LEAGUE SUMMARY AND REGISTRATION / ELIGIBILITY

The goal of the City of Norman Adult Flag Football League is to provide a quality sports experience for players, spectators, and league officials through flag football.

ENROLLMENT PROCESS FOR TEAM CAPTAINS

- Step 1: Go to www.teamsideline.com/sites/norman/current-programs (if you do not already have a free account, you will need to set one up).
- Step 2: Hit "Enroll" Button.
- Step 3: Enter Name --> Pick: "General" --> Pick: 2017 Fall Adult Flag Football --> Select your league.
- Step 4: Click "Checkout" Button.
- Step 5: Enter Team Name --> Agree to terms of Team League.
- Step 6: "Place Order" and pay.
- Step 7: Top Blue Bar Select "Manage Rosters" and select your team name in the drop down menu.
- Step 8: Click "Add Roster" and fill in information (Name and Player Email) one by one until you complete your roster.

PARTICIPANT EXPECTATIONS AND DISCIPLINE POLICY

Competing at any level brings out various levels of emotions. As a participant in the City of Norman Adult Flag Football League you are expected to be mindful and accountable to your actions while at Griffin Community Park. Any participant who is involved in a verbal or physical altercation, or an occurrence of unsportsmanlike conduct will be subject to disciplinary action. The following behavior will result in immediate disciplinary action:

1. Minor Offense
   - Arguing with a referee or other game official after being instructed to return to your position on the field or the sideline.

   **PENALTY:** Warning and suspension for two downs. If the behavior continues at any time during the course of the game, the offending player will be ejected for the remainder of the game.

2. Major Offense
   - Words or actions meant to incite or attempt to incite spectator demonstrations
   - Language meant to intimidate
   - Using profane, obscene, offensive, or vulgar language
   - Engaging in offensive behavior;
   - Taunting an opponent;
   - Abusive, harmful, or unwarranted disruptions to the game;
   - Throwing equipment in anger;
   - Verbal disrespect directed towards a referee, league official, participant, or spectator.
   - Words or actions meant to provoke a participant, referee, league official, or spectator to harm another.

   **PENALTY:** The participant will be ejected from the game. If the behavior continues, the participant will be required to leave Griffin Community Park and receive a two game suspension. If a participant is dismissed from Griffin Community Park two times in a season, that participant will be suspended for the remainder of the regular season and post season.

Participants, spectators, referees, or league officials who threaten, physically harm, or abuse any participant, referee, league official, or spectator at any time for any reason will be subject to immediate dismissal from Griffin Community Park and effective immediately, suspended from all City of Norman Adult Flag Football League Program sanctioned events and banned from attending Griffin Community Park property for the remainder of the season.
LEAGUE PLAYING GUIDELINES

1. Governing Rules
   a. The City of Norman Adult Flag Football League shall be governed by the "United States Flag and Touch Football League Rule Book & Official’s Manual" 8-Man Contact Program unless otherwise designated in the rules below.

2. Registration / Eligibility
   a. There are no residency restrictions for players and/or teams competing in the City of Norman Adult Flag Football League, however each player must meet the age eligibility requirements and be properly registered.
   b. Players must be 18 years of age prior to the start of the season.
   c. A player is eligible to participate as long as he/she is properly registered.
      i. The City of Norman defines a player as properly registered when that player has been added to their team by the team captain for the designated season and completed the online enrollment process by the registration deadline.
   d. The maximum number of players each team may have on a roster is sixteen (16):
   e. Any team caught using an ineligible player will be forced to forfeit all games in which said player participated.

3. Apparel Guidelines
   a. Team jerseys must be matching colors.
   b. Jerseys must be long enough to remain tucked in or short enough so as to not interfere with the exposure of the flag belt.
   c. Shoes must be worn at all times. Players may wear plastic or rubber molded cleats. Metal cleats are not allowed. Players who are found wearing metal cleats will be ejected immediately.
   d. At the discretion of a referee and/or tournament staff member, players may be asked to remove apparel or accessories that may present a safety concern for the player or a fellow competitor. Players may not wear jewelry of any kind.
   e. Baseball caps may be worn backwards only.
   f. Flags must be twelve inches (12") in length and may not be creased to shorten the flag during play.
   g. Mouth guards are recommended for all players, but not mandatory.
   h. Illegal Apparel / Equipment:
      i. Non "Flag-A-Tag" brand flag belts
      ii. Flag belt improperly fastened
      iii. Jersey covering any portion of the flag belt
      iv. Shorts/Pants with belt loops, belt (other than flag belt), open pockets.
      v. Metal cleats
      vi. Hard protective headgear
      vii. Leg/knee brace made of hard materials, unless fully padded.
      viii. Pads or braces worn above the waist
      ix. Casts or splints
      x. Stick-um or other substances similar in nature
      xi. Game ball of non-regulation size or inflation

