

This document is a work in progress and will become more detailed as we move forward with the development of this league. It is a list of rules that are supplemental **common sense** changes to NFL rules that will otherwise be used to regulate play.

GENERAL RULES

- 1) **Blocking:** **Only use of hands for contact is allowed while blocking.** Contact above the shoulders or below the waist is not allowed. Player may not leave feet to block. (on forward passing plays) Guard **may not move downfield more than 2 yards before ball is thrown.**
- 2) **Captains:** Each team shall designate a field captain and/or a sideline captain of which, one at a time, will be allowed to communicate with officials. Any player arguing with officials will incur a penalty. (See attached **OFPAP Document** on page 5).
- 3) **Chucking:** Use of **hands only, below the shoulder and above the waist (without holding)** to disrupt receiver's route is allowed within 5 yards of the line of scrimmage.
- 4) **Clipping:** Initial blocking contact to an opponent's back is not allowed at any time.
- 5) **Dead ball:** Occurs when ball hits ground from the snap ***without clear possession*** by the offense. Ball is made ready for play at the spot of contact with the ground (loss of down).
- 6) **Diving:** To advance the ball is allowed. If such action involves contact to move **through** a defensive player, a personal foul penalty will be assessed on the ball carrier.
- 7) **Down with contact:** If a ball carrier **falls** to the ground while ball is still in play, the player may get up and advance the ball if not touched by an opponent **while on the ground.**
- 8) **Eligibility(Pass):** All players are eligible for pass receptions except offensive guards.
- 9) **Offside:** Any player that is in or beyond the neutral zone at the snap of the ball.
- 10) **Fair catch (if kicking game is implemented):** Signal by extending one arm above the head and waiving it from side to side. Players must allow 1 yard clearance for reception of ball.
- 11) **Fighting:** ***WILL NOT BE TOLERATED!!***
AUTOMATIC EJECTION FROM THE GAME OR SEASON
- 12) **Flags:** All players should wear flags while playing. If any of the flags "fall off" during play, revert to **two** hand touch below the shoulders to end the play. Any player, upon capturing a runner's flag, is required to immediately come to a stationary position as soon as possible and raise the captured flag over their head in an effort to display it to the officials.
- 13) **Flag guarding:** Use of any part of the body or ball by a ball carrier to deflect a defenders' hand as they attempt to capture a flag is not allowed. **Contact must occur** to qualify as an infraction.
- 14) **Formations:** **Offense** must have 4 players at the "neutral zone" at the start of play.
***The core** will consist of the center and two guards on either side of the center.
Outside **defensive** linemen must line up their inside shoulder with the outside shoulder of the farthest outside player of ***the core.**

- 15) **Fumbles:** If any player who has clear possession of the ball, **loses control of it**, and the ball hits the ground, the ball is still considered to be in play (live).
- 16) **Huddles:** More than 8 players in the huddle at a time, for more than 3 seconds, will be considered an illegal formation
- 17) **Inadvertent whistle:** Play is dead. Ball is spotted at the point of farthest advancement on the field at the time that the whistle is blown, with loss of down. The offense can choose to replay the down from the previous line of scrimmage
- 18) **Intentional grounding:** Throwing an incomplete pass to avoid a sack. Q.B. must be outside “the pocket” and ball must be thrown to or beyond the line of scrimmage to avoid penalty or be throwing to an eligible receiver in the immediate vicinity of the spot that the ball strikes the ground.
- 19) **Legal catch: One foot** (first one) down inbounds with “control” of the ball.
- 20) **Motion/Procedure:** “Set” command must be called out before snap of ball. After “set” command only one offensive player at a time can move before snap of ball, and that motion cannot be toward the line of scrimmage.
- 21) **Pass interference:** Any action, except for “incidental” when making a play on the ball while in flight, which impedes upon any players ability to make a reception.
- 22) **Roughing the quarterback:** Any action as an attempt to deflect a thrown ball or to capture a quarterback’s flags that causes contact, such contact will be considered incidental. Any other type of contact may be penalized as “unnecessary roughness” or a personal foul.
- 23) **Runner:** The ball carrier may not lead with head or shoulders while advancing the ball. Diving, **while unimpeded by an opposing player**, in order to advance the ball, is allowed.
- 24) **Stiff arm:** Not allowed. **Contact must occur** to qualify as an infraction.
- 25) **Stripping:** Use of any body part to cause a “fumble” is not allowed.
- 26) **Tackling*:** Not allowed. If done to “prevent” either a first down or an attempt to score, that line to gain may be awarded.
 *(If any part of the body or uniform of the runner is grabbed while attempting to capture a flag, that part must be released **Immediately*** or that action will be considered an attempt to **tackle**).
- ***Immediately** will be defined by a silent 2 second count completed by an appropriate official.
- 27) **Tripping: If intentional** is considered a personal foul.
- 28) **Unsportsmanlike conduct:** The use of profanity, taunting behavior, discriminatory, derogatory, or threatening remarks will not be tolerated. Players not adhering to the conditions defined in the attached **OFPAP document** will also be subject to this infraction.

