



Town & Country NFL Flag Football Rules Revised (March 2022)

1. Player Eligibility

- a. Players may be male or female. **Rookie flaggers must be 1st – 2nd Graders, Junior flaggers must be 3rd – 4th Graders and Senior Flaggers must be 5th – 6th graders** as of August 1st.
- b. Younger players may move up with a written consent from their parents. Players will NOT be allowed to move down to a younger age division.

2. Equipment and Safety

- a. Footballs and flags will be NFL issued for all teams.
- b. Football Size
 - a. Rookie – Pee Wee
 - b. Junior & Seniors - Junior
- c. Each team must use the official NFL issued football during offensive series. The Game ball will be provided by the league for both teams to use during the duration of the game. The Game ball will be presented to the coaches at the beginning of the coin toss.
- d. All players must wear official NFL flags and belts.
- e. Players will only be allowed to wear athletic shoes: sneakers, turf shoes or rubber cleats. Metal cleats are not allowed.
- f. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Leg braces with exposed metals are not allowed.
- g. The shorts/pants worn by players must be a single color (black preferred) and not have open pockets. Game shorts/pants cannot be the same color as the flags. Game pants must not have strips of any color along the side. Violation of the uniform rule will make the player ineligible. The player will be reinstated once the uniform is per player's dress code.
- h. Jerseys must be tucked in, at all times, during the game. Failure to tuck in jerseys/shirts may result in uniform infractions; team penalty.
- i. Mouth guards are to be worn by the players, at all times, during the game. Mouth guards must be flush with the lips. Sharp edges or flashing lights on mouth guards are not permitted. The Officials will have the authority to send a player to the sideline if the Official views that a player does not have a mouth guard. The player will be allowed back in the game as soon as they have a mouth guard.
- j. Coaches will be given an equipment bag with footballs and flags. All practice balls, official NFL footballs and other equipment provided by T&C must be returned at the end of the season.
- k. NFL jerseys and flags do not have to be turned into T&C after the season. Players may keep flags and jerseys.
- l. No hats, caps, other headgear, jewelry, metal, rubber wrist bands, or hard plastic can be worn except for prescription safety glasses. Winter beanies, cloth head bands and hair ties are allowed.
- m. Jerseys must be worn over cold weather gear.
- n. Players will be allowed to wear gloves.
- o. All flags, shorts, shoes and other equipment will be inspected by the Officials prior to the beginning of each game.
- p. Home teams must wear dark jerseys. Visitors must wear white jerseys.

3. Player Flags

- a. One flag must be worn on each side (hip) of a player during game play. Flags must be immediately repositioned between plays as flags may move to either the front or back during game play.

- b. Flags cannot be tied wrapped or otherwise secured or not secured in any manner that would prevent them from being removed in a normal manner.
- c. The flag belt and shorts belt must be snug on the players and extra lengths of the belt must be tucked into the players' shorts prior to the start of the play.
- d. The coach on the field for each team shall be responsible for ensuring all players' flags are positioned correctly before the start of each play.
- e. If prior or during a play, a player's flag falls off, that player is ineligible to receive a hand-off, receive a hiked-ball, hike the ball and receive a pass. The ball becomes dead at the spot where the ineligible player touches the ball.
- f. If a defensive player intercepts a ball and that player's flag are not per the rules, the interception is recorded by the Official, however, the player may not advance the ball beyond the spot of the interception.