4. Participation and Rosters
   a. The maximum number of players a team may have on the field is eight (8).
   b. Teams must have a minimum of six (6) players on the field to begin and continue a game.
   c. If either team does not have the minimum number of players required to begin or continue a game, the game will be ruled a forfeit.
5. **Game Balls and Flag Belts**
   a. Each team shall provide their own game balls.
      i. NFHS, NCAA, or NFL will only be allowed and must be properly inflated.
   b. The City of Norman will provide flag belts.
   c. Each player on the field must wear a flag belt firmly attached around his/her waist with a clasp in front and flags positioned on both sides. Any attempt to attach the flag by any other means or conceal the flag will be considered unsportsmanlike conduct.
   d. If the ball carrier’s flag belt comes off inadvertently or prior to receiving a pass or handoff, the player will be downed by a one-hand touch from a defender anywhere on the player’s upper body.

6. **Game Logistics**
   a. Game times are 7, 8, 9, and 10 PM.
   b. Game time is forfeit time.
   c. Each team is required to designate an offensive captain and defensive captain.
      i. Only the team captain is allowed to communicate with referees.
      ii. Designated team captains shall be each team’s representative during the game unless circumstances dictate otherwise.
      iii. Captains shall make all team decisions, including timeouts and choices on penalty situations.
      iv. Each captain’s initial decision is irrevocable.
      v. Captains are responsible for knowledge of rules and conduct of their players and fans.
      vi. Team captains are allowed to protest rules interpretations, but not officials’ judgment calls or competency.
         1. Captains can protest rules interpretation during time-outs, but not while the game clock is running.
         vii. There will be a delay of game penalty given for protest while the game clock is running.
   d. Pre-Game Meeting
      i. Referees will meet with both team captains prior to the start of the game for the coin toss.
   e. A coin toss will decide which team will have the option to choose either the possession of the ball or the direction of play in the first half. The opposing team will have the same options at the beginning of the second half. The team that wins the coin toss may defer the option to the second half.
   f. A regulation game will be two (2) twenty (20)-minute halves with a three (3) minute half time.
   g. Each team is granted two (2) time-outs per half and shall last no longer than one (1) minute. Timeouts not used in the 1st half do not carry over into the 2nd half.
   h. Extended Playing Time
      i. An un-timed down may extend a half when, during the last timed down the game clock expires and one of the following occurs:
         1. A touchdown is scored and the point(s) after try is attempted as part of the half.
         2. There was an inadvertent whistle and the down is to be replayed as part of the half.
         3. A penalty was accepted by the offense or defense.
         4. Off-setting penalties.
      i. If either team is ahead by 20 or more points at the two-minute warning in the second half, then the game is over.
      j. If the game is tied at the end of regulation, the game shall go into overtime with each team receiving one possession.
7. Inclement Weather / Game Suspensions
   a. In the event of rainfall prior to game time, the decision to play or not to play will be made by the Sports Coordinator by 4:30 PM.
   b. Participants and spectators are encouraged to call the Rainout Hotline at 405-366-5323 or by visiting http://www.youthsportsofnorman.com by 4:30 PM on the day in question.
   c. Participants will also be notified by email.
   d. After a game has begun, the responsibility for the continuance of the game due to weather shall rest with the Sports Coordinator.
   e. If play has begun in the second half and the game is suspended due to rain, weather, light failure or other acts of Nature that are beyond the control of the Sports Coordinator and cannot be resumed, the game will be declared a regulation game.
   f. If a game is suspended due to rain, weather, light failure or other acts of Nature that are beyond the control of the Sports Coordinator and cannot be resumed prior to the end of the first half, the game will be rescheduled to a later date and resume from the point of suspension.

