

Oxford Park Commission Adult Athletics



Flag Football Rulebook

Revised 10/08

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ABBREVIATIONS & DEFINITIONS

L.O.S. – Line of Scrimmage

L.O.D. – Loss of Down

P.S.K. – Protected Scrimmage Kick

P.A.T. – Point after Touchdown

U.S.C. – Unsportsmanlike Conduct

Live Ball – A ball is made live when it is put in play by a legal snap. The ball remains live until the completion of the play or the official sounds his whistle.

Dead Ball – A ball is blown dead at the when a player in possession of the ball is deflagged, runs out-of-bounds, or when the ball touches the ground, leaves the playing field, or the official sounds his whistle. The ball remains dead until it is legally put into play.

Ejection – The act of an official removing a player from the game for any reason other than injury. The ejected player must leave the field area within 1 minute of being ordered to do so. A player who does not comply will be subject to arrest and his team will forfeit the current game.

Rule 1 – Players and Substitutes

Section 1. Teams

- A. Teams will consist of seven (7) players.
- B. Six (6) players must be present to avoid a forfeit.

Section 2. Roster

- A. A team may roster a maximum of fifteen (15) players, including player/managers. Non-playing managers/coaches do not count as rostered players.
- B. Rosters are due before the team's first scheduled game of the season. If that game is postponed for any reason, the roster is still due.
- C. Teams may add players to its roster (up to the maximum) until the team's fourth (4th) scheduled game.

Section 3. Ineligible/Illegal Player

- A. No player may play for more than one team in the league.
- B. A player must be listed on a roster and have completed an OPC Player Registration form to be eligible to participate.
- C. No player will be allowed to play for any OPC Flag Football team if s/he is presently, or has, during the current season, been a member of any junior varsity, varsity, college, or professional team.
- D. Proof of Eligibility – All players must have a picture I.D. on hand at all times and must present such I.D. to any OPC staff member if requested should a question of eligibility or arise.

Penalty: Forfeiture of game

Section 4. Substitutions

- A. Substitutions must take place between downs. I.e.- After the play is blown dead and before the team breaks the huddle.
- B. No "sleeper" substitutions. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or was on the field during the previous play.
- C. All players must enter and leave the field of play from the team area.

Penalty: Illegal Substitution

Section 5. Team Captains

- A. Prior to the coin toss, each team will designate an offensive and defensive captain. Only the team captain can make decisions for the team regarding penalties, P.A.T., P.S.K., or any other situations that may arise.
- B. The team captain's are the only players allowed to ask an official a question regarding a call.

- C. The team captains and coaches (if any) are responsible for the actions of all persons associated with the team. This includes any spectators or bench personnel.

Section 6. Player Behavior

- A. Any verbal badgering of officials, derogatory or insulting remarks or gestures to opposing players, spectators, or officials, taunting, and/or foul and abusive language to anyone will not be tolerated in any OPC Flag Football Game.

Penalty: Unsportsmanlike Conduct/Ejection

- B. Sideline players are subject to the same disqualifications as players involved in play.
- C. If a team captain and/or coach cannot control his team's players, the game may be forfeited at the discretion of the game officials.
- D. The use of alcoholic beverages and/or illegal narcotics is strictly prohibited. Use of such before or during a game is grounds for immediate ejection and the individuals will be banned from all OPC property.
- E. Fighting will not be tolerated. Any fights will result in the police being called and charges filed. The team will be dropped from the league and will not be allowed to play in any future OPC sporting event.

Rule 2 – The Playing Field

Section 1. Dimensions

- A. The field is 80 yards long by 40 yards wide with 10-yard end zones at each end.
- B. The field is divided into four (4) 20-yard sections. Solid lines will denote each section.
- C. There are marks located 3 yards and 10 yards from each end zone from which P.A.T. plays are ran.

Section 2. No Running Zones

- A. There are “No Running Zones” located 10 yards from each end zone.
- B. Plays attempted inside this area must be passing plays.

Penalty: Illegal Procedure

Section 3. Team Area

- A. The team area is located on each sideline. Each box is marked between the 20-yard line to 20-yard line and two yards parallel to the sideline.
- B. Only team members may be inside this area during games.

Penalty: Illegal Participation

Section 4. Out-of Bounds

- A. All sidelines and the end lines of each end zone are considered out-of-bounds.

