a scrimmage (without officials) by combining players from both teams.*

C. The SUBSTITUTES

- BOTH DIVISIONS
  1. FREE FLOWING SUBSTITUTIONS:
     a. Players are allowed to enter and leave the field at the conclusion of each play.
     b. If a player enters the field, they MUST play a minimum of one play before they are allowed to be substituted by another player.
     c. Substitutions CANNOT be made after a team has 'broken' their huddle to line up for the next game play.
  2. EQUAL PLAYING TIME:
     a. All players should play equal playing time during each game.
     b. If the Head Coach plans to *"sit"* a player due to disciplinary reasons:
        i. The Head Coach MUST have informed the player AND the parents of the player BEFORE arriving at the game location.
        ii. The Head Coach MUST inform the City employee (*"Site Supervisor"*) prior to the start of the game.
  3. PLAYER PLAY COUNT SHEET: If the City of Litchfield Park Recreation Department receives a complaint from a parent regarding equal playing time, the Head Coach will be REQUIRED to complete a *PLAYER PLAY COUNT SHEET* for the remaining games in the season.

RULE 4: PLAYING TIME

A. DURATION of the GAME

- BOTH DIVISIONS
  1. All games will consist of two (2) equal halves of twenty (20) minutes.
  2. RUNNING GAME CLOCK:
     a. The official game clock will be controlled by the referee on the field.
     b. The referee will instruct coaches when there is three (3) minutes remaining in each half.

  3. HALF-TIME:
     a. Half-Time is designated as the time between the first and second halves of the game.
     b. A maximum of five (5) minutes will be allowed for the half time period.

B. PLAY CLOCK

- PEE WEE DIVISION
  a. The Pee Wee Division Play Clock is 45 seconds.
  b. The offensive team will have 45 seconds to begin a play after the ball has been placed by the referee at the conclusion of the previous play.

- JUNIOR DIVISION
  a. The Junior Division Play Clock is 30 seconds.
  b. The offensive team will have 30 seconds to begin a play after the ball has been placed by the referee at the conclusion of the previous play.

  1. This is a designation of time that starts when the ball has been placed on the field at the conclusion of a play. The offensive team must begin the subsequent play *before* the play clock ends.
  2. VERBAL WARNING
     a. During the first two weeks of the season, teams will be given verbal warnings from the referee (s) without penalization.
     b. After the second week of the season, teams that violate the Play Clock rule will be penalized for "Delay of Game". (for penalty information, please turn to pages 11 & 12)

C. PASS CLOCK

- PEE WEE DIVISION
  1. A ten (10) second *PASS CLOCK* will be in effect once the quarterback receives the ball from the snap.
  2. If a pass is not thrown within the ten (10) seconds, the play will be whistled dead and the offensive team will lose a down.

- JUNIOR DIVISION
  3. A seven (7) second *PASS CLOCK* will be in effect once the quarterback receives the ball from the snap.
  4. If a pass is not thrown within the seven (7) seconds, the play will be whistled dead and the offensive team will lose a down.

D. OVERTIME

- BOTH DIVISIONS
  1. Overtime periods will not be implemented during the regular season.
  2. All *post-season* or *play-off* games MUST have a winner; therefore the City of Litchfield Park Flag Football

  Overtime Rule is as follows:
     a. The referee will choose which end of the field will be used during the overtime period.
     b. A coin toss will be conducted prior to the start of overtime.
     c. The AWAY team shall make the call of the coin toss.

  3. The winner of the coin toss will have the option to have first possession or allow the opponent to have the first possession of the game.
  4. Each team will have an opportunity to score during the overtime period (s), similar to NCAA football overtime rules.
  5. Each team will start their overtime possession on the 20 yard line.
  6. Each team will have four (4) downs to score a touchdown.

RULE 4: PLAYING TIME

E. TIME-OUTS

- BOTH DIVISIONS
  1. Each team will receive two (2) time-outs per half.
  2. Time-Outs *CANNOT* be accumulated from half to half or from regulation play to overtime. No additional time -outs will be given during overtime periods.
  3. A Time-Out will consist of two (2) minutes.

RULE 5: SCORING

- BOTH DIVISIONS: There are four (4) ways for teams to score points.

A. TOUCHDOWNS

1. A touchdown occurs when a player carrying the football crosses the goal line of the opposing team's end zone.
2. A touchdown is worth a total of six (6) points.