8. Post Season Format
   a. The post season playoffs will be single elimination.
   b. Standings will be determined as follows:
      i. Winning Percentage
      ii. Head-to-Head
      iii. Head-to-Head Differential
      iv. Total Points For
      v. Total Points Allowed
      vi. Total Points Differential
      vii. Lowest Number of Forfeits
      viii. Coin Toss
GAME PLAYING RULES

1. Possession and Advancement
   a. To start the game, the team taking possession of the ball shall begin on their 20-yard line.
   b. Once a team takes possession of the ball, it will need to advance twenty (20) yards in order to earn a new set of four (4) downs. This process will continue until the offensive team scores, punts, turns the ball over on downs, or the ball is intercepted.
   c. The offensive team may pass or run the ball on any down prior to running any plays in the No Run Zone area.

2. Clock
   a. Game Clock
      i. The clock will run continuously with the following exceptions:
         1. Official’s or injury timeouts
         2. Team time outs
         3. The final 2 minutes of the game. The clock will run continuously unless one of the following occurs:
            a. Incomplete pass, change of possession, first downs, out of bounds, offensive / defensive scores, defensive penalties, team time out, and official’s time outs.
         4. Teams may be penalized for unsportsmanlike conduct for using stall tactics.
   b. Play Clock
      1. Once the ball has been spotted at the line-of-scrimmage and the referee has given the ready-for-play signal, the offensive team will have 25 seconds to snap the ball.

3. Scoring
   a. Touchdown = 6 points
   b. Safety = 2 points
   c. Extra points (from the five (5) yard line):
      i. Pass = 1 point
      ii. Run = 2 points
   d. A passing extra point attempt is live and can be returned by the defense if intercepted and returned for two (2) points.

4. Offense
   a. Every member of the offense is eligible to receive a pass.
   b. Only one player can be in motion and cannot move towards the line of scrimmage prior to the ball being snapped.
   c. Snapping
      i. The center must snap the ball between the legs to the QB in a continuous motion from the ground at least four (4) yards behind the line of scrimmage.
      ii. A snap that travels over the QB and lands on the ground is a dead ball – loss of down.
   d. Offensive Line
      i. Offensive linemen must line up on either side of the center one yard off the LOS on every play.
      ii. Blocking is allowed only when the QB or running back are in the pocket of the lineman blocking behind the LOS.
      iii. Once the player with the ball or the ball has advanced outside of the pocket all blocking must stop.
      iv. Blockers may not leave their feet for any reason.
      v. Blockers may extend their arms with palms up to block rushers.
      vi. No blocking below the waist or above the shoulders.
         1. Penalty: Participant will be ejected from the game.
      vii. No lead blocking allowed - No down field blocking (Offense cannot run down field with the ball carrier).
e. Quarterbacks (QB’s)
   i. QB’s must take the snap in shotgun formation at all times (4 yards behind line of scrimmage).
   ii. QB’s can run at any time during regulation game time.
   iii. QB’s may not advance a ball on a snap over their head or a mishandled hand-off exchange where in both cases, the ball lands on the ground.

f. Advancing the ball
   i. Teams may advance the ball by any legal means with the following restrictions:
   ii. The ball carrier may not:
       1. Hurdle defensive players.
       2. Attach the flag in such a manner that it cannot be easily removed.
       3. "Guard the flag", this includes:
          a. Stiff arming.
          b. Swinging the hand or arm over the flag belt.
          c. Carrying the ball in a position such that it protects the flag.
          d. Lowering the shoulders in such a manner which places the arm over the flag belt.
          e. Batting a defensive player’s hand away from the flag belt.
   iii. While carrying the ball in traffic, the ball carrier must carry the ball no lower than chest high.

g. Punting
   i. If a team elects to punt the ball on 4th down, the following procedure must be followed:
      1. Team must declare its intention to punt.
      2. The offensive team must line up with everyone (except the punter) on the line of scrimmage.
      3. The defensive team may have two receivers back to field the punt, all other defensive players must line up on the line of scrimmage.
      4. No member of either team may leave the line of scrimmage until the ball has been punted.
      5. Receiving team may catch the ball or field the ball after one bounce. If the ball is not fielded after the first bounce, the play will be declared dead.

5. Defense
   a. Defensive players must go around the offensive screen block. The arms, hands, and shoulders may not be used to contact the opponent in any way.
   b. Defensive players cannot attempt to bat the ball out of the ball carriers hand or arms at any time.
   c. Defensive players will be penalized for unsportsmanlike conduct for using unacceptable tactics to gain possession of the football.
   d. “Bump-and-Run” is not allowed.