Rule 3 – Equipment

Section 1. The Ball

- A. Each team must provide it's own football. If a team does not have a legal ball, they may use one furnished by OPC.
- B. The ball must be leather or synthetic covered and meet the recommendations of size and shape for a regulation college or NFL ball.
- C. Teams are responsible for their own ball (retrieving it after long incomplete passes and keeping it dry during adverse weather conditions).

Section 2. Player Equipment – Required

- A. Teams must have shirts matching in color with a number permanently affixed to the back. If two teams have the same color jerseys, then a coin flip will determine which team will wear pinnies supplied by OPC.
 - 1. Shirt must remain tucked in at all times.

2. During cold weather, sweatshirts and jackets may be worn. Any hoods on such items must be kept tucked inside the shirt.
- B. Players must wear pants or shorts that have no belt loops, pockets, holes, or exposed drawstrings. **NO RED OR YELLOW** shorts/pants allowed.
- C. Shoes must be constructed of leather, canvas, or synthetic material that covers the entire foot.
 1. Any flat-soled or completely molded cleat shoes are acceptable.
 2. No spikes, metal cleats, screw-on, or detachable cleats are allowed.
- D. Failure to wear required equipment will result in the player(s) being ineligible for the game until the equipment requirements are met.

Section 3. Flag Belts

- A. Flag Belts will be supplied by OPC. Every player actively in the game must wear flags.
 1. Belts should be fastened around the waist so that a flag falls on each hip and one falls in the rear.
 2. Flag belts should not be tied or tucked into clothing in any way.
- B. Flag belts deemed by the official to be attached or tied in a manner to prevent its removal will be grounds for ejection for U.S.C.
- C. No player should remove the flag belt of a player without possession of the ball.

Penalty: Personal Foul

Section 4. Player Equipment – Illegal

- A. Players wearing illegal or dangerous equipment will not be allowed to play. The player will have to remove (remedy) the illegal equipment or be substituted for before the snap.
- B. Equipment deemed to be illegal includes, but is not limited to, the following:
 1. Headwear containing any hard, unyielding, stiff material.
 2. Jewelry (medical alert not included) and rubber bands of any kind.
 3. Pads or braces worn above the waist, excluding elbow pads made of soft pliable material.
 4. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all exposed edges by soft material.
 5. Any hard, unyielding material used to protect an injury, no matter how well padded.
 6. Towels may not hang from a participant's waist.
- C. The referee will have sole discretion as to the legality of a player's equipment.

Penalty: Charged Timeout/Illegal Equipment

Rule 4 – Timing

Section 1. Game Time

- A. Game time is forfeit time. There is no grace period.
- B. A regulation game consists of two (2) 20-minute halves and a 5-minute halftime.
- C. The game clock and score will be kept on a Scoreboard provided by OPC.
- D. Timing will be continuous for the first 38 minutes of game play. The clock will stop for team timeouts, official's timeouts, and at the discretion of the official for any other event.
- E. The clock will be stopped with 2 minutes left in the game. After this the clock will stop as follows:
 1. Incomplete legal or illegal forward pass – starts on snap
 2. Out-of-bounds – starts on snap
 3. Penalty – dependent on previous play
 4. Official's timeout – starts at his discretion
 5. Team timeout – starts on snap
 6. Score – starts on opponent's snap
 7. First down (inbounds) – starts on "ready" whistle

8. Touchback – starts on next snap
9. Inadvertent whistle – starts on “ready” whistle

Section 2. Play Clock

- A. Teams must put the ball in play no more than 25 seconds after the official sounds “ready to play” whistle.
- B. The Back Judge will keep the play clock. With five (5) seconds remaining, the Back Judge will verbally and visually inform the offense of the time left.
- C. Any action or inaction by either team that delays the ball being put in play properly and legally shall be penalized with a delay of game penalty.
 1. Putting the ball in play before the “ready to play” whistle is considered delay of game.

Penalty: Delay of Game

Section 3. Time Outs

- A. Each team will be granted two (2) 1-minute time outs for each half.
- B. One (1) 1-minute time out will be granted for each overtime period.
- C. Time outs do not carry over between halves or into overtime.
- D. The Referee will keep time outs.
- E. Any player (on the field) or coach may request a time out.

Penalty for Excessive Time Outs: Delay of Game

Section 4. Mercy Rule

- A. The game will end if a team is ahead by seventeen (17) or more points at the 2-minute warning.
- B. The game will end if a team attains a lead of seventeen (17) or more points during the last 2 minutes of the game.