Second occurrence of this infraction or any combination of this and a personal foul equaling two on a player during one game will result in automatic ejection from the game. Players incurring two “game ejections” during one season will be banned from further play for the remainder of that season.

REGULATIONS / SUPPLEMENTAL RULES

- 1) **Challenge:** One per half. It will be conducted using **CH Discussion Format** (see attached On Field Penalty Assessment Procedure) while using an official copy of the rules.

- 2) **Coin Toss:**
 The toss of coin will take place within three minutes of kickoff in center of field. The toss will be called by the visiting captain before the coin is flipped. The winner may defer first choice or choose one of two privileges and the loser gets the other:
 - (a) Receive or kick
 - (b) Goal his team will defend

Immediately prior to the start of the second half, the captains of both teams must inform the officials of their respective choices. The loser of the original coin toss gets first choice.

- 3) **Game clock:** Four 15 minute quarters with 10 minute halftime break. **Clock will start 5 minutes after scheduled start time** even if either team is not prepared to play, and run continuously unless timeout is called (by team or any official), except for last two minutes of 2nd and 4th quarter, during which all appropriate *situations governing clock stoppage will apply.

* Situations for two minute period automatic clock stoppage:

 - A. Ball goes out of bounds.
 - B. Any type of scoring play (remains stopped during extra point attempts).
 - C. Change of possession.
 - D. Incomplete pass or dead ball incident
 - E. Penalties (unless committed intentionally to stop the clock, 10 second run off will then be enforced)
 - F. First down (unless chain crew is not being utilized)

* If any of the above situations occur, the play clock will be started immediately after the ball is made ready for play by officials, and game clock will start at clear possession of snap on next play.

- 4) **Jewelry:** Not allowed. No hooded sweatshirts, or billed hats (unless worn backwards).

- 5) **Padding:** Not allowed except to protect an injury. Must be approved by an official before play starts.

- 6) **Play clock:** Snap should occur within **30 seconds** after ball is made ready for play by an official. Official will countdown last 10 seconds of play clock out loud.

- 7) **Rosters:** Each team will have a minimum of 8 players to a maximum of 20 players. **All final roster changes allowed must be turned in before playing in the week 3 matchups.**
 - A) All players must play in at least three of their regular season games before they are qualified to play in the playoffs. The captain/owner is exempt from this Article.
 - B) Two of the roster slots may be used to identify a player as Injured Reserve. Those two players have to play in at least one game before that status is made "official".

- 8) **Scoring:** T.D. earns 6 points **Extra points:** from 3 yard line earns 1 point
from 10 yard line earns 2 points, with any change of possession
it can be returned for 2 points during the 2 point try.

- 9) **Team box:** Players not “in the game”, must stay within designated areas on each sideline at midfield (between the 30 yard lines). Penalties may be incurred AOD.
- 10) **Timeouts:** 3 per half @ 30 seconds + 30 second play clock; totaling 1 minute each.
From sidelines only team captains may call timeout, otherwise any player on the playing field is allowed to.
- 11) **Schedule:** Start times and opponents for each week’s games are posted before season starts, but can be changed with **unanimous** vote of teams affected by the proposed change(s).
- 12) **Uniforms:** Teams are required to wear jerseys of same color and have them tucked inside of flag belts at all times during play. The angled flag belt sockets should be pointing down and out. Flags should be located at hips before beginning of each play. Ball carriers without proper flag positioning, including QB, will be downed at that spot.
- 13) **Unnecessary Roughness:** Any contact to a ball carrier initiated with intent to “end a play” will qualify as unnecessary roughness. The infraction may be upgraded to personal foul at the officials’ discretion.
 The exceptions to this will be:
 A) The **touching** of a ball carrier that is on the ground
 B) The **touching** of a ball carrier that is missing at least one flag.
- 14) **Forfeits:**
 A) If a team cannot field at least 7 players (after game clock has started) by the end of the first period, that team will be charged with a forfeit (loss in standings) for that game.
 B) Every team must provide officiating support for each week they are scheduled to play, by assigning a player to the game they are not playing in. Non-compliance will result in loss of coin toss privileges and/or timeouts(AOD) for their next game.
- 15) **Set up/ Tear down:** Teams playing first game are required to set up equipment relative to their respective sideline before start of play (including cones, table, chairs, water dispenser and bottles, waste basket, and flag belt totes) which will be **staged** near the palm tree located at the West End of the field in (Austin Park), or the gate on the East Side of Haverty Field. Teams playing in the second game will be required to return said equipment to **staging area** after the end of their game.
 Everyone is responsible for their own possessions and trash
Any team found to be in non-compliance with this policy will be charged with a loss of one time out per half in their next game.
- 16) **Encroachment:** It is Encroachment if a defensive player enters the neutral zone and contacts an offensive player or the ball prior to the snap, or if he interferes with the ball during the snap. The play is dead immediately.
- 17) **Violent Personal Foul:** If violent contact, that is not associated with playing the game within the parameters of good sportsmanship, is initiated by a player on another participant, that player will be ejected from that game immediately, and the associated team will be penalized 15 yards .
- 18) **Illegal Defensive Rushing:** Contact to the offensive blocker may occur with hands only, above the waist and below the shoulder. If both players are hand fighting, can be called as incidental contact AOD

