



APEX

PARKS, RECREATION &
CULTURAL RESOURCES

Youth Flag Football Handbook



Summer 2025

Table of Contents

Letter to Coaches and Parents	3
Parental Code of Conduct	4
1) League Management	5
2) Coaches & Assistants	5
3) Player Eligibility	6
4) Player Placement and Draft	6
5) Draft Procedures	7
6) Team Composition	8
7) Uniforms and Equipment	8
8) Practices	9
9) Tournaments	9
10) Code of Conduct & Penalties	10
11) Protests	11
12) Playing Rules	11

Dear Coaches and Parents,

We would like to take this opportunity to thank all the parents and coaches involved with our youth flag football program. Everyone is working hard to make this season fun and successful.

The goal of the Parks and Recreation flag football program is to provide quality instruction which promotes sportsmanship, teamwork, development, participation and FUN! Individually, to develop technical skills which will enhance the ability, desire and confidence of each player. It is the coach's responsibility to instill this concept into all participants and their parents.

If anyone associated with your team loses sight of these objectives, please remind them that this is about children playing a game. Our job, as parents and coaches, is to facilitate a fun learning experience, and to lead by example. Often, the way we react to things on and around the field teaches them more than the game itself.

Also, please remember to use the designated parking areas. If you have children that are not participating in our programs, for their safety, be sure to watch them. Remember to keep our facilities clean and beautiful for everyone to enjoy.

Sincerely,
Apex Parks & Recreation

Apex Parks and Recreation Parental Code of Conduct

- Exhibit socially acceptable behavior at practice sessions, games, and matches or refrain from attending these events.
- Ensure that your children have the proper equipment.
- Ensure that your children arrive and are picked up at the stated time.
- Applaud all good effort and good plays or remain silent.
- Allow the coaches to instruct without outside interference or influence.
- Support the coaches in what they want the players to learn.
- Treat the coaches and league leaders with dignity and respect.
- Ensure that your children receive ample positive encouragement regardless of the outcome of their events.
- Allow your children to play without negative pressure, verbal or physical.
- Ensure that your children do not intentionally injure other players.
- Help your children adhere to the written and unwritten rules of honesty, fair play and good sportsmanship.
- Assist in helping other players, the team, or the program when asked.
- When possible, provide your children with extra instructional opportunities.
- When possible, provide your children with opportunities to learn other sports so that they have a more balanced development.

1. League Management

National Federation of High Schools rules will apply except where stated in the Handbook.

- All game schedules are final. Coaches are not allowed to reschedule league games or schedule games/scrimmages against teams outside of our league. The Parks & Recreation department may reschedule games for reasons that affect the whole league such as weather cancelations and school make up days. Coaches are allowed to switch practice times with another coach.
- Game time will be indicated on the league schedule. There is no grace-period for any youth flag football game. Game time is forfeit time, unless the start of the game is delayed because of an umpire or scorekeeper absence.
- In the event of a forfeit, a practice game may be played between the two teams.
- If both assigned officials are absent, the game will be postponed and rescheduled at the discretion of the Recreation Programmer or designated staff. If only one (1) assigned umpire is present, they will work the game alone.

2. Coaches & Assistants

- All coaches must complete an online background check.
- A coaching staff not to exceed three (3) (For games). The three coaches should consist of one (1) head coach and two (2) assistant coaches.
- All coaches will be evaluated after each season.
- All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Apex Parks and Recreation Department.
- Only the head coach and their assistants will be allowed on the sidelines with the team during official game play. Upon notification by an umpire, or staff member, additional adults are to be removed from the sideline. Failure to adhere to this ruling will result in the ejection of the head coach.

- In the 7-8 league and 9-10 league one coach for each team may stay on the field to call plays and adjust players. Once the offense lines up on the ball the coaches must be back 10 yards from the line of scrimmage. At this point they are no longer allowed to talk or communicate with the players and must not interfere with player progress. Penalty: 1st offense is a warning; all subsequent offenses will result in a 10- yard unsportsmanlike penalty on the coach, and he/she must leave the field. Another coach may take the place of the dismissed coach.
- In the 11-12 league coaches are not allowed on the field.