Section 5. Overtime

- A. A coin toss will be conducted to start the overtime period.
 1. The winner of the coin toss has the choice of offense or defense.
 2. The choice will then alternate for each succeeding overtime period.
- B. Each team will have a series of four downs to score from their opponent’s 10-yard line.
 1. After a score, teams will attempt a P.A.T.
 2. The team on defense first will have a series of four downs after a score, turnover, or four downs.
- C. Overtime will continue until a winner is determined.
 1. After 2 overtime periods, teams are required to try for 2 points on all P.A.T.’s.
- D. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not score, the ball will be placed at the 10-yard line for their series of downs, provided they do not have the lead.

Section 6. Untimed Downs/Extension of Periods

- A. A half must be extended by an untimed down, if during the last timed down, one of the following occurs:
 1. There is a foul by either team and the penalty is accepted.
 2. There was a double foul.
 3. If a touchdown is scored, the P.A.T. is attempted, unless the point(s) would not affect the outcome of the game (score at end of game).
- B. If (1), (2), or (3) occurs during the untimed down, the period will be extended by the same rule.

Rule 5 – Scoring

Section 1. Touchdowns

- A. A touchdown is worth six (6) points.
- B. A touchdown is awarded when both feet of the ball carrier or receiver are on or past the goal line before he is deflagged.

- C. After a touchdown, the player who scored must stand with both hands over his head and let the nearest official check his flag belt.
 - 1. Should the belt not come off with a quick, sharp pull of the flag, the touchdown will be disallowed and the player ejected for U.S.C.
 - 2. After a disallowed touchdown, the team will be assessed a 15-yard penalty and loss of down.

Section 2. Point After Touchdown (P.A.T.)

- A. The points awarded after a touchdown are:
 - 1. One (1) point for a successful try from the 3-yard line.
 - 2. Two (2) points for a successful try from the 10-yard line.
- B. The scoring team must declare whether the attempt will be a 1-point try or a 2-point try before the ball is put into play.
 - 1. The team captain will announce the decision to the referee within 10 seconds of being asked.
 - 2. The choice can only be reversed if the scoring team calls a time out.
 - 3. A penalty by either team that results in awarded or lost yardage will not change the value of the P.A.T.
- C. The try will be repeated if a penalty occurs during the try and the penalty is accepted.
- D. An interception during a P.A.T. cannot be returned.

Section 3. Safety

- A. A safety is worth two (2) points.
- B. A safety occurs when:
 - 1. A runner carries the ball to or across his goal line and the ball becomes dead.
 - 2. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his goal line and the ball becomes dead.
 - 3. Any player on offense commits any penalty in the end zone for which the enforcement spot is the spot of the foul; throws an illegal forward pass from within his end zone or
 - 4. Any situation that leaves the offense in possession of the ball in their own end zone.
- C. After a safety, the scoring team shall gain possession of the ball at their own 10-yard line.

Rule 6 – Playing Regulations

Section 1. The Coin Toss

- A. Before the game, the officials and team captains will meet for the coin toss. The visiting captain will make the call.
- B. The winning captain (Team A) will get his choice of offense, defense (defend the goal of choice), or to defer his choice to the beginning of the second half.
- C. The losing captain (Team B) will have the following options:
 - 1. If Team A chose offense, Team B will get to defend the goal of choice
 - 2. If Team A chose defense, Team B will be on offense first
 - 3. If Team A deferred, Team B will have the choice of offense or defense (defend goal of choice)
- D. At the start of the second half, the deferring team chooses first, or if there was no deferring team, the losing team chooses first.

Section 2. Ball in Play

- A. The ball shall be made ready for play at the beginning of the game, start of the second half, after a score, and after a touchback by placing the ball on the offensive team's 10-yard line with First Down and "Line-to-Gain."
- B. At all times, the ball shall be put in play from the center of the field or the spot marked by the official ball marker.

- C. A ball can only be put in play by a legal snap through the legs of the center.
- D. At all times, the ball is made ready for play when the referee sounds the “ready for play” whistle.