OFPAP Document
(On Field Penalty Assessment Procedure)

If a **Conference Huddle (CH)** of officials is deemed necessary by the head official on any given play, the following procedure will be used in order to expedite the ruling as it pertains to any infraction involved during that play.

- 1) All officials will be notified that a **(CH)** is required.
- 2) While the **(CH)** is forming, **ONE** player representing each team is to be qualified as a participant and allowed to join the group to **LISTEN** to the formatted discussion [described in section 3) below] among the officials in the group.
- 3) After all officials and qualified players have grouped in relative isolation, the head official will question **each member of the officials crew** using the following format:

(CH) Discussion Format

A: Was your line of sight, to the infraction being discussed, clear? (If yes)--

B: What did you see... and

C: What is your ruling?

- 4) After consideration of the information gathered using this format, a preliminary ruling will be determined and stated to everyone in the **(CH)** by the head official.
- 5) At that time, **and only at that time**, an expeditious and respectful discussion among the **(CH)** members will be allowed, if requested by anyone in the **(CH)**, in order to:
 - A: Consider interpretation of rules.
 - B: Challenge proper completion of **(CH) Discussion Format**.
 - C: Make adjustments to the ruling, if a majority consensus of the **officials** allow.
- 6) The **final and official ruling** will be determined and announced to both teams and the penalty, if any, will be enforced.
- 7) Play will continue.

Any deviations from this procedure attempted by any player can result in an additional penalty of 5 yards (delay of game). If the deviations persist, an additional penalty of 15 yards (unsportsmanlike conduct) may be called and enforced **collectively**.

Further persistence in the deviation from this procedure may result in an ejection of a player from the game, or forfeiture of game by the offending team.

Officiating Crew Roles Procedure of Making Ball Ready for Play

1. If an infraction has occurred, throw the flag to the Spot Of Foul and blow your whistle **AS SOON AS APPROPRIATE**
2. After play has ended, if it seems necessary, immediately move to the SOF, pick up the flag and raise it over your head to display. Stay there until the Referee has acknowledged you (blow whistle and/or use radio) and determined what infraction the thrown flag is for. (Hand signals or radio if possible).
Do not discuss the infraction with any player until the referee has been notified!
3. If for any reason you need to leave that spot before a penalty has been assessed, place the flag back on the ground at the SOF for future reference.
4. After assessment of penalty is accomplished, then pick up your flag and begin making the ball ready for play ASAP.
5. If there are no infractions involved, help get the ball back to "ball spotter" to begin the process of identifying the (new, if necessary) line of scrimmage. Since the play clock operator and the head linesperson have primary responsibilities with that procedure, the umpire should watch the count and positioning of the defensive players as they reform for the next play. The other linesperson should do the same for the offensive players. These actions can be accomplished while moving to their respective positions on the field to make themselves ready for play.

<u>FOUL</u>	<u>PENALTY</u>	<u>SUPPLEMENT</u>
Flag Guarding	5 Yards / SOF	LOD
Holding	10 Yards / LOS	RD
Illegal Block		
Delay of Game	5 Yards / LOS	RD
Offside		
Illegal Formation		
Illegal Motion/Procedure (False Start)		
Ineligible Receiver		
Illegal Man Down Field		
Intentional Grounding	SOF or 5 yards / LOS	LOD
Pass Interference	DEF: SOF	AFD
	OFF: 10 Yards / LOS	RD
Personal Foul	15 Yards	LOD / AFD
	<u>Offense</u> / <u>Defense</u> LOS SOF	Second time AE
Leading with head or shoulder	10 Yards / SOF	LOD
Illegal Defensive Rushing	10 Yards / LOS	RD