6. Fumbles
   a. A ball that is fumbled becomes dead when it hits the ground.
   b. The team in possession of the ball prior to the fumble retains possession, unless it was fourth down and the necessary yardage to gain a first down had not been attained. This includes Center to QB and QB to Running Back exchanges.
7. Penalties and Enforcement
   a. Inadvertent Whistle
      i. In the event an official accidentally blows his whistle during a live ball, the ball shall be declared dead and the following options are available:
         1. The team in possession may put the ball in play at the spot when the whistle was blown.
         2. If the ball was loose from a backward pass or illegal forward pass, the team in possession may put the ball in play where possession was lost or replay the down.
         3. If the ball was loose during a legal forward pass or a free kick, it is placed at the previous spot and the down is replayed.
      
      Note: If a foul occurs during any of the above, an accepted penalty shall be administered as in any other situation. When the penalty for a foul is accepted, the inadvertent whistle shall be disregarded.
   b. Personal Fouls
      i. No player/team shall:
         1. Hurdle another player, unless trying to avoid injury.
         2. Chuck a player coming off the line of scrimmage.
         3. De-flag a player not in possession of the ball.
         4. Push a player out of bounds.
         5. Make contact with the center before he has begun his pass pattern or stood up to block.
         6. Use locked hands, elbows or any part of forearm/hand, except according to rule.
         7. Use a “hide-out”/“sleeper” play. All offensive players must be within 10 yards laterally from the spot of the ball. An offensive substitute shall not use tactics to deceive or confuse the defense prior to the snap.
         8. Attempt to substitute a disqualified, ejected, or suspended player.
         9. Use any acts of unfair play.
   c. Dead Ball Fouls
      i. When a foul occurs during a dead ball between downs, the official shall not permit the ball to become live.
      ii. Penalties for dead ball fouls committed by both teams during the same dead ball interval prior to the ready-for-play signal shall offset. All other dead ball fouls are administered separately and in order of occurrence.
      iii. A dead ball foul shall not be coupled with a live ball foul or another dead ball foul to create a double or multiple fouls.
      iv. All unsportsmanlike fouls are penalized separately, and in addition to those occurring during a down by the same team.
## SUMMARY OF PENALTIES

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Live/Dead</th>
<th>Distance</th>
<th>Enforcement</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OFFENSE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delay of Game</td>
<td>Dead</td>
<td>5 Yards</td>
<td>Previous Spot</td>
<td>Repeat</td>
</tr>
<tr>
<td>False Start</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Snap</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Motion</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Substitution</td>
<td>Both</td>
<td></td>
<td>Spot of Foul</td>
<td>Loss</td>
</tr>
<tr>
<td>Illegal Shift</td>
<td>Dead</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Equipment</td>
<td>Both</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Forward Pass</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intentional Grounding</td>
<td>Live</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flag Guarding</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DEFENSE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Encroachment</td>
<td>Dead</td>
<td>5 Yards</td>
<td>Previous Spot</td>
<td></td>
</tr>
<tr>
<td>Neutral Zone Infraction</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Substitution</td>
<td>Both</td>
<td></td>
<td>Previous Spot, Automatic 1&lt;sup&gt;st&lt;/sup&gt; Down, and Possible Ejection</td>
<td></td>
</tr>
<tr>
<td>Illegal Contact</td>
<td></td>
<td></td>
<td>Spot of Foul</td>
<td></td>
</tr>
<tr>
<td>Impeding Runner</td>
<td>Live</td>
<td></td>
<td>Spot of Foul and Possible Ejection</td>
<td></td>
</tr>
<tr>
<td><strong>OFFENSE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal Foul</td>
<td>Both</td>
<td>10 yards</td>
<td>Previous Spot</td>
<td>Loss &amp; Possible Ejection</td>
</tr>
<tr>
<td>Illegal Participation</td>
<td></td>
<td></td>
<td>Previous Spot / Spot of Foul</td>
<td></td>
</tr>
<tr>
<td>Illegal Block</td>
<td></td>
<td></td>
<td></td>
<td>Repeat</td>
</tr>
<tr>
<td>Holding</td>
<td>Live</td>
<td></td>
<td>Spot of Foul</td>
<td>Loss &amp; Possible Ejection</td>
</tr>
<tr>
<td>Clipping</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tripping</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DEFENSE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illegal Participation</td>
<td>Both</td>
<td>10 yards</td>
<td>Previous Spot</td>
<td></td>
</tr>
<tr>
<td>Stripping</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tripping</td>
<td>Live</td>
<td></td>
<td>Spot of Foul</td>
<td></td>
</tr>
<tr>
<td>Person Foul</td>
<td>Both</td>
<td></td>
<td>Previous Spot, Automatic 1&lt;sup&gt;st&lt;/sup&gt; Down, and Possible Ejection</td>
<td></td>
</tr>
<tr>
<td>Illegal Advance</td>
<td>Dead</td>
<td></td>
<td>Spot of Foul</td>
<td></td>
</tr>
<tr>
<td>Holding</td>
<td>Live</td>
<td></td>
<td>Spot of Foul</td>
<td></td>
</tr>
<tr>
<td><strong>DEFENSE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roughing Passer</td>
<td>Both</td>
<td>15 yards</td>
<td>Previous Spot and Possible Ejection</td>
<td></td>
</tr>
<tr>
<td>Pass Interference</td>
<td>Live</td>
<td></td>
<td>Previous Spot, Automatic 1&lt;sup&gt;st&lt;/sup&gt; Down</td>
<td></td>
</tr>
<tr>
<td>Unsportsmanlike Conduct</td>
<td>Both</td>
<td></td>
<td>Previous Spot, Automatic 1&lt;sup&gt;st&lt;/sup&gt; Down, Ejection</td>
<td></td>
</tr>
<tr>
<td>Bull Rushing</td>
<td>Live</td>
<td></td>
<td>Spot of Foul, Automatic 1&lt;sup&gt;st&lt;/sup&gt; Down, and Possible Ejection</td>
<td></td>
</tr>
</tbody>
</table>
TERMINOLOGY AND DEFINITIONS