Penalty (B - C): Illegal Procedure

Section 3. Series of Downs, Number of Downs, First Down

- A. A team shall have four (4) downs in a series to make the “Line-to-Gain.”
- B. The “Line-to-Gain” in any series of downs will be the zone line or goal line in advance of the ball.
 - 1. If distance is lost due to penalty or because of the ball becoming dead in the backfield, the original “Line-to-Gain” in advance of the ball at the beginning of the series of downs is the “Line-to-Gain.”
 - 2. Once a team has crossed a zone line in a series of downs, they cannot re-cross it for a first down.
 - 3. The “Line-to-Gain” shall be considered reached when both feet of a player are on or beyond the line when the play is declared dead.
- C. A “First Down,” or new series, will be awarded to a team when it reaches the “Line-to-Gain” or due to a penalty which awards an Automatic First Down.

Section 4. Before the Snap

- A. The offensive team must have four (4) players on the line of scrimmage (L.O.S.).
 - 1. The center must be lined up with his feet behind the offensive L.O.S.
 - 2. On the line means the player’s head passes through the center’s hip.
- B. The quarterback must be at least two (2) yards behind the center.

Penalty (A - B): Illegal formation

- C. The defensive team must be at least one (1) yard off the ball. The official will place a cone on the field denoting the defensive line of scrimmage.
- D. The neutral zone is the area between the offensive L.O.S. and the defensive L.O.S. No player may line up in the neutral zone.

Penalty (C - D): Offsides

- E. No more than two offensive players may shift their position at the same time. After shifting, the players must come to a complete stop for at least one (1) second before the snap or before a player goes in motion.

Penalty: Illegal Shift

- F. Only one (1) player is allowed to be in motion and his motion must be parallel to or away from the L.O.S. at the snap.

Penalty: Illegal Motion

- G. All offensive players (excluding shifts and motion) must not make any movement of the head, torso, arms, or legs.
- H. The center, after assuming his position and adjusting the ball, may neither move nor change the position of the ball in a manner simulating a snap.

Penalty: False Start

- I. The Line Judge will help assist teams in determining if an offensive player is offsides or if there are not enough players on the L.O.S.

Section 5. The Snap

- A. The snap is a backwards pass through the legs of the center.
- B. Only one player can be in motion at the snap. All other players must be stationary.
- C. A fumbled snap is dead at the point it touches the ground.
 - 1. If it is in the end zone, a safety will be awarded to the defense.

Section 6. Screen Blocking/Pass Rushing

- A. The offensive line must screen block the pass rushers. Screen blocking shall take place without any contact.

1. The blocker must have his hands and arms at his side or behind his back during the block. Any use of the hands, arms, legs, feet, or torso to initiate contact is illegal.
2. The blocker must be on his feet before and during a screen.
3. The blocker must not take a position so close to a moving that the opponent cannot avoid contact.
4. After assuming a legal screening position, the blocker can only move in the same direction as the opponent.

Penalty: Illegal Block/Contact

- B. Due to the nature of screen blocking, the main responsibility of avoiding contact rests with the pass rusher.
1. The rusher may not run over the screener.
 2. The rusher may not pull the blocker towards him or push the blocker away.
 3. The rusher may not initiate contact with outstretched arms, nor with his shoulders, elbows, or knees.

Penalty: Illegal Contact

- C. Both the blocker and rusher should strive to avoid contact; however, incidental contact can and will happen. The official's judgment as to whether contact was incidental or not is final.
- D. Faking excessive contact in order to draw a penalty is not conducive to good sportsmanship. A team warning will be issued for the first offense.

Penalty: Unsportsmanlike Conduct

Section 7: Passing

- A. Only one forward pass per down is allowed. A forward pass is defined as a live ball thrown towards the opponent's goal line.
- B. Once the ball has crossed the L.O.S., it cannot be thrown as a forward pass.
- C. Both feet of the passer must be behind the line of scrimmage when the ball is released.
- D. A forward pass may not be thrown after a change of possession.
- E. A passer may not catch his untouched forward or backward pass.

Penalty (A - E): Illegal Forward Pass

- F. A pass may not be intentionally thrown out-of-bounds or directly into the ground to avoid lost yardage.

Penalty: Intentional Grounding

- G. No defensive player may make contact with any part of the passer while he is passing.
1. A rusher cannot make contact while attempting to block a pass, regardless of whether the ball was tipped or not.
 2. A rusher attempting to deflag a passer or block a pass should not let his momentum carry him into the passer.
 3. The passer remains the passer after the ball is released unless he moves to remain involved in the play.