Stripping	5 Yards / SOF Unless from behind LOS, then from LOS	LOD
Tackling	AFD Half the distance to goal if inside red zone	ATD AOD
Team Box	5 Yards / LOS RD	AOD
Unnecessary Roughness	10 Yards / SOF	Second time/ treat as Personal Foul
Unsportsman Like Conduct	15 Yards/ LOS	Second time AE
Violent Personal Foul	AE of offending player + 15 yards against that player's team Offense / Defense LOS / SOF	LOD / AFD

AFD	Automatic First Down
ATD	Automatic Touch Down
LOD	Loss of Down
LOS	Line of Scrimmage
RD	Replay Down
SOF	Spot of Foul
AOD	At Officials Discretion
AE	Automatic Ejection

This document is a work in progress and will become more detailed as we move forward with the development of this league. There are a few issues that we feel should be addressed immediately. These issues relate specifically to the conduct of league members and their supporters (fans) while on the field, or when posting comments on the league's Facebook group wall (or page) to express individual points of view.

GDFFL Code of Conduct

- 1) Profanity or obscenities will not be tolerated in either forum. This will include derogatory language or gestures as they pertain to respective forums.
- 2) The use of alcohol or drugs will not be tolerated on the field. They are illegal, due to city ordinances, school district facility use policy, and unacceptable because of league policy.
- 3) Fighting or instigating violent or hostile behavior will not be tolerated. Antagonistic language that is threatening in nature will be considered hostile behavior.
- 4) Since officials are **not required** to discuss league policies, procedures, rules, or regulations **on game day**, any "insistent expression" in an attempt to do so (by any league member) may be considered inappropriate. If an official indicates that the discussion is inappropriate, and that indication is disrespected, a discretionary team penalty may be enforced.
- 5) During games all players are required to know and adhere to conditions of the **OFPAP** Document found on page 5 of league rules

Anyone (including team supporters, identified by proximity to team sideline area) who engages in these behaviors may be warned to stop. If the behavior is initially deemed profound enough (i.e.; fans entering the field of play, threatening other participants with violent actions, etc....) or otherwise repeated, an on field team penalization of unsportsmanlike conduct (assigned to team captain for fan-related infractions) will be enforced. Supplemental removal from Facebook group, and/or ejection from the game and/or league may be enforced as these actions pertain to the respective individuals in that particular situation.

Spring  2020

Members to do list:

We should all feel responsible for the development of this league!

- Team Fees are: **\$ 100.00** and must be paid in full by week #3 before start of play in your respective game. Forfeit of team coin toss privileges and/or loss of timeouts will be enforced if fee is not paid in full by that time.
- **PLEASE READ THE RULES THAT WILL BE HANDED OUT AT THE JAMBOREE** in your team packets. (Feb. 23rd) as there have been modifications made resulting from the League Meeting (Jan 5th). Such as, for example, points highlighted in yellow below
- One member of each team needs to help with officiating by **coming early** to first game if playing in second game, or **staying late** for second game after having played in the first game. Reference: Forfeits- Article 14- Item B of R/SR. (Page 4).
- All players are required to keep their flags completely accessible during play by keeping their jerseys tucked in/under the flag belt with flags positioned at the hips. Reference: Uniforms- Article 12 of R/SR Page 4
- Team photos and player profiles and photos can be taken, for publishing to the league website, before or after games. If anyone wants to do that, get in touch with any staff member to make the arrangements. Please be aware that we consider this activity to be extracurricular in nature and will not allow it to interfere with equipment set up/ tear down or game clock operation.
- Final Team Rosters due before begin of play of third game of team's schedule. Reference: Rosters- Article 7 of R/SR Page 3
- Please keep flag belts "intact". Reload each set of flags with provided black plastic plugs so that they are ready for use by the next player that will need them. Place all "intact" flag belt sets in their appropriate color coded totes (blue or red) at each team table before leaving the field after your games.
- **No drugs/ alcohol on the field at our events**
- PLEASE respect the schedule of all events (be on time). As per the rules, game clocks will start, at the latest, 5 minutes after the scheduled start time. Players will lose playing time if late for their game, not the league staff members!
- Pack out everything packed in (clothes, litter, equipment, etc....) **Please empty any liquid from all containers before placing them in a trash receptacle** or (team totes---league snap top water bottles only please!).
- Volunteers needed to help set up and teardown before and after games each week
Reference: Set Up/ Tear Down- Article 15 of R/SR Page 4
- Organize volunteers to help keep Haverty Field prepped and painted.
- Refrain from the use of profanity and exhibit good sportsmanship in all public forums (field, Facebook group wall/page, activities, and events)
- Volunteers for flier posting

Thanks for your cooperation, it really helps to keep things organized and maintains the potential for keeping this league more fun for everyone.