Backward Pass – A pass thrown with its initial direction parallel with or toward the runner’s end line. A backward pass that hits the ground is ruled a fumble and is dead at the spot.

Ball in Play – The ball is in play (or becomes live) when it is legally snapped. It continues in play until the down ends.

Bat or Punch – The illegal act of intentionally striking the ball with a hand, fist, elbow, or forearm.

Boundary Lines – The end lines and sidelines outlining the playing field. These lines are out of bounds.

Blocking – The act of obstructing or impeding an opponent by screening him with one’s body.

Bull Rushing – The illegal act of a defensive player running or pushing through an opponent who has established position on or near the line-of-scrimmage.

Catch – A catch is made when a player in-bounds secures possession of a pass, kick, fumble or muff in flight. A player must make contact with the ground inbounds with the ball in possession, unless an opponent’s contact causes him to first touch out-of-bounds.

Charging – The illegal act of a ball carrier running through an opponent who has established position.

Chucking – The illegal act of a defender warding off an eligible receiver who is in front of him by making contact with a quick extension of his arm(s), followed by the return of his arm(s) to a flexed position, or by maintaining continuous and unbroken contact within five yards of the line-of-scrimmage, so long as the receiver has not moved beyond the point that is even with the defender.

Clipping – The illegal act of blocking an opponent when the force of the initial contact is from behind and at or below the waist, provided the opponent is not a runner.

Contact – In attempting to de-flag a runner, a defensive player is allowed INCIDENTAL contact of his hands on the runner’s waist and lower body, but not on any part above of his shoulders. A defensive player may not hold, push or knockdown a runner in attempting to remove his flag belt.

Dead Ball – A dead ball is one that is not in play. The time period during which the ball is dead is Between Downs. This includes the interval during all time outs and from the time the ball becomes dead until it is legally put in play.

- A ball is declared dead when:
  - It goes out of bounds.
  - A touchdown, try for extra point(s), safety or touchback is made.
  - A protected scrimmage kick comes to rest on the ground and no player attempts to secure it.
  - A ball carrier is de-flagged by a defender.
  - A ball carrier’s flag belt inadvertently falls off and he is touched by a defensive player.
  - Any part of a ball carrier’s person, other than hand or foot, contacts the ground and the player is touched simultaneously by an opponent.
  - A passer is de-flagged prior to forward motion of his passing arm.
  - A forward/backward pass strikes the ground or is caught simultaneously by opposing players.
  - An official inadvertently blows his whistle during a down.

Dead Ball Foul – A personal foul or unsportsmanlike foul that occurs after a down ends and before the next snap.

De-flagging – The act of an opponent removing a runner’s flag belt and thus, ending a down and creating a dead ball. Raking the flag belt to de-flag a runner is legal. The defensive player does not have to have the flag belt in their hand for the runner to be considered deflagged. If a runner’s flag belt inadvertently falls off, a defensive player must touch him to create a dead ball.