Penalty: Roughing the Passer

- H. Any number of backwards or lateral passes may be made during a down.
1. A backwards pass is a pass that travels away from an opponent's goal line.
 2. A lateral is a pass that travels parallel to the opponent's goal line.
- I. A backwards or lateral pass may be intercepted and returned.
- J. Any number of backwards or lateral passes may be made before a forward pass is made, provided the ball remains behind the L.O.S.

Penalty (J): Illegal Forward Pass

Section 8: Receiving

- A. All players are eligible to receive a pass.
- B. A player is eligible even if he steps out-of-bounds and returns, as long as the player, in the official's judgment, made no attempt to deceive the defense.
- C. A pass is complete when:

1. The ball is caught before it touches the ground provided the player has at least one foot is inbounds and the other foot is inbounds or in the air.
 2. The ball is caught and possession is retained after contact with the ground, any other player or official, or any object pertaining to game.
 3. The ball is caught while a player is on his knees or back, so long as no part of the ball touches the ground.
 4. In the official's judgment, the ball is caught while a player is in the air and an opponent's momentum causes the player to land out-of-bounds.
- D. A pass is incomplete when:
1. The ball is caught and any part of the player is touching the sidelines, end lines, or is touching the ground out-of-bounds.
 2. Any part of the player making a catch in the air lands out-of-bounds or on any sideline or end line.
 3. In the official's judgment, any part of the ball touches the ground before possession is obtained.
 4. Possession is lost due to contact with the ground, any other player or official, or any object pertaining to the game immediately after a catch.
- E. There shall be no excessive or intentional contact made nor shall a player be interfered with in any way while the ball is in the air and before it is first touched.
1. Shielding a player's eyes is interference.
 2. Deflagging a player before he catches a ball is interference.
 3. Offensive or defensive players can cause interference depending on which player is in a better position to make a play on the ball. Official's judgment will determine which player is better positioned.

Penalty (E): Pass Interference

- F. After a ball is first touched incidental and unavoidable contact can and will happen.
- G. Contact that is excessive and avoidable is not allowed.
- H. Defenders are not allowed to bump or chuck receivers at any time. The sole responsibility of contact lies on the defender.

Penalty (G - H): Illegal Contact

- I. Simultaneous catches will be awarded to the offense.

Section 9. Running with the Ball/Handoffs

A. The Ball Carrier

1. The responsibility of contact rests with the ball carrier. The ball carrier must make every effort to avoid contact.
2. The ball carrier shall not charge into or contact an opponent in his path. Brushing contact or unavoidable contact is not charging.
3. If a defender establishes a stationary position in the path of the runner, the runner must change direction to avoid contact.
4. Ball carriers may jump and/or spin to avoid opponents; however, during this state of no control, he is responsible for all contact.

Penalty (A.1 - 4): Illegal Contact; If judged flagrant: Unsportsmanlike Conduct/Ejection

5. A ball carrier may not hurdle another player. Hurdling is defined as an attempt by the runner to jump with either knees or feet foremost over a player or between players.

Penalty (A.5): Unnecessary Roughness

6. No player may leave his feet in an effort to advance the ball. No diving for the goal line or Line-to-Gain. The ball is dead at the spot the player jumped from.

B. Defenders (Opponents of Ball Carrier)

1. No player may strike, punch, strip, steal, or attempt to steal the ball from the player who has possession.
2. The runner shall not be thrown to the ground.

3. There shall be not tripping or clipping.
4. No player may be contacted while on the ground.
5. No tackling. A touchdown will be awarded when any player who, in the judgment of the officials, is prevented from making a touchdown as a result of being tackled.

Penalty (B.1 - 5): Unnecessary Roughness; If judged flagrant: Unsportsmanlike Conduct/Ejection

6. A player may not hold, push, or knock a ball carrier down in an attempt to remove the flag.
 - i. Holding is grasping or encircling an opponent with the hand(s) or arm(s) in any way that impedes his movement.
 - ii. Grabbing a players clothing is holding. Players must immediately release any clothing grabbed in an attempt to deflag a runner. Official's discretion will determine whether clothing was released in sufficient time.
7. If a player reaches across the body of a runner in an effort to remove his flag and contact is made, the responsibility of the contact lies with that player, not the runner.

Penalty (B.6 - 7): Illegal Contact; If judged flagrant: Unsportsmanlike Conduct/Ejection

C. Handoffs are only permitted behind the L.O.S.

1. No handoffs are permitted beyond the L.O.S.
2. Laterals are permitted beyond the L.O.S.

Penalty (C): Illegal Procedure

D. Players may only use stationary screen blocking downfield.

1. The screen blocker must come to a complete stop with arms by his side or behind his back.
2. A player may not run ahead of the ball carrier in order to create a path for the runner.
3. A screen block downfield must be made such that a defensive player has the opportunity to change direction in order to avoid contact.