4. The Playing Field and Game

- a. For the Rookie league, the field will be 40 yards long and approximately 12 yds wide (sideline to far hash marks on a regulation width field). As there is no solid line down the middle of the field where the hash marks are the ref's sole judgment will decide out of bounds.
- b. For the Junior and Senior league, the field will be 50 yards long by 30 yds wide (sideline to far hash marks on a regulation width field). If there is no solid line down the middle of the field where the hash marks are the ref's sole judgment will decide out of bounds.
- c. Play will start from the offensive team's own 5-yard line.
- d. A "No-Huddle" offense will be allowed after the ball is ready for play.
- e. Each team will have 4 plays to cross the mid-field point for a first down.
- f. If they cross mid-field, they will have an additional 4 plays to cross the goal line.
- g. No punts during the game.
- h. If the offensive team is unsuccessful getting a 1st down or TD, it will result in a "turnover on downs". The defending team will start possession on its 5-yard line.
- i. Changes of possession due to interception will start from the spot where the interception is returned.
- j. If a ball is intercepted, the ball is live and may be returned by the intercepting team. If the interception takes place in the end zone and is not returned out of the end zone or is downed in the end zone by the intercepting team the ball will be placed on the 5-yard line of the intercepting team.
- k. If a flag is pulled in the endzone of the intercepting player, it will not result in a safety. The ball will remain with the intercepting team. 1st down on the 5-yard marker of the intercepting team.
- l. After a dead ball call, the Referee will place the 7-yard rush marker from the ball and whistle or indicate the ball ready for play. The offense will have 35 seconds from this time to hike the ball and start the next play. **If the ball is hiked before the ready for play indication from the Official, that snap will be considered an illegal snap.**
- m. The ball will be placed on the 6-yard line for 1-extra point, the 12-yard line for 2-extra points and 18-yard line for 3-extra points. Offensive teams can either run, pass or kick extra points.
- n. There should be a 1-yard buffer zone between the sideline and coaches/players/spectators.

5. Game Clock

- a. Games are played in two 20-minute halves. The clock will run constantly during the game except:
 - a. Official Time-Outs
 - b. Injury Time-Outs
 - c. Coach Time Outs: One sixty (60) second time out per team, per half

- b. If the clock runs out prior to the extra point, the offensive team will have the opportunity to play the extra point.
- c. The Official will stop the clock during injury time-outs and for any other Official time-outs.
- d. Penalties will NOT stop the clock.
- e. Half time will be 5 minutes.
- f. If the score is tied at the end of regulation, REFER TO OVERTIME RULES.
- g. The ball must be put into play within 35 seconds after the referee sets the ball and the 7-yard marker is placed.
- h. Each team will be allowed one 60-second timeout in the first half and one 60-second timeout in the second half. The 35-second clock will start on the Official signal and the game clock will start on the hike of the ball.
- i. The Official will keep the official time on the field.
- j. If a game is called by the Official after "half-time", that game counts as a full game for the official records. If "called" before half-time, teams will have an opportunity to complete the game at a later date.
- k. During the last two minutes of each half, the game clock will stop for the following:
 - a. Change of Possession: To allow the ball to be moved to the other end of the field. The 35-second clock will start on the Official's signal and the game clock will start on the hike of the ball.
 - b. All Penalties: Clock starts at the hike of the ball.
 - c. Extra points: Clock will resume on the hike of the ball by the other team.
- l. Neither First nor Second Half can end on a defensive penalty unless the Offense declines.

6. Mercy Rule

- a. All regular season games will be terminated immediately any time the score differential becomes 35 points or greater.
- b. The losing coach will determine if they want to continue playing. If so, the current score will be the final score. No additional scores will be tallied. The clock will continue to run for the duration of the game. No Coach Time-outs will be permitted

7. Overtime

- a. Overtime winner is determined by whichever team scores more points within a single overtime period. Winner of the coin toss chooses offense or defense first. If there are multiple overtimes, teams will alternate who will get the ball first at start of each overtime.
- b. Each team is permitted to choose one (1) play from the defense's 6 yard line for one point or the defense's 12 yard line for two points.
- c. Whether or not to go for one or two points is up to the offensive team.
- d. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of its own.
- e. If both teams score and complete the same amount of points on conversions, then the process is repeated with the team that lost the first coin toss getting to choose offense or defense for the start of the second round of overtime.
- f. Both teams must "go for two" from the 10-yard line starting in the third round of overtime.
- g. Final points earned by each team in overtime will be added to each team's total score.
- h. **Offensive penalties** – the ball becomes dead and the result per the game situation.
- i. **Defensive penalties** – the ball will be moved halfway to the goal and repeat down

8. Coin Toss

- a. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team (White Jerseys) call the coin toss.
- b. The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will defend. There is no option to defer to second half.
- c. Teams will change sides after half-time with the team on defense in the 1st half will take first possession of the ball in the second half.