Encroachment – The illegal act of a defensive player entering the neutral zone prior to the snap or any player lined up in the neutral zone at the snap.

Disqualified Player – A player removed from the game for a rule violation. A disqualified player is prohibited from playing, but can remain in the team area on the sideline.
Diving – The act of a player intentionally and suddenly dropping, falling, or plunging headfirst. Contact created with an opponent by a diving runner or defensive player may be deemed charging or tackling, respectively.

Double Foul – A foul by each team during the same down and includes multiple fouls by either team, including dead ball fouls.

Ejected Player – A player removed from the game by an official, usually for unsportsmanlike conduct, and prohibited from further participation in the game. An ejected player must leave the grounds and have no further contact with the officials or participants in the game.

Eligible Receiver – All offensive players are eligible to receive a pass.

Face Guarding – The illegal act of an opponent deliberately blocking the vision of a player attempting to catch a pass without looking back at the ball.

False Start – Non-abrupt movement of head and shoulders by an offensive player prior to the snap is legal. Offensive players must come to an absolute stop before the ball is snapped. If officials judge the action of the offensive players to be abrupt, a false start foul is to be called.

Fighting – Any attempt by a player or non-player to strike or engage an opponent or teammate in a combative manner unrelated to the game of flag football. A player may be ejected for fighting regardless of whether or not contact was initiated or made with another individual.

Flag Guarding – The illegal act of a runner using his hand, arm or body to protect his flag belt from being removed by an opponent. Examples: stiff arm, dipping shoulder and slapping the defender’s hand or arm. It is not flag guarding if the defender manages to successfully remove the flag belt and the runner did not gain any additional yards while delaying the defender’s attempt.

Forward Pass – It is a forward pass if:
- The ball initially moves forward (to a point nearer the opponent’s goal-line) after leaving the passer’s hands; or
- The ball first strikes the ground, a player, an official or anything else at a point that is nearer the opponent’s goal-line than the point at which the ball left the passer’s hand; or
- The ball is handed (regardless of the direction of the movement of the ball) to a player who is in advance of a teammate from whose hands he takes or receives it.

Forward Progress – The end of advancement of a runner once de-flagged, as determined by the furthest most point of the runner’s foot toward the opponent’s goal, thus determining the dead ball spot.

Foul – A foul is any infraction of a playing rule.

Free Kick – A punt, during which, neither team may advance beyond their scrimmage line until the ball is kicked.

Fumble – Any act, other than a pass or legal kick, which results in loss of player possession of the ball. A fumbled ball that hits the ground is dead at the spot. If a fumbled ball goes forward before it hits the ground, it will be returned to the spot where possession was first lost. If a ball is fumbled in mid-air, and has not hit the ground, an opponent may intercept and advance it.

Huddle – The action of two or more players on the offensive team, who instead of assuming their normal position for the snap, form a group for getting the signal for the next play or for any other reason.

Hurdling – The illegal act of a player jumping with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body, except one or both feet.

Ineligible Receiver – A receiver who leaves the playing field on his own accord is ineligible for the remainder of the play. If an ineligible receiver touches the ball before it is declared dead, it shall be ruled as illegal touching. If a receiver is forced out-of-bounds by an opponent, he may remain eligible as long as he returns to the playing field immediately.

Intentional Grounding – The illegal act of throwing a pass in an area that does not have a receiver in close proximity to avoid a loss of yardage. Intentional grounding to stop the clock is legal if the passer throws the ball directly to the ground immediately upon receiving the snap.
Interception – An interception is made when a pass (forward or backward) is caught in-bounds by an opponent of the passer.

Line of Scrimmage – A set of two imaginary lines (planes) passing through each tip of the ball and running parallel to the goal lines, which are used to determine where offensive and defensive players line up. No player may cross their line-of-scrimmage prior to the snap.

Line to Gain – The yard-line which the offensive team must reach in order to earn a new series of downs. From the spot of the ball on a first down, the line-to-gain is the half field yard-line marking on the playing field. When the spot of the ball on a first down is inside the defensive team’s half field yard-line marking, the line-to-gain is the goal-line. When the ball is declared dead, the forward most point of the ball at the spot shall determine advancement. When any part of the ball breaks the line-to-gain or goal-line, the offense shall be awarded a new series of downs or touchdown, respectively.