3. Player Eligibility

- League age for the 2024 Summer Season is the player's age as of July 1st of 2025.
- Players returning to a team in the same age group must still register. However, these players will be excused from skills assessments. No player shall be eligible to participate in assessments, player selection, practices, or games until they have completed the registration process. Teams will incur a penalty of forfeiture of all games in which an ineligible player participates. Coaches may face disciplinary action if they allow an ineligible player to participate.
- Players ages nine (9) and above that are new to the age group should attend player assessments to be eligible for selection in the draft. Players that do not attend for the entire assessment period will be randomly assigned to a team. No Special requests will be honored.
- Player assessments for ages nine (9) and above will be supervised by designated Parks and Recreation staff.
- Players ages eight (8) and under returning to the same age group will have the option to return to the same team from the previous season. Participants entering a new age group will be placed on a new team. No Special requests will be honored.

4. Player Placement and Draft

- Registered players ages eight (8) and under returning to the same age group will have the option to return to the same team from the previous season.

Participants entering a new age group will be randomly placed on a team. No special requests will be honored.

- Registered players ages nine (9) and above who are new to the age group must attend player skills assessments to be eligible for selection in the draft.
- Registered players ages nine (9) and above returning to a team in the same age group will be excused from skills assessments.
- Player assessments are intended to provide coaches the opportunity to evaluate the abilities of registered players which, in turn, should promote greater skill equity within each league. Player skills assessments for ages nine (9) and above will be supervised by designated Parks and Recreation staff.
- The draft and player placement shall take place following the conclusion of player skills assessments and will be supervised by the Recreation staff.

5. Draft Procedures

To be organized and operated by APR&CR and the league coaches under the following guidelines:

- Teams shall draft in reverse order of their finish in the previous season. Teams with no returning players shall be treated as a new team and will start at the top of the draft.
- New teams added to the league and teams with no returning players shall be placed at the top of the draft order. These teams will be ranked based on number and age of option players
 - Teams with the fewest option players will draft first.
 - Coin flip will determine draft order of new teams with same number of option players.
- All teams will be age balanced (as close as possible, dependent on the make-up of the league).
- Each team shall be permitted to keep returning players and sons/daughters under the following conditions:
 - Options may be awarded to a coach and /or coach's child who has registered to participate. All options must be declared in writing prior to

the draft. All options on the oldest age for the league will be protected through the second round. All options on the next oldest age will be protected through the third round. Sister/brother options will be protected in the last round. A team is allowed two option players.

- Note: A team may not have more than two option players on its roster during a season. Any player designated an option player the previous year who returns to the same team will remain an option player.
- Based on the total number of players needed to equalize the number on each team, each coach will draft until he/she reaches this number and then withdraw from the draft.
 - Exception: When a team reaches 6 players on their roster, that team must hold until all other teams reach 6 players. Note: Any team that returns 6 or more players will receive a first round choice, and then have to hold until all other teams have the same number of players.
- If any teams are short players after the draft, players will be assigned to the team at the discretion of APR&CR. Appointments shall be made per draft order and waiting list policy.
- If a player drops from a team prior to games beginning, APR&CR will attempt to replace that player from the established waiting list.

6. Team Composition

- The Recreation Programs Manager or designated staff will determine the number of registrants the program can accommodate and develop the player selection based on the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- Players may be replaced in the event of sickness or injury. The Recreation Staff member may replace players that are withdrawn during the season with players from the waitlist.
- Parental consent to participate may be withdrawn at any time. Requests to withdraw must be submitted to the Parks and Recreation Department in writing.

7. Uniforms and Equipment

- All players must wear the Town-provided jersey and flag belt.

- **Each player is required to provide their own mouthguard.**
- It is mandatory that the jersey provided by the Parks and Recreation department be worn at all the games.
- Teams shall not, in any manner, alter the uniforms that are distributed.
- Jerseys must be tucked into shorts or pants if they hang below the belt line.
- Player are required to wear Black shorts or pants (without pockets). Shorts or pants of other colors may be worn, so long as they do not match the color of the flags. This rule will be the judgment of the officials.
- Shorts or pants with pockets or belt loops must be taped for safety.
- Cleats or athletic shoes are recommended. **Metal cleats are NOT allowed.**
- Players may tape their forearms, hands and fingers. Player may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players may wear soft shell helmets but they must be secured at ALL times while on the playing field.
- No jewelry shall be worn by any player, except for medical identification.
- 8u divisions will use a Pee Wee Size football. The 10u divisions will use a Junior Size football.