E. A player may not contact a screen blocker downfield.

Penalty (D - E): Illegal Block/Illegal Contact

Section 10. Player is Down/Deflagging a Player

A. A player is down and the play is over (dead) when:

1. A player in possession of the ball is legally deflagged or the flag falls off on its own.
2. A player without a flag gains possession of the ball.
3. Any part of the ball carrier, other than the feet or hand, or ball contacts the ground.
4. Any part of the ball carrier or ball touches out-of-bounds
5. A player crosses his opponent's goal line while in possession of the ball.
6. The officials stop play for any reason by sounding his whistle.
7. The spot of the ball is determined where the player's feet are when he is downed.

B. Flag guarding is defined as the use of the arms, hands, or ball to deny the opponent the opportunity to pull or remove the flag belt. Examples include, but are not limited to:

1. Placing or swinging the hands or arms over the flag belt.
2. Placing the ball in a position over the flag belt.
3. Lowering the shoulder in such a manner that places the arm over the flag belt.
4. Stiff-arming an opponent.
5. Clothing covering the flag.

Penalty (B): Flag Guarding

Section 11. Fumbles/Muffed Balls

A. All fumbles and muffed balls result in a dead ball when the ball first touches the ground or leaves the playing field.

1. A ball fumbled backwards will be spotted at the point it hit the ground or left the field of play.
2. A ball fumbled forwards will be spotted at the point the player lost possession.

3. A ball fumbled in the end zone is dead, and the defense is awarded a safety.
 - i. If the ball is fumbled during a P.S.K. by the kicking team, the ball is still live and can be picked up and kicked.
 - ii. If the receiving team muffs the ball during a P.S.K., it is a touchback.
- B. A backwards or lateral pass not caught is considered a fumble and is dead when it first touches the ground.
- C. Any fumble or muff may be caught while in flight by any inbounds player and advanced.

Section 12. Protected Scrimmage Kick (P.S.K.)

- A. A Protected Scrimmage Kick is a punt by the offense on Fourth Down.
- B. The offensive team captain must announce the P.S.K. within ten seconds of being asked by the referee.

Penalty: Delay of Game and the offense must kick

- C. Once the offensive team captain announces his decision, it cannot be changed unless the offense calls a time out or a defensive penalty occurs anytime during the down.
- D. The following rules apply during a P.S.K.:
 1. Six (6) offensive players must be on the L.O.S.
 2. Four (4) defensive players must be on the L.O.S.
 3. No player on the line may move until the ball is kicked.
 4. No player may be in the neutral zone before or during a kick.

Penalty: Illegal Procedure

- E. Once the ball is kicked, all players may move.
- F. If the kick, while in the air, hits any offensive or defensive player who is within ten (10) yards of the L.O.S., it is dead at that spot and the defense takes over at that spot.
- G. If the kick hits a defensive player who is more than ten (10) yards from the L.O.S., the ball is live, and can be caught in the air by either team and advanced.
 1. If caught by the kicking team, they will retain possession where the play ends and have a new set of downs.
- H. Any P.S.K. that hits the ground, either before or after being touched, is dead at the spot it touches the ground and the receiving team will have possession.

Section 13. Inadvertent Whistle

- A. When an official sounds his whistle inadvertently:
 1. During a legal forward pass, a snap in flight, or during a P.S.K. while the ball is in flight, the down will be replayed.
 2. While a player is in possession of the ball or during a backwards pass, the team in possession may choose to either accept the result of the play where it was blown dead or replay the down.
- B. Offensive fouls committed before an inadvertent whistle will take precedent over an inadvertent whistle.
- C. A player may not intentionally pretend to deflag a player in an effort to have the play blown dead.

Penalty (C): Personal Foul

Rule 7 – Officials

Section 1. Officials

- A. The Oxford Park Commission will strive to provide three (3) quality, well-trained officials for all games.
 1. The Referee is the head official and will take a position in the offensive backfield
 - i. He shall communicate with team captains in regards to all P.A.T.'s, P.S.K.'s, and all penalties.