B. EXTRA POINT CONVERSIONS

4. The extra point conversion is the play immediately following a touchdown. This play give the scoring team an opportunity to add to their overall score. Team's scoring a touchdown will be given the choice to attempt either a one (1) point or two (2) point conversion try.
   a. The One (1) Point Conversion attempt will begin on the opposing team's five (5) yard line.
   b. The Two (2) Point Conversion attempt will begin on the opposing team's ten (10) yard line.
      - If the offensive team incurs a penalty prior to the snap of the ball…
        i) The referee will re-spot the ball, increasing the distance between the goal line and the original conversion attempt location.
        ii) The offensive team will re-play the conversion attempt.

      - If the offensive team incurs a penalty after the snap of the ball…
        i) The play will be declared a dead ball and the conversion attempt will be considered over.

      - If the defensive team incurs a penalty prior to or after the snap of the ball…
        i) The offensive team will have the choice to…
           1. Re-play the down (if the conversion attempted failed), which will include a re-spotting of the ball to decrease the distance to the goal line from the original conversion attempt location (1/2 the distance to the goal).
              OR
           2. If the conversion is successful, decline any penalties and have the points awarded to their score.

C. SAFETY'S

1. A safety is when the ball carrier's flag is pulled when he / she is inside their own end zone.
2. A safety is worth a total of two (2) points.
3. The game will re-start with the defensive team having possession of the ball on their own 20 yard line.

D. INTERCEPTIONS for TOUCHDOWNS

1. If a thrown ball is intercepted during the normal run of play and the defensive player scores a touchdown, the play will be considered a touchdown and an extra point conversion will be attempted by the scoring team.
   a. The game will re-start with the non-scoring team having possession of the ball on their own 20 yard line.

2. If a thrown ball is intercepted during a conversion try attempt and the defensive player scores a touchdown, the play will be given a total of three (3) points and *no extra point conversion* will be attempted.
   a. The game will re-start with team scoring the intercepted pass having possession of the ball on their own 20 yard line.

RULE 6: GENERAL PLAYING REGULATIONS

A. COIN TOSS

- BOTH DIVISIONS
  1. A coin toss will mark the start of each game.
  2. The coin toss participants will consist of:
     a. The Referee or Referees.
     b. A maximum of two player per team.
     c. The Head Coach of each team.
  3. The *HOME* team captain will make the call of *"Heads"* or *"Tails"*.
  4. The winner of the coin toss will have the option to have first possession or allow the opponent to have the first possession of the game.
  5. The other team will choose which end of the field they would like to start the game.

B. BALL PLACEMENT

- BOTH DIVISIONS
  At the start of the first and second half of play, the ball will be placed on the offensive team's 20 yard line.

C. NUMBER of DOWNS per POSSESSION

- BOTH DIVISIONS
  Each team will have four (4) downs in order to gain a first down and continue their possession.

D. CONVERTING FIRST DOWNS

- BOTH DIVISIONS
  1. In order for the offensive team to convert a first down and continue their possession of the ball, they must travel a maximum distance of 20 yards in four (4) downs.
  2. The visual markers for first downs are as follows:
     a. Both 20 yard lines
     b. The 40 yard line (midfield).
  3. All offensive possessions begin on a team's own 20 yard line (except in the event of an interception).
  4. In order to convert a first down, the offensive team must cross the nearest attacking yard marker.

E. FAILING to CONVERT a FIRST DOWN

- BOTH DIVISIONS
  If a team fails to convert a first down or score a touchdown after their four down possession, the opposing team will begin their possession on their own 20 yard line.

F. DEAD BALLS

- BOTH DIVISIONS
  1. There are no fumbles in either league.
  2. Any time the ball hits the ground, the play will be whistled dead and the ball will be spotted and placed where the ball initially touched the ground.
  3. Play is whistled "DEAD" when:
     a. The ball carrier's flag is pulled off his / her body.
     b. The ball carrier's flag falls off on it own.
     c. The ball carrier steps out of bounds.
     d. The ball carrier's knee touches the ground.
     e. A touchdown, safety or extra point conversion is scored.

RULE 7: OFFENSIVE PLAYING REGULATIONS

A. SNAPPING or HIKING the BALL

- BOTH DIVISIONS
  1. The ball must be snapped from between the legs of the offensive center to start each play.
  2. The center cannot snap the ball from either side of the body in order to start each play.
  3. Teams may use a shotgun snap, however the ball must still be snapped from between the legs of the center.
  4. Remember, if the ball touches the ground at any time the play will be whistled dead and the ball will be spotted and placed where the ball touches the ground.