8. Team Practice

- The Recreation Programmer or designated staff will determine the number of practices based on availability, number of teams, and weather. The Parks and Recreation Department will try to schedule two practices a week prior to the start of scheduled games. After the start of games, each team **may** be scheduled one practice per week.
- Due to limited field availability, practices can be scheduled any day of the week.

- For practice and game days, the Parks and Recreation Department will have the final decision on field cancellations. The weather hotline can be reached at (919) 249-3348. Decisions will be made by 4:00pm on weekdays, 8:00am on Saturdays, and 12:00pm on Sundays.

9. Tournaments

- There will be no end of season tournaments for Instructional (8u) League.
- If the schedule permits, in the leagues for ages nine (9) and above there will be a single elimination end of season tournament. Seeding for these tournaments will be determined by the regular season standings. Tie breakers are broken by head to head record, then coin flip.

10. Code of Conduct and Penalties

- Apex Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- The length of any suspension will be determined by the Athletic Programs staff.
- No player, coach or spectator shall refuse to abide by an official's decision.
- No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.

- No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- No alcoholic beverages are allowed on any Town of Apex property. Anyone violating this rule is subject to arrest and expulsion from the League.
- No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- Any player, coach or spectator ejected by an official or a supervisor will be removed from the facility and suspended for one (1) or more of the team's subsequent games. The duration of any suspension will be determined by Apex Parks and Recreation staff. Anyone who has been ejected from a game must leave the playing site immediately.
- Suspensions may apply to regular season games and/or tournament play and may, at the discretion of Apex Parks and Recreation, be carried over to future seasons.

11. Protests

- The only legal protests are protests involving the use of an ineligible player or violations of the mandatory play rule or league rules.
- Protests based on an official's judgment will not be permitted.

12. Playing Rules

MANDATORY PLAY RULE

- Every player must play one (1) entire offensive series and (1) entire defensive series. This must be done during the first 2 series of the game. Players must be substituted into the game as least one during the second half.
- No player is allowed to sit out the entire second half.

Game Play Rules

1. Players

a. Each team may field a maximum of 6 players on offense and defense. Teams may play with only 4 players if circumstances warrant.

2. Game

a. At the start of each game, coaches from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

b. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

c. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown

i. If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start its possession from the spot.

ii. If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.

iii. Offensive teams MUST declare 4th down intent or snap the ball prior to the expiration of the 25 second Play Clock.

d. Teams change sides after the first half. Possession changes to the team that started the game on defense.

3. Terminology

a. Boundary Lines – the outer perimeter lines around the field.

b. Line of Scrimmage (LOS) – imaginary line running through the point of the football and across the width of the field.

c. Line-to-Gain – the line the offense must pass to get a first down or score.

d. Offense – the team with possession of the ball.

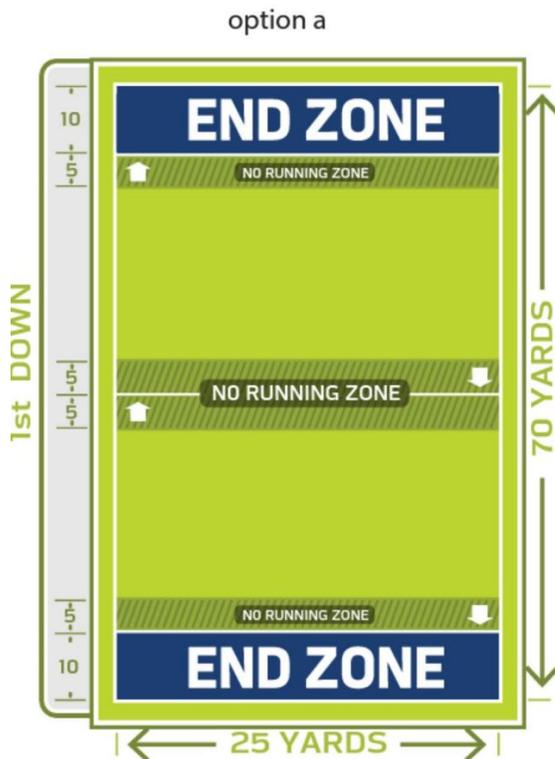
e. Defense – the team opposing the offense to prevent it from advancing the ball.

f. Passer – the offensive player that throw the ball and may or may not be the quarterback.