- ii. The Referee will mark off all penalty yardage and be responsible for placement of the L.O.S. markers.
 - iii. The Referee will keep track of the number and length of all time outs.
 - 2. The Line Judge will take a position on the sideline, facing the field of play, at the offensive L.O.S.
 - i. The L.J. will assist in placement of the L.O.S. markers.
 - ii. The L.J. may assist in keeping score and the game clock.
 - iii. The L.J. will assist offensive teams in lining up on the L.O.S.
 - 3. The Back Judge will take a position in the defensive backfield.
 - i. The Back Judge will keep the 25-second play clock.
 - ii. The Back Judge will assist in the marking of penalty yardage.
 - B. All officials will have the same authority and power to make decisions on violations committed during game play and in any suspension of play.
 - 1. Officials have the authority to order any individual(s) to carry out or omit any act which, in their judgment is necessary to give force and effect to one or all of these rules, and to inflict penalties as herein described.
 - 2. An official may consult with other officials at any time; however, the final decision will rest with the official who made the original call.
 - 3. All officials will have the authority to rule on situations not specifically covered in these rules.
 - C. No player, coach/manager, bench personnel, or spectator will, at any time, make any disparaging, insulting, or vulgar remarks and/or gestures to any official.
 - D. No player, coach/manager, bench personnel, or spectator will, at any time, charge an official or in some other way try to intimidate an official.
 - E. No player, coach/manager, bench personnel, or spectator will, at any time badger, beg, or otherwise yell at an official regarding a call or non-call, infraction, or perceived infraction.
- Penalty (C - E): Unsportsmanlike Conduct/Possible Ejection/Possible Suspension***
- F. If at any time a question about a play, call, or infraction arises, the team's captain may approach the Referee during a dead ball period and politely ask for an explanation or interpretation. The Referee will do his best to offer a quick and concise answer; however, the game will not be excessively delayed in order to debate. If a player wants further explanation, they can contact the Oxford Park Commission Adult Athletic Director during office hours.

Rule 8 – Penalties and Enforcement

Section 1. General Penalty Interpretations

- A. Live Ball Fouls are infractions that occur while the ball is live.
 - 1. The captain has the choice of accepting or declining the penalty.
 - 2. All live ball fouls are penalized according to the all-but-one enforcement penalty except:
 - i. Fouls which occur simultaneously with the snap or kick are penalized from the previous spot.
 - ii. All-but-one enforcement. All fouls but one, a foul by the offense behind the basic spot, will be enforced from the basic spot.
- B. Loose ball play is action that occurs during:
 - 1. A protected scrimmage kick (including the run before the kick)
 - 2. A legal forward pass (including action before the pass)
 - 3. A backward pass, snap, or fumble by the offense that is made from on or behind the offensive scrimmage line (including action before the pass)
 - 4. All fouls during a loose ball play are enforced from the previous spot.
 - i. Exception: Roughing the passer on a completed forward pass is enforced from the end of the run (beyond the neutral zone) when no change of possession has occurred.
- C. Running Plays are any action that is not a loose ball play.
 - 1. Any run beyond the line is a running play. This includes catches and related runs.
 - 2. Running plays behind the line are:
 - i. A run which is not followed by a loose ball behind the line
 - ii. A run which is followed by an illegal pass behind the line
 - 3. If a foul occurs during a running play, the basic spot is the spot where the run ends.
- D. Dead Ball Fouls are infractions that occur during a dead ball between downs or prior to a snap or free kick.
 - 1. The captain does not have a choice and all enforcements are automatic.
- E. All Unsportsmanlike Conduct fouls will be automatically enforced whether they are live or dead ball fouls. Players will be ejected and receive a one (1) game suspension.
- F. Unsportsmanlike Conduct includes, but is not limited to, the following actions:
 - 1. Any contact judged by the officials to be flagrant, dangerous, or with intent to cause bodily harm or injury.
 - 2. Any abusive, obscene, vulgar, or insulting language and/or gestures.
 - 3. Threats and/or harassment of any player, spectator, official or OPC staff.
 - 4. Verbal badgering of officials.
 - 5. Any penalty prescribed as such in these rules.
- G. Offsetting fouls are fouls committed by both teams during a down.
 - 1. Downs with offsetting fouls with no change of possession are replayed.
 - 2. If team possession is changed during a down, and there are fouls by both teams
 - i. Before the change of possession, the down will be replayed.
 - ii. After the change of possession, the down counts and the result of the play shall stand
 - 3. If team possession is changed and the team last gaining possession may retain possession if their foul is after the change of possession and they decline all fouls (excluding USC fouls) against the opponent.
- H. Penalties are generally marked from the following spots:
 - 1. L.O.S. – Line of Scrimmage
 - 2. E.O.R. – End of the Run
 - 3. S.O.I. -Spot of the Infraction