9. Players

- a. Prior to the draft, younger players may move up to older league with written consent from their parents and coach. Players will NOT be allowed to move down to a younger age division. T&C Flag Football President will review each request and make final ruling.
- b. Teams must have a minimum of 4 players to start and play the game.
- c. Each team will be allowed no more than 5 players on the field.
- d. Teams cannot exceed ten players per team.
- e. Free substitutions are allowed and encouraged on dead ball only.
- f. Offense cannot substitute players after they break from the huddle.
- g. Defense cannot substitute players after the offensive team leaves the huddle.

10. Coaching

- a. Each team will be allowed to have one coach on the field during the game. The “on-field” coach may either be the head coach or assistant coach. The coach must try to stay out of the play (behind at least 10 yards the deepest player) and should not run along with the play. Coaches must move to the sideline or behind the furthest offensive and defensive player.
- b. Each team can have as many assistant coaches to help the head coach.
- c. Only the head coach for each team can speak to the Officials. In order for the head coach to speak with the Officials, they must use their time out and speak with the Official(s) on the sideline away from play.
- d. The Head Coach can ask the Official for a rule clarification. The referee will take an Official time-out to review the rules with head coaches. IF the Official’s use of the rule was correct, the team will be charged with that time out. IF the Official agrees that there was a valid reason for the request for clarification, the time out will be restored. The coach can only ask for a rule clarification one time per half.
- e. Parents and spectators and other coaches will not be allowed to be involved in any conversations with the referees.
- f. Profanity will not be tolerated at any time. A coach, player or any sideline personal that violates this rule can be immediately removed from the game.
- g. **Coaches are not to disrupt the flow of the game by arguing spots and officials calls. This will be a sportsmanship penalty and 15 yards will be assessed.**
- h. Judgment calls by the Officials will not be questioned or argued.
- i. No arguing, begging calls or questioning the judgment of the Officials will be tolerated.
- j. Rookie coaches on the field can talk to the players after the ball is hiked and in play.
- k. The coach (unless head coach) on the field should not talk to the Official unless to ask about the 5 yard no run zone.
- l. The on-field coach is to assist the players only. **In the event the Official determines that the on-field coach is disrupting the game or the Officials, that team will forfeit the right to a coach on the field for the rest of the game and the coaches may be asked to coach from the sidelines.**
- m. The on-field coaches should not be involved in the play after the ball is hiked. That means verbally, the coach should not direct players on offense or

defense. A defensive coach should not yell 'run' or 'pass', etc. The offensive coach should not instruct the backfield. However, the assistant coaches on the sidelines can provide verbal commands while the ball is in play.

- n. Coaches thrown out of games will receive a minimum of one game suspension. Second occurrence will result in a suspension for the remainder of the year.
- o. **If the coach is making calls, comments and arguing with the Officials either from the sideline or on the field that team may be assessed an unsportsmanlike penalty and or the coach removed from the game and field area.** (Coaches, please note this game is for the kids to have fun, arguing with the Officials, questioning calls, and making comments about calls only results in parents doing the same. This is a bad situation for all especially the kids and something we strongly discourage.)
- p. The head coach is responsible for their assistant coaches. Any head or assistant coaches receiving two unsportsmanlike penalties will be asked to leave the field.
- q. The head coach is responsible for their spectators and sideline.
- r. Spectators/Parents are not to disrupt the flow of the game by arguing spots and officials calls. The spectator/parent will be given one warning from the Official. If the spectator/parent continues to disrupt the game, they may be asked to leave the field or the team will forfeit the game.