- g. Rusher** – the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
- h. Live Ball** – refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- i. Dead Ball** – refers to the period to time immediately before or after a play.
- j. Whistle** – Sound made by an official using a whistle that signifies the end of the play or a stop in action for a timeout, halftime or the end of the game.
- k. Inadvertent Whistle** – official’s whistle that is performed in error.
- l. Charging** – An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
- m. Flag Guarding** – an illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand, arm or ball.
- n. Shovel Pass** – A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
- o. Lateral** – a backward or sideways toss of the ball by the ball-carrier.
- p. Unsportsmanlike Conduct** – a rude, confrontational or offensive behavior or language.

4. Field

- a.** The field dimensions are 25 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to-gain by 5 yards.
- b.** No run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- c.** Stepping on the boundary line is considered out of bounds.
- d.** Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).



5. Timing and Overtime

- a. Regular season games are played on a 40-minute continuous clock with two 20-minute halves. The clock stops only for halftime, time outs, injuries or at the official's discretion.
- b. Halftime is 5 minutes.
- c. Each time the ball is spotted, a team has 25 seconds to snap the ball.
- d. Each team has three 30-second timeouts per game.
- e. Officials can stop the clock at their discretion.
- f. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- g. If the score is tied at the end of regulation play, 1 overtime period will be used to determine a winner.
 - i. Overtime periods shall be played with each team getting an offensive and defensive possession.
 - ii. A coin toss shall determine who will receive the ball first with the visiting team calling the toss, and the winner of the toss deciding whether to go on defense or offense.
 - iii. Each team's offensive possession will start at their opponent's 10-yard line

- iv.** The team that posses the ball second in the overtime period will have the chance to match or exceed any score value by the opposition.
- v.** If the team that possess the ball second exceeds the score value of the opposition, then they will be declared the winner.
- vi.** If the team that possess the ball first in the overtime scores and holds their opposition to a lesser score value then they will be declared the winner.
- vii.** If a winner has not been determined after the overtime period, the game will be declared a tie (unless it's a tournament game).
- viii.** All regulation period rules and penalties are in effect.
- ix.** There are no timeouts in overtime.

Regulation Game: Any game that is stopped at halftime or later will be counted as complete

6. Scoring

- a.** Touchdown: 6 points
- b.** PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - i.** Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
- c.** Safety: 2 points
 - i.** A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- d.** Extra points that are returned equals 2 points.
- e.** A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- f.** After one team is winning by 28 points or more with less than 10 minutes remaining in the second half, the game is over due to mercy rule. Once a 28-point advantage is gained in the second half, no PAT will be attempted.

7. Live Ball / Dead Ball

- a.** The ball is live at the snap of the ball and remains live until the official whistles the ball is dead.
- b.** The official will indicate the neutral zone and line of scrimmage.
 - i.** It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may

give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.

- c.** A player who gains possession of the ball in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play.
- d.** The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- e.** Substitutions may be made on any dead ball.
- f.** Any official can whistle the play dead.
- g.** Play is ruled "dead" when:
 - i.** The ball hits the ground.
 - 1. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - ii.** The ball-carrier's flag is pulled.
 - iii.** The ball-carrier steps out of bounds.
 - iv.** A touchdown, PAT or safety is scored.
 - v.** A ball-carrier's knee or arm hits the ground.
 - vi.** The ball-carrier's flag falls out.
 - vii. The receiver catches the ball while in possession of one or no flags(s).
 - viii.** The 5 or 7 second pass clock expires.
 - ix.** Inadvertent whistle.
 - x.** Ball-carrier leaves their feet other than jump cuts, spinning or to avoid a downed player on the field.
- h.** There are no fumbles. The ball becomes a dead ball. If fumbled forwards then it will be spotted where the ball carrier lost possession.
 - i.** If an inadvertent whistle occurs the offense has two options:
 - i.** Take the ball where the whistle blew and the down is consumed
 - ii.** Replay the down from the original line of scrimmage
 - iii.** If it occurs on the last play of the half or game, offense will be awarded one untimed down and given those two options.
- j.** A team is allowed to use a timeout to question an official's rule interpretation (not a judgment call). If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.

8. Running

- a.** The ball is spotted where the ball is when the flag is pulled.