B. PLAYERS in the BACKFIELD (Running Backs)

- BOTH DIVISION
  1. Only One Player is Allowed in the Backfield.
  2. This player can move to a position on the line of scrimmage (motion) prior to the snap of the ball.

C. PLAYERS in MOTION

- BOTH DIVISIONS
  1. Only One Player in Motion at a Time
  2. Player in Motion MUST be "SET" for ONE Full Second before the Snap of the Ball

D. OFFENSIVE FORMATION

- BOTH DIVISIONS
  1. There must be a minimum of two players at lined up at the line of scrimmage, no farther than two yards from the ball.

  FALSE START RULE
  2. Players lined up on the line of scrimmage may not move prior to the snap of the ball (exception: player in motion).
  3. The movement of the ball will indicate the when players on the line of scrimmage are allowed to move to begin the play.

E. BLOCKING

- BOTH DIVISIONS

  BLOCKING for the QUARTERBACK
  1. Offensive teams in this division may utilize pass blockers if they choose.
  2. Pass blockers must follow these rules if they choose to block oncoming pass rushers:
     a. *Both arms must be flat against their chest.*
     b. *The blockers arms may be crossed or uncrossed.*
     c. *Both elbows must be tucked against their rib cage.*
  3. If the blockers elbows or any other part of their arm leaves the chest and rib cage for any reason, then the play will be whistled dead and a five yard penalty AND a loss of a down will be assessed to the offensive team.

  BLOCKING for the BALL CARRIER (After a Successful Pass and Catch)
  4. There will be no blocking for ball carriers for any reason.
  5. Teammates will be allowed to run alongside their teammate (ball carrier), however they cannot intentionally impede the defender attempting to pull the flag.

RULE 7: OFFENSIVE PLAYING REGULATIONS

F. RUNNING the BALL

- PEE WEE DIVISION
  1. Players in the Pee Wee Division are allowed to run the ball from behind the line of scrimmage in order to advance up the field.
  2. Offensive teams may utilize the hand-off, pitch or lateral when performing a running play.
  3. There are no quarterback sneaks allowed. The quarterback must give the ball to another player in for the ball to advance forward on the field of play.
  4. Defensive players are allowed to cross the line of scrimmage immediately after the ball has left the quarterbacks hand on a running play.

- JUNIOR DIVISION
  5. Players in the Junior Division are allowed to run the ball from behind the line of scrimmage in order to advance up the field once per 4 down series.
  6. Offensive teams may utilize the hand-off, pitch or lateral when performing a running play.
  7. There are no quarterback sneaks allowed. The quarterback must give the ball to another player in for the ball to advance forward on the field of play.
  8. Defensive players are allowed to cross the line of scrimmage immediately after the ball has left the quarterbacks hand.

<u>RUNNING the BALL AFTER CROSSING the LINE of SCRIMMAGE</u>
SPINNING AWAY from a DEFENDER

9. The ball carrier is allowed to spin away from a defender.
10. The ball carrier cannot jump to spin away.
11. The play will be whistled dead and the ball will be spotted at the location where the offensive player jumped to spin away from the defender.

FLAG GUARDING

12. Players with the ball will not be allowed to guard their flag by:
    a. Slapping, pushing or hitting the opponents hand away from their flag belt.
    b. Holding their flag so that when the flag is pulled, it will not come off.
    c. Tying the flag belt in such a way that it will not come off when being pulled.

<u>DIVING to ADVANCE the BALL</u>

13. The ball carrier will not be allowed to dive to advance the ball.
14. The play will be whistled dead and the ball will be spotted at the location where the offensive player last touched the ground prior to diving.

G. PASSING the BALL

- BOTH DIVISIONS
  1. Lateral Passes are allowed as long as they are thrown parallel to the line of scrimmage or slightly backward from the line of scrimmage.
  2. Shovel passes are allowed, but the ball MUST be received beyond the line of scrimmage.
  3. All passes to move forward on the field must be received beyond the line of scrimmage.