Table 1. General Infractions

Penalty	Rule	Yards	Marked From	Loss of Down
Illegal Substitution	1.4.A-C	5	L.O.S.	N
Illegal Participation	1.1.A	5	L.O.S.	N
Delay of Game	4.2.A-C	5	L.O.S.	N
Derogatory Language/Actions (U.S.C.)	1.6	15	L.O.S.	Y
Illegal Procedure	Numerous	5	L.O.S.	N
Offsides	6.4.C-D	5	L.O.S.	N
Sideline Interference	2.3	10	L.O.S.	N
Illegal Contact	Numerous	10	S.O.I./ E.O.R.	Y
Illegal Equipment (Flag)	3.3.A-C	10	L.O.S./ S.O.I.	Y/N

Table 2. Offensive Infractions

Penalty	Rule	Yards	Marked From	Loss of Down
Running In No Run Zone (Illegal Procedure)	2.2.B	5	L.O.S.	Y
Illegal Equipment				
▪ Required or Dangerous	3.2 & 3.4	5	L.O.S.	N
▪ Flag (Possible Ejection)	3.3	10	L.O.S.	Y
Delay of Game	4.2 - 4.3	5	L.O.S.	N
Illegal Snap	6.2.B - C	5	L.O.S.	N
Illegal Formation	6.4.A - B 6.12.D	5	L.O.S.	N
Offsides (Lined up in Neutral Zone)	6.4.D	5	L.O.S.	N
Illegal Shift	6.4.E	5	L.O.S.	N
Illegal Motion	6.4.F	5	L.O.S.	N
False Start	6.4.G - H	5	L.O.S.	N
Illegal Block				
▪ On or behind L.O.S.	6.6.A	10	L.O.S.	N
▪ Beyond L.O.S.	6.9.D.1-3	10	S.O.I.	N
Illegal Forward Pass	6.7.A-E	5	S.O.I.	Y

Intentional Grounding	6.7.F	0	S.O.I.	Y
Pass Interference	6.8.E	10	L.O.S.	Y
Illegal Contact	6.9.A.1-4	10	E.O.R.	N
Unnecessary Roughness	6.9.A.5	10	E.O.R.	N
Flag Guarding				
▪ Behind L.O.S.	6.10.B	10	L.O.S.	Y
▪ Beyond L.O.S.	6.10.B	10	S.O.I.	N
Personal Foul	(Any Penalty Described as Such)			
▪ Behind L.O.S.		10	L.O.S./	Y
▪ Beyond L.O.S.			S.O.I.	N
Unsportsmanlike Conduct (Player will be ejected)	8.1.C-D	15	S.O.I.	Y

Table 3. Defensive Penalties

Penalty	Rule	Yards	Marked From	Replay Down
Illegal Equipment	3.2.A-D	5	L.O.S.	Y
Delay of Game	4.2.C	5	L.O.S.	Y
Offsides	6.4.C-D	5	L.O.S.	Y
Illegal Contact	6.6.B, 6.8.H, 6.9.B.6-7, 6.9.E	10	L.O.S. E.O.R.	Y N
Roughing the Passer	6.7.G	10	L.O.S.	A.F.D.
Pass Interference	6.8.E	10	L.O.S.	A.F.D.
Unnecessary Roughness	6.9.B.1-5	10	E.O.R.	A.F.D.
Illegal Procedure (P.S.K.)	6.12.D	5	L.O.S.	Y
Illegal Flag Pull	3.3.C	10	L.O.S.	Y
Personal Foul	(Any Penalty Described as Such)	10	L.O.S. E.O.R.	Y N
Unsportsmanlike Conduct	8.1.C-D	15	S.O.I.	A.F.D.

General Disclaimer

The rules and regulations herein presented are not meant, and can no way mean, to be construed as absolute, complete, and infallible. Every effort has been made to assure the correctness and validity of these rules. If an error is discovered, the correct ruling shall supercede the rules presented herein. OPC reserves the right to modify, change, omit, or add any rule deemed necessary to insure the quality of the league and the safety of the participants.

Where this rulebook does not rule or address, NCAA rules shall take precedent.