11. Scoring

- a. Touchdown – 6 points
- b. Field goals – 3 points
- c. Extra point:
 - 1 point if played from the 6-yard line.
 - 2 points if played from the 12-yard line.
 - 3 points if played from the 18-yard line.
 - If the defense returns the extra point for a touchdown, they will be awarded the number of points the offense was attempting to gain. They will also receive the ball.
 - Defensive players cannot return missed extra point field goals.
- d. Safety - 2 points
 - Flag pulled in the end zone
 - Offensive fumble in the end zone

12. Offense - Running

- a. The quarterback cannot run the ball past the line of scrimmage. The quarterback can run in any direction in the backfield as long as the QB does not pass the line of scrimmage, unless the ball was handed off to the QB from player other than the Center.
- b. Laterals, pitchouts and backward passes behind the line of scrimmage are legal. The offensive team, however, can attempt a forward pass once per play. If the ball hits the ground, it will be considered dead ball at the location the ball touches the ground. The QB will not be allowed to move sideways or forward during laterals, pitchouts and backward passes. Offenses cannot have multiple backward passes, laterals, pitchouts per play.
- c. Only direct handoffs behind the line of scrimmage are permitted. Players may not direct hand-off past the line of scrimmage.
- d. There are “NO RUNNING ZONES” located 5 yards from of each end zone and on either side of mid field. When in these zones the team must pass to avoid power running plays for short yardage for first downs or touchdowns. **If a team does a run play within the no run zone the ball will be placed at the original line of scrimmage and the down will be lost.** The Official will determine if the ball is in a “No Run Zone” if asked by the coach to do so however, it is the coach’s responsibility to know about the situation. If they do not ask prior to the

play the Official will assume the coach was aware of where the ball was on the field.

- e. Hand-offs, laterals, pitchouts and backward passes are not allowed in the No Run Zone
- f. After a handoff the player may make a forward pass as long as he has been and still is behind the line of scrimmage.
- g. Multiple handoffs can occur as long as they are behind the line of scrimmage.
- h. Cannot have two forward passes during a play.
- i. There will be no direct hand-off to the center. The center can go out for passes or screen but cannot receive a direct hand-off from the quarterback.
- j. The ball is spotted at the point of the ball carrier's hip when his flag is pulled (Not the spot of the ball).
- k. The ball carrier must attempt to avoid the tackler. If a defender has position in front of the runner, the runner cannot attempt to run over or through the defender and cannot use his hand to ward off the tackler i.e. stiff arm is illegal. **If violation of this rule occurs the ball will be down at the point of contact and moved back 5 yards for the next down.** This will be a judgment call by the Official.
- l. Each player should pause one second prior to the snap unless that player is in motion lateral to the line of scrimmage.
- m. Stiff arms are illegal on offense and defense.
- n. The ball carrier's feet cannot leave the ground to avoid losing a flag. i.e. no jumping to avoid the defender or jumping into the endzone.

13. Offense - Blocking

- a. The arms and hands of the blocker must be near his body. Extending the arms out from the body to any degree will be considered as an illegal block.
- b. The blockers legs must be in contact with the ground, no more than shoulder width and should not be extended in an effort to trip or cause defense to go around an extended leg. The Official will make this determination without assistance from coaches/spectators of either team. A player extending his arms to protect himself from a fall or collision will not be considered an illegal block.
- c. Contact blocking is not allowed. An offensive player may stand in the way of a defender in an effort to screen but cannot initiate contact with a defender either on the line of scrimmage or anywhere on the field.
- d. The center will be allowed to move to a screen position behind the line of scrimmage. No moving screens.
- e. Offensive players can set screens down field however; the offensive players must be stationary to set a screen. (Once the ball has crossed the line of scrimmage it is best to have other offensive players stop and stand still to avoid down field blocks.)
- f. Offensive players cannot move along with the player to set a moving screen. (Teach your players to stay still when the ball is past the line of scrimmage and do not run with the ball carrier.)
- g. Illegal contact between the blocker and the rusher will be called against the player determined to have initiated contact.

14. Offense – Passing and Receiving

- a. All players are eligible to receive passes including the Quarterback if the ball is handed off behind the line of scrimmage.
- b. Only one player at a time may be in motion, but not in motion toward the opponent's end zone at the time of the snap. A second player can be in motion only after the first player becomes stationary.
- c. Each player should pause one second prior to the snap unless that player is in motion.