H. RECEIVING the BALL

- BOTH DIVISIONS
  1. All players on the offensive team are eligible to receive the ball after the snap, including the quarterback if the ball has been handed off, pitched or a lateral pass is made behind the line of scrimmage.
  2. If an offensive player loses their flag prior to the ball being caught, then:
     a. Play will be whistled dead.
     b. The ball will be spotted and placed where the ball was caught by the receiver.
  3. Only one offensive player at a time is allowed to run in motion before the ball is snapped.
  4. Receivers only need one foot inbounds when making a reception.
  5. If the first foot to touch the ground, after jumping to catch a pass, is out of bounds; then the catch will not be considered complete and the play will be called dead.

RULE 7: OFFENSIVE PLAYING REGULATIONS

I. INTERCEPTIONS

- BOTH DIVISIONS
  1. Defensive teams may intercept the ball at any time during the game.
  2. Interceptions *CAN BE* run back for a touchdown at any time during the game.
  3. If the defensive player that intercepts the ball has his / her flag pulled, the ball will be spotted and placed at the location where the flag was pulled. Possession will change.

  PASS INTERFERENCE
  4. All players on the field of play should be given the opportunity to catch a ball without prior physical contact.
  5. Any player who attempts to stop an opponent from catching a ball by initiating contact prior to the ball being caught will be in violation of offensive pass interference.

RULE 8: DEFENSIVE PLAYING REGULATIONS

A. RUSHING the QUARTERBACK

- PEE WEE DIVISION
  1. The Pee Wee Division *REQUIRES* one (1) pass rusher on every play.
  2. The player rushing the quarterback must be a minimum of ten (10) yards away from the line of scrimmage at the time the ball is snapped.
  3. The referee will put a marker on the ground that will indicate the RUSH LINE. This marker will be placed ten (10) yards away from the line of scrimmage. This marker will indicate to the defender where they must be.
  4. Pass Rushers are the only defensive players allowed to run beyond the line of scrimmage after the ball is snapped.
     a. *Exception: If a hand-off, pitch or lateral pass takes place, then ANY defender can cross the line of scrimmage in an attempt to pull the ball carrier's flag.*
  5. All players not standing behind the ten yard rush marker at the time of the snap, MUST be within two to three yards from the line of scrimmage.
  6. Defenders cannot touch the offensive players before or after the ball has been snapped.
  7. Hand-offs, pitches and lateral passes negate the ten (10) yard rush rule.

- JUNIOR DIVISION
  8. Teams can place *UP TO TWO (2)* pass rushers on every play.
     a. *One of the pass rushers is REQUIRED to rush the quarterback.*
     b. *The other player behind the RUSH LINE has the option of rushing the quarterback OR dropping back into coverage to help defend the offensive receivers.*
  9. The players rushing the quarterback must be a minimum of seven (7) yards away from the line of scrimmage at the time the ball is snapped.
  10. The referee will put a marker on the ground that will indicate the RUSH LINE. This marker will be placed seven (7) yards away from the line of scrimmage. This marker will indicate to the defenders where they must be.
  11. Pass Rushers are the only defensive players allowed to run beyond the line of scrimmage after the ball is snapped.
      a. *Exception: If a hand-off, pitch or lateral pass takes place, then ANY defender can cross the line of scrimmage in an attempt to pull the ball carrier's flag.*
  12. All players not standing behind the seven yard rush marker at the time of the snap, MUST be within two to three yards from the line of scrimmage.
  13. Defenders cannot touch the offensive players before or after the ball has been snapped.
  14. Hand-offs, pitches and lateral passes negate the seven (7) yard rush rule.

B. FLAG PULLING

- BOTH DIVISIONS
  1. Defensive players cannot pull the flag of a player that is not in possession of the ball.

RULE 9: INFRACTIONS

A. SPORTSMANSHIP

- BOTH DIVISIONS
  1. The Litchfield Park Coed Flag Football league is intended to be a fun learning experience, therefore any acts of unsportsmanlike behavior witnessed by either the site supervisor or the referees will not be tolerated.
  2. The referee and site supervisor have the right to provide one verbal warning before ejecting a player, spectator or coach. They also have the right to eject a player, spectator or coach outright (without warning) if they deem the infraction worthy of such discipline.
  3. Unsportsmanlike behavior will include, but is not limited to:
     a. *Tackling*
     b. *Elbowing*
     c. *"Chop" Blocking*
     d. *Profanity or profane gestures*
     e. *Trash talking or Taunting*
     f. *Fighting*

B. PENALTIES and INFRACTIONS

- BOTH DIVISIONS
  1. The referee will call all penalties.
  2. Only the *HEAD COACH* may ask for rule clarification and interpretation from the referee.
  3. Players and spectators are not allowed to openly argue or question the referee's decision.
  4. Games cannot end on a defensive penalty, unless the offense declines the penalty.
  5. Referees will determine incidental contact that may result from the normal run of play.