- b.** The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
- c.** Only direct handoffs or laterals behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - i.** "Center Sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- d.** Absolutely NO pitches or laterals forward of the LOS. Pitches or laterals behind the LOS are allowed.
- e.** No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE.
- f.** Any player who receives a handoff or lateral can throw the ball from behind the line of scrimmage.
- g.** Once the ball leaves the quarterbacks hands all defensive players are eligible to rush.
- h.** Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- i.** Spinning/Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull.
- i.** Players spinning out of control will be called for flag guarding.
- j.** Runners may leave their feet if there is a clear indication that he/she had done so to avoid collision with another player without a flag guarding penalty enforced.
- k.** No blocking or "screening" is allowed at any time.
- l.** Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- m.** Flag obstruction – all jerseys MUST be tucked in before play begins. The flags must be on the players hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

9. Passing

- a.** All passes must be thrown from behind the line of scrimmage and ball out of hand prior to breaching the line of scrimmage.
- b.** The quarterback has a seven second "pass clock" in the 7/8 and 9/10 divisions. If a pass is not thrown before the pas clock expires, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball leaves the quarterbacks hands, the pass clock rule is no longer in effect.

- i. If the QB is standing in the end zone when the pass clock expires, the ball is returned to the line of scrimmage.

10. Receiving

- a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- c. A player must have at least one foot or other body part in bounds, contacting the ground first.
- d. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- e. Interceptions are returnable on conversions after touchdowns (2 points).

11. Rushing the Passer

- a. Defenders may not rush the passer unless there is a legal handoff or lateral executed in the backfield or the QB fakes a handoff.
- b. Once the ball is handed off, or the fake handoff occurs, all defenders may go behind the line of scrimmage.

12. Flag Pulling

- a. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- b. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- c. It is illegal to attempt to strip or pull the ball from the ball-carriers possession at any time.
- d. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.
- e. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- f. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- g. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

13. Formations

- a.** Offenses must have a minimum of one player on the line of scrimmage (the center) and up to five players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - i.** Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
 - ii.** One player at a time may go in motion at least 1 yard behind the line of scrimmage.
- b.** Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- c.** The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.
 - i.** Exception: 8u quarterbacks snap can be a handoff (not between legs) from center to quarterback.
 - ii.** 10u and 12u quarterbacks must be at least 2 yards behind the center.

14. Unsportsmanlike conduct

- a.** If staff or officials witness any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. This decision is at the referee's discretion. Foul play will not be tolerated.
- b.** Ball-carriers MUST make an effort to avoid defenders with an established position.
- c.** Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. Rough play will not be tolerated.
- d.** Unsportsmanlike conduct penalties:
 - i.** Defense +10 yards from LOS and automatic first down
 - ii.** Offense -10 yards from LOS and loss of down.

15. Penalties

- a.** General
 - i.** The referee will call all penalties.

- ii.** Referees determine incidental contact that may result from normal run of play.
 - iii.** All penalties will be assessed from the LOS, except as noted (spot fouls).
 - iv.** Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
 - v.** Games or halves may not end on a defensive penalty unless the offense declines it.
 - vi.** Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
 - vii.** Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- b. Defensive spot fouls**
- i.** Defensive pass interference – Automatic first down
 - ii.** Holding - +5 yards and automatic first down
 - iii.** Stripping - +10 yards and automatic first down
- c. Offensive spot fouls**
- i.** Screening, blocking or running with the ball-carrier - -10 yards and loss of down.
 - ii.** Charging - -10 yards and loss of down
 - iii.** Flag guarding - -10 yards and loss of down
- d. Defensive penalties**
- i.** Defensive unnecessary roughness - +10 yards and automatic first down
 - ii.** Defensive unsportsmanlike conduct - +10 yards and automatic first down
 - iii.** Offside - +5 yards from LOS and automatic first down
 - iv.** Illegal rush - +5 yards from LOS and automatic first down
 - v.** Illegal flag pull - +5 yards from LOS and automatic first down
 - vi.** Roughing the passer - +5 yards from LOS and automatic first down
 - vii.** Taunting - +5 yards from LOS at automatic first down
- e. Offensive penalties**
- i.** Offensive unnecessary roughness - -10 yards and loss of down
 - ii.** Offensive unsportsmanlike conduct - -10 yards and loss of down
 - iii.** Offside/false start - -5 yards from LOS and loss of down
 - iv.** Illegal forward pass - -5 yards from LOS and loss of down
 - v.** Offensive pass interference - -5 yards from LOS and loss of down
 - vi.** Illegal motion - -5 yards from LOS and loss of down
 - vii.** Impeding the rusher - -5 yards from LOS and loss of down
 - viii.** Illegal Procedure - -5 yards from LOS and loss of down