- d. A player may not be eligible to receive a pass if he has stepped out of bounds during the play unless he is pushed, bumped or forced out of bounds. This will be a judgement call by the Official.
- e. A player must have at least one foot in bounds when making a reception.
- f. If a player catches the ball on his knees the catch will count but he may not advance the ball. He will be considered down at the place where he catches the ball. If it is in the end zone it will be considered a touchdown.
- g. All players are eligible receivers.
- h. If the offensive and defensive player catches the ball at the same time, the possession will go to the offensive team.

15. Offense - Passing

- a. Each play, either passing or running, will start with a center snapping the ball to the QB between the center's legs.
- b. The QB can perform a forward, lateral or backwards pass to a receiver.
- c. The QB may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. If they do not go beyond the line of scrimmage, the play will be an illegal pass.
- d. The QB does not have a time limit to pass the ball forward.

16. Field Goals

- a. A field goal can be attempted on fourth down only.
- b. The ball will be placed on the LOS the same distance of a regular football field.
- c. The defense will stand on the sideline.
- d. All offensive players will stand to the side except snapper, holder and kicker.
- e. The snapper must move to the side once the ball is delivered to the holder.
- f. The holder will be at least three (3) yards from the LOS
- g. The offense will hike the ball to the holder, the holder places the ball on the tee and the kicker has three seconds to kick the ball.
- h. If the holder fumbles the ball or field goal is missed, the ball will be turned over to the other team at the ten (10) yard line.

17. Dead Balls

- a. The play will be blown dead by the Official when:
 - A ball carrier's flag is pulled, falls off or becomes illegal. For example, if a flag has moved to the front causing it to hang between the ball carrier's legs. A flag that moves unintentionally to the back during play will not necessarily be considered illegal.
 - A forward pass falls incomplete.
 - If the ball is fumbled. If a fumble occurs the play will be blown dead and the team last in position of the ball will take over at the location of the player's feet when the fumble occurs. There will not be a change of possession if a fumble occurs unless the offensive team fumbles on 4th down then the ball will be set at the 10-yard line.
 - Fumbles in the end zone will be considered a safety.
 - In the event of a fumbled snap if the ball touches the ground after leaving the center and before touching another player it will be placed at the original line of scrimmage. If the ball touches another offensive player before touching the ground it will be placed at the point it made contact with the other player.
 - Ball carrier steps out of bounds.
 - Any part of a ball carrier's body other than hands and feet touches the ground.
 - In case of an inadvertent whistle, the offense has two options:
 - Take the ball where it was when the whistle blew and change of down.
 - Replay the down from the original line of scrimmage.

18. Defense

- a. Once a ball has been handed off or passed all defenders are eligible to rush or cross the line of scrimmage.
- b. All defensive players must line-up at least 1-yard off the line of scrimmage. For Rookie Flag Game: There may not be a 7-yard marker for the Rookie flaggers. They can line up anywhere on the field other than the buffer zone. They will not be allowed to pass the LOS once the ball is snapped to QB. If the QB hands off to a RB, they can cross the LOS.
- c. Only the player(s) that starts at least 7-yards from the line of scrimmage may rush the passer and cross the line of scrimmage (unless a handoff or forward pass has taken place).
- d. Any number of players may rush as long as they start from a point 7-yards behind the line of scrimmage when the ball is snapped.
- e. If the defensive player moves within 7-yards from the line of scrimmage prior to the snap of the ball, this will not be considered offsides; unless that player moves into the offensive back field prior to a hand off, pass or 7 seconds after the ball has been snapped.
- f. If the quarterback has not passed or handed off the ball within 7-seconds after the snap, all defenders regardless of where they started the play are eligible to rush the passer and cross the scrimmage line.
- g. A defensive player is not allowed to tackle or trip a ball carrier; nor may they grasp the clothing, push out of bounds or stop the progress of the ball carrier.
- h. Defensive players are not allowed to make contact with offensive blockers. It will be the responsibility of the defensive player to avoid the stationary blocker. They may not use their arms or hands as a wedge to contact the offensive blocker.
- i. Tackling is not permitted. The defensive player must go for offensive player's flag. Wrapping the arm around the waist of the offensive player in order to stop the players progress is considered tackling.
- j. Defensive players will be required to hold up a pulled flag visible to the Official and give that flag back to the offensive players. **Throwing or "Spiking" the pulled flag to the ground is a personal foul.**
- k. Striking, stealing or stripping the ball in any way is not allowed. The point of the game is to pull the ball carrier's flag, not attempt to dislodge the ball.
- l. Rusher will not be allowed to block a pass from the QB. They must go for the flags. A personal foul on the defensive player if the QB is touched other than going after the flag.
- m. An interception can be advanced.
- n. **Illegal contact between the offensive/defensive players will be called against the player determined to have initiated contact.**