Loose Ball – A live ball that is not in player possession.

Loss of Down – Loss of the right to replay a down.

Motion – The action of an offensive player moving laterally behind the line-of-scrimmage, but not toward it, before the ball is snapped. Only one offensive player is allowed in motion at the snap. A player initially positioned on the line-of-scrimmage who goes in motion must be at least three (3) yards behind it at the snap.

Muff (Applicable on snaps only) – The touching of the ball by a player in an unsuccessful attempt to obtain possession of a loose ball. A snapped ball which is muffed by the QB, but has not touched the ground can be advanced. A snapped ball that goes over or beside the intended offensive player without being touched shall be treated as a dead ball not a live play. Any ball intentionally muffed forward is illegal batting.

Multiple Foul – Two or more fouls by the same team during the same down, unless they are part of a double foul.

Neutral Zone – The space the length of the ball between the offense’s and the defense’s scrimmage lines (planes). In effect when the ball is ready for play.

Off-Setting Penalties – When two or more live ball fouls occur during the same down and at least one penalty is against each team, the down will be replayed.

Out of Bounds – The area on or outside the sidelines and end lines. A player is out of bounds when any part of his body is on or touches the ground outside the sideline or end line. A ball in player possession is out of bounds when said player touches any part of the sideline or end line. A loose ball is out of bounds when it touches anything on or outside the sideline or end line.

Passer's Arm in Motion – When a passer is holding the ball to pass it forward, any intentional motion forward of his hand starts a forward pass. If an opponent de-flags the passer after forward motion begins, a forward pass is ruled, regardless of whether the ball has left the passer’s hand (passer is not down).

Player Inbounds – A player is inbounds when he first touches one foot or any other part of his body, other than his hand(s), to the ground within the boundary lines.

Pass Interference – The illegal act of a player inhibiting an eligible opponent’s opportunity to move toward, catch or bat a pass.

Player on Line – An offensive player is on his line-of-scrammage when his shoulders are parallel to his line and, if he is not the center, he is not more than one foot behind his line.

Player Possession – A player is in possession when he is in firm grip and control of the ball inbounds.

Ready for Play – When the referee blows his whistle to signal that the ball may be put in play by a snap. From this signal, the offensive team will have 25 seconds to snap the ball.

Runner/Ball Carrier – The player in possession of a live ball. A runner must attempt to avoid contact at all times (including after a spin move). A runner may not lower his head or shoulder into an opponent. If a runner falls to the ground, he is declared down at that spot, regardless of being touched by a defensive player while on the ground. A runner may place the ball on the ground to maintain his balance as long as he maintains control and possession of the ball.
Safety – When the ball becomes dead on or behind a team’s own goal-line, provided the impetus came from a player of that team and it is not a touchdown. After a safety, the team on offense will start at the half field yard-line.

Scrimmage Down – The period of action that starts when the ball is put in play by a snap and ends when the ball is next dead.

Series of Downs – The four (4) consecutive charged scrimmage downs allotted to the offensive team during which it must advance the ball to a yard-line called the Line-to-Gain in order to retain possession. The initial down in a series is known as First Down, and if it is a charged down, subsequent charged downs are numbered consecutively until a new series is declared for either team.

Shift – The action of two or more offensive players who (prior to the snap), after having assumed a set position, simultaneously change the position of their feet by pivoting to or assuming a new set position with either one or both feet. All offensive players, after assuming a set position, must come to an absolute stop for a period of at least one (1) second prior to the snap.

Snap – A backward pass that puts the ball in play to start a scrimmage down. A snap must pass between the center’s legs. No part of the center’s body should be beyond the neutral zone at the snap. The offensive player receiving the snap must be at least three (3) yards behind the line-of-scrimmage.

Spot of Enforcement (or Basic Spot) – The spot at which a penalty is enforced.
   - Previous Spot – The identical spot where the ball was last put in play.
   - Spot of Foul – The spot where the foul was committed.
   - Succeeding Spot – The spot where the ball would next be put in play if no distance penalty were to be enforced.

Stripping – Any act by an opponent to dislodge the ball from a runner or passer.

Touchback – When the ball becomes dead on or behind a team’s own goal-line, provided the impetus came from an opponent and it is not a touchdown. After a touchback, the ball will be spotted on the offensive team’s 5-yard line.

Tripping – The illegal act of using a leg or foot to obstruct any opponent below the knee.