  All penalties will be assessed from the line of scrimmage.

C. PENALTIES by OFFENSE

1. *PASS CLOCK VIOLATION* ~ Violation of Rule 4.C.

   - PEE WEE DIVISION
     The quarterback holds on to the ball without giving it to a teammate within ten (10) seconds.

   - JUNIOR DIVISION
     The quarterback holds on to the ball without giving it to a teammate within seven (7) seconds.

   <u>*CONSEQUENCES*</u>
   1. Play whistled dead at location of the ball
   2. Loss of Down

   i.e. If the penalty occurs during 2nd down, when play resumes, it will be 3rd down

2. ILLEGAL MOTION ~ Violation of Rule 7.C. & 7.D.1 & 2.

   - BOTH DIVISIONS

   <u>*CONSEQUENCES*</u>
   1. Five (5) Yard Penalty
   2. Replay the Down

3. ILLEGAL FORWARD PASS ~ Violation of Rule 7.G.

   - BOTH DIVISIONS

   <u>*CONSEQUENCES*</u>
   1. Five (5) Yard Penalty
   2. Replay the Down

RULE 9: INFRACTIONS

C. PENALTIES by OFFENSE

4. OFFENSIVE PASS INTERFERENCE ~ Violation of Rule 7.I.3 & 4.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Ten (10) Yard Penalty
     2. Loss of Down

     i.e. If the penalty occurs during 2nd down, when play resumes, it will be 3rd down. This penalty includes illegal pick plays & pushing off or away from a defender prior to making the attempt to receive the ball.

5. FLAG GUARDING ~ Violation of Rule 7.F.13.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Ten (10) Yard Penalty.
     2. Loss of Down
     3. The 10 yard penalty will be assessed to the previous line of scrimmage, not from the location of the infraction.

     i.e. If the penalty occurs during 2nd down, when play resumes, it will be 3rd down

6. DELAY of GAME ~ Violation of Rule 4.B.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Ten (10) Yard Penalty
     2. Replay the Down

     The clock will be stopped when the penalty is called and the clock will resume after the ball is snapped on the next play.

7. ILLEGAL BLOCKING ~ Violation of Rule 7.E.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Ten (10) Yard Penalty
     2. Replay the Down

     This penalty will be called when a player lifts his / her arms away from their chest and rib cage when blocking for the quarterback AND when a player attempts to intentionally impede a defender from pulling the flag of the ball carrier.

RULE 9: INFRACTIONS

D. PENALTIES by DEFENSE

1. OFFSIDE ~ Violation of Rule 8.A.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Offensive team will have two options:
        a. *OPTION 1*: Replay the down with a five (5) yard penalty imposed from the previous line of scrimmage.
        b. *OPTION 2*: Decline the penalty and resume play from the spot where the previous play was whistled dead.

2. INTERFERENCE ~ Violation of Rule 7.I.3 & 4.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Offensive team will have two options:
        a. *OPTION 1*: Automatic 1st down with a ten (10) yard penalty imposed from the previous line of scrimmage.
        b. *OPTION 2*: Decline the penalty and resume play from the spot where the previous play was whistled dead.

3. ILLEGAL CONTACT ~ Violation of Rule 8.A.6 & 13.
   This penalty includes holding, roughing, elbowing, etc.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Offensive team will have two options:
        a. *OPTION 1*: Automatic 1st down with a ten (10) yard penalty imposed from the previous line of scrimmage.
        b. *OPTION 2*: Decline the penalty and resume play from the spot where the previous play was whistled dead.

4. ILLEGAL FLAG PULL ~ Violation of Rule 8.B.
   This penalty will be called when a flag is pulled off of the receiver before the ball has been caught.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Ten (10) Yard Penalty
     2. Offensive team will have two options:
        a. *OPTION 1*: Replay the down with the five yard penalty imposed from the line of scrimmage.
        b. *OPTION 2*: Decline the penalty and resume play from the spot where the previous play was whistled dead.