19. Defensive penalties:

- **Play will not be blown dead until after the play has ended.**
- **The offense will have the option to accept the penalty or decline it.**
- **All defensive penalties repeat down**
 - a. **Offsides** - 10 yards from LOS. If a player that did not start behind the 7-yard marker crosses the line of scrimmage before a handoff, pass or the 7 seconds have elapsed he will be considered offside.
 - b. **Pass interference** – Dead ball at spot and automatic first down.
 - c. **Uniform and flag violation - Interception.** Dead Ball at spot. Keep possession of ball.
 - d. **Running into or contacting the passer** – unless in the case of incidental contact while attempting to grab the flag a defensive player runs into or contacts the passer while in the act of throwing a pass – 10 yard from spot and auto first down.
 - e. **Attempt to block Pass** – 15 yards from LOS

- f. **Contact – Failure to avoid contact with defensive player** – 10 yards from spot of foul.
- g. **Holding or blocking** – 10 yards from LOS
- h. **Tackling, Tripping, Pushing** – 10 yards from the point of infraction if beyond line of scrimmage. If behind line of scrimmage 10 yard from line of scrimmage. If in the refs sole opinion, no attempt was made to get the flag and the tackle was made intentionally i.e. cutting the runners legs out, jumping on his back, or lowering the shoulder and running over or wrapping up like a form tackle. The Official will call a personal foul. If no attempt is made to grab the flag and a runner is instead intentionally pushed out of bounds this will be considered a tackle.
- i. **Tackling or Tripping Player from Behind** – 15 yards from spot of the foul. If the 15 yard is accessed to be in the end zone, a touchdown will be declared.
- j. **Illegal flag pull (pulling the flag before the receiver has the ball.)** – 10 yards and automatic first down.
- k. **Pulling uniform (Shorts or jersey) in lieu of flag** – 10 yards from spot of foul
- l. **Illegal substitution after Huddle** - 10 yards from LOS.
- m. **Too many men on the field or in the huddle** - 10 yards from LOS.
Striking/Stealing/Stripping the ball – 10 yards spot of the foul.
- n. **Encroachment (Lined up within 1-yard of LOS)** – 10 yards from LOS
- o. **Unsportsmanlike act** – 15 yards from LOS. Two unsportsmanlike conduct penalties on any coach or player during game results in immediate ejection from the game and Automatic 1st down.
- p. **Running into, hitting, tackling the QB** – 15 yards from LOS and automatic 1st down.

20. Offensive penalties:

A dead ball will be immediately called & penalties will be accessed per rules below. Defense will not have the option to accept or decline. All offensive penalties will involve loss of down.

- a. **Delay of game** – 5 yards from LOS
- b. **Did not get ball to ref in timely manner** – 5 yards from LOS. This is a judgment call by the Official
- c. **False start** - 5 yards from LOS.
- d. **Illegal snap (Snap the ball prior to Referee signal** - 5 yards from LOS.
- e. **Illegal substitution after Huddle** - 5 yards from LOS.
- f. **Too many men on the field or in the huddle** - 5 yards from LOS.
- g. **Illegal pass (Forward pass from beyond the line of scrimmage)** – 5 yards from LOS.
- h. **Flag guarding** – 5 yards from spot
- i. **Uniform and flag violation – Ball Carrier**. Dead ball at spot of touching the ball.
- j. **Stiff Arm** - ball blown dead and moved back 5 yards from the spot of the foul and loss of down.
- k. **Holding or Blocking** - 5 yards from spot
- l. **Moving screens any where on field** – 5 yards from spot. To avoid being called for screen blocking down field a player must stop and establish a position (much like in basketball) he cannot be running along side the ball carrier setting a moving screen. This is a judgment call by the ref so be aware of it if you coach your kids to run with and block for the runner.
- m. **A Run play in the no run zone.** – 5 yards from LOS.
- n. **Quarterback runs the ball** - 5 yards from LOS.
- o. **Leaving feet to avoid flag pull** – 5 yards from spot.
- p. **Diving into the end zone** – Ball will be placed on the 5 yard line.
- q. **Receiver catch ball after stepping out of bounds** - 5 yards from LOS
- r. **Not avoiding the defender** – 15 yards from spot. This will be a judgment call by the Official.

- s. **Unsportsmanlike act (Spiking the ball, questioning Official calls, not giving back pulled flag to offensive player, extensive celebration)** – 15 from spot.
- t. **Unsportsmanlike act (Spiking and dropping the ball in end zone, extensive celebration prior to touchdown)** – touchdown or extra point will not count. 15 from LOS. Two unsportsmanlike conduct penalties on any player during game results in immediate ejection from the game.

21. Defensive Penalties

- a. All penalties unless otherwise stated above will be assessed from the line of scrimmage.
- b. Only the head coach may question a referee's call.
- c. A judgment call cannot be questioned or protested. The head ref on the field will make all final judgments.
- d. **Two coaches on the field at the same time** – 15 yards from line of scrimmage.
- e. **Defensive Coach Interference during a play** – 15 yards from line of scrimmage.
- f. No cell phones or electronic equipment can be used on the field.
- g. Coaches interference – 15 yards from LOS
- h. Offensive penalty on 4th down is a LOD and ball turned over to the other team.
- i. Offensive penalties during the extra point will be assessed per the rules and tried again.
- j. Defensive penalties during the extra point will be assessed enforced and tried again.

22. Sportsmanship and Roughing

- a. **If in the referee's judgment they witness any act of flagrant contact, tackling, cheap shots, blocking, elbowing or any other dangerous or unsportsmanlike act.** Which could include spiking the ball, trash talking or in the sole judgment of the Official use of language that may be offensive to them or others in attendance. The Official will mark off a 15 yard penalty and may stop the game and eject the player committing such acts from the remainder of the game. This applies to coaches as well.
- b. **Players are not allowed to talk to the referee's unless spoken to by the referee.** Players are not allowed to question referee's call or ask for a rule clarification. If players engage with the Officials, they may call an unsportsmanlike conduct penalty and access 15 yards from the previous line of scrimmage.

23. Mandatory Play Requirements (MPR) (Enforced only in Combined leagues)

- a. The purpose of the mandatory play is to ensure the development and training of each player registered within T&C.
- b. Mandatory play will be in the form of minimum touches per game.
- c. Each eligible player must have a minimum of 3 touches per game.
- d. If a team does not have enough offensive plays to get all players their required 3 touches, then all eligible players must have a comparable number of touches.
- e. Teams must keep track of player touches on the MPR sheets.
- f. A Touch is defined as an opportunity to advance the ball. This occurs by running the ball (runner) and receiving the ball (pass receiver).
 - i. Only the ball carrier intended to advance the ball across the line of scrimmage will be defined as a runner.
 - ii. Only 1 player in a multiple hand-off play may be the runner.
 - iii. Only a player who attempts a catchable ball and incomplete is considered a touch.
 - iv. Defensive players may gain a touch if they complete and are eligible to advance an interception
 - v. Player snapping & Player receiving the snap DO NOT count as touches.

vi. Players earn a maximum of one touch per play.