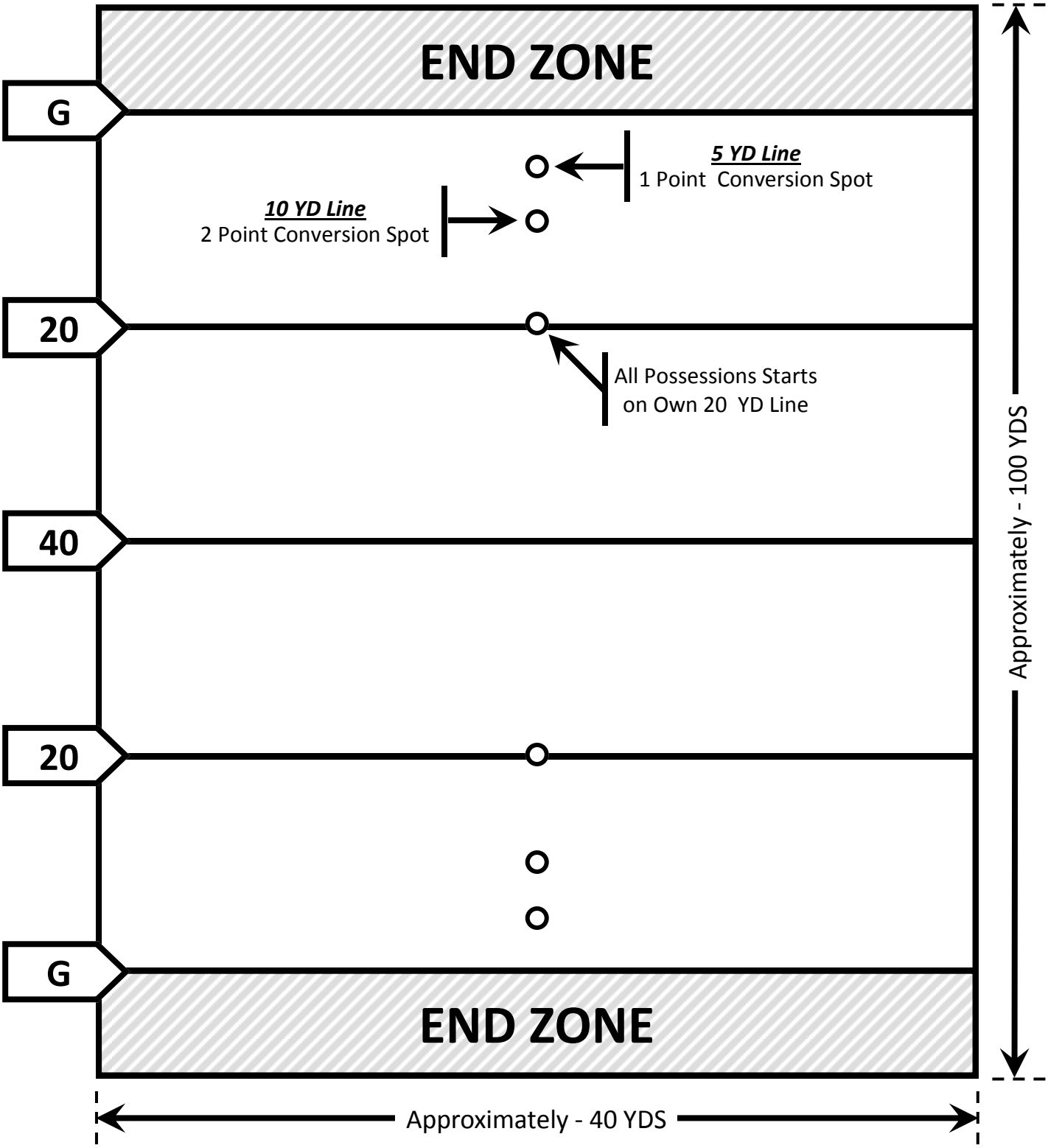
5. ILLEGAL RUSHING ~ Violation of Rule 8.A.

   - BOTH DIVISIONS

     CONSEQUENCES
     1. Offensive team will have two options:
        a. *OPTION 1*: Replay the down with a ten (10) yard penalty imposed from the previous line of scrimmage.
        b. *OPTION 2*: Decline the penalty and resume play from the spot where the previous play was whistled dead.

South Sideline = HOME TEAM

North Sideline = AWAY TEAM



TURTLE PARK
675 Villa Nueva Drive
Litchfield Park, AZ 85340

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SCOUT PARK
203 W. Fairway Drive
Litchfield Park, AZ 85340

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To Wigwam Boulevard