

2021-2022

The Canadian Amateur Rule Book for Tackle Football

Founded by U Sports



CANADA

Approved for use by:

U Sports

**Canadian Football
Officials Association**

**Canadian Junior
Football League**

**Canadian Colleges
Athletics Association**



QUEST AWARDS



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Lightning Safety

Lightning is the most frequent severe storm hazard encountered in football. Most lightning casualties occur through the months of May and September.

Safety is always the number “1” concern for all participants and spectators involved in the game of football.

Lightning Safety Tips

- Establish that an action plan is in place for all involved.
- Establish that a designated person is responsible to monitor the weather.
- Establish that there is a means of monitoring local weather forecasts and warnings (i.e. Environment Canada, radio, T.V.)
- Establish that there is a cell phone for emergencies.
- Establish that there is an accessible first aid kit.
- Monitoring should begin in appropriate amount of time before the event.
- Watch the sky for dark, heavy clouds on a warm and or humid spring and summer day.
- Be aware that lightning may strike several kilometers from the storm.
- Avoid power lines, tall objects, high places and water.
- Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder.
- Safe shelter includes inhabited buildings and fully enclosed vehicles.
- If in a vehicle it is important not to touch any part of the metal framework during ongoing thunderstorms.
- If caught in an open, level field, don't lie flat, but crouch on the ground, with feet together, placing the hands on the knees and bending forward.
- Avoid grouping of players.
- Remain sheltered for 30 minutes after the last thunder or lightning flash prior resuming an activity.



Concussion Management

Guidelines for Coaches, Players, Parents and Officials

- You do not have to lose consciousness to have a concussion. Symptoms are often subtle.
- Players must wear properly fitted protective equipment.
- The head (helmet/facemask) should never be used to make initial contact with another player.
- When in doubt, Sit the Player Out!
- Concussion is a Brain Injury.
- A concussion maybe caused by a direct blow to the head, face, neck, or anywhere else on the body that causes a severe and sudden movement to the head.
- A concussion alters the way your brain functions and can cause significant impairment. Concussions can cause various symptoms.
- Symptoms may include:
 - Loss of Consciousness
 - Confusion and Disorientation
 - Headache
 - Dizziness
 - Nausea and Vomiting
 - Loss of Balance
 - Double Vision or Fuzzy Vision
 - Ringing in the Ears
 - Slow or Slurred Speech
 - Emotional or Personality Changes
 - Feeling Stunned or Dazed
 - Seeing Stars

Management of a Concussion

An athlete should never return to play while symptomatic

“When in Doubt, Sit Them Out”

When a player shows **any symptoms** or **signs** of a concussion:

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, regular monitoring for deterioration is essential.
3. The player should be medically evaluated following the injury.
4. Return to play must follow medical clearance by an appropriate physician and must follow a medically supervised stepwise process.

Return to Play Steps

The green light of the qualified physician is required before considering a return to the game.

The management of the concussion should meet the following:

1. No activity, only complete rest. Proceed to step 2 only when symptoms are gone.
2. Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.
3. Sport specific activities and training (e.g. skating)
4. Drills without body contact.
5. Begin drills with body contact.
6. Game play.



Summary of Abbreviations

1. AFD Automatic First Down
2. AR – Approved Rulings
3. 1.2D – First and Second Down
4. 3D – Third Down
5. Team A – Team Putting Ball into Play
6. Team B – Opponents of Team A
7. DR – Down Repeated
8. LB – Loss of Ball
9. L5 – Loss of 5 Yards (metres)
10. L10 – Loss of 10 Yards (metres)
11. L15 – Loss of 15 Yards (metres)
12. L25 – Loss of 25 Yards (metres)
13. LD – Loss of Down
14. LS – Line of Scrimmage
15. PLS – Point of Last Scrimmage
16. KOL – Kick Off Line
17. OP – Option Provided
18. PBD – Point Ball Dead
19. PBH – Point Ball Held (when a foul occurs)
20. PF – Point of Foul
21. POP – Point of Origin of Pass
22. DG – Distance Gained (or goal line reached) (yards or metres)
23. DNG – Distance Not Gained (yards or metres)
24. NTIP – Neither Team in Possession
25. KR – Kick Repeated
26. UR – Unnecessary Roughness
27. RP – Rough Play
28. PP – Point of Possession



Rule Changes — 2021

Rule 1 Section 5 Article 6

Note: An offside pass is not a foul and does not extend play.

Rule 1 Section 7 Article 1

- j) A lateral pass hits the goal post assembly.

Rule 1 Section 8 Article 1

- h) Any part of a ball carrier, other than hands or feet, touches the ground, even without contact by an opponent. The ball shall be declared dead AT THE POINT WHERE IT WAS HELD when the ball carrier touched the ground.

Exception: The ball is not dead when a player is holding the ball for a field goal or convert attempt.

Rule 1 Section 10 Article 6

- d) When a player fumbles or directs the ball from the field of play into their own end zone, where the ball goes out of bounds without possession being gained by either team, a safety touch shall be awarded.

Rule 1 Section 10 Article 8

A player who goes out of bounds either by intent or misjudgment, or to use the out-of-bounds area to their advantage, must not participate further in that play. A player who goes out of bounds because of contact with an opponent, a missed block or tackle, or who slides out of bounds on a slippery field may legally return to the field and participate in the play. The point of the foul (PF) is the point where the illegal participation occurs.

Note: This article does not apply to a ball carrier who goes out of bounds, which makes the ball automatically dead.

Penalty: Team A 1.2D L10 PLS PP PF or PBH-DR
 3D DG L10 PLS PP PF or PBH-DR
 3D DNG LB-PBD

Team B L10 PP PF PBH or PLS

If such a player reaches back into or re-enters the field of play and touches or recovers a "loose ball" (as per rule 1-6-4).

Penalty: LB PF

Rule 3 Section 2 Article 3

A safety touch is scored when the ball becomes dead in possession of a team in its own end zone, or goes out of bounds in the end zone, as a result of the ball having been carried, kicked, fumbled or otherwise directed from the field of play into the end zone by the team scored against, or as a DIRECT result of a kick being blocked in the field of play.

Rule 4 Section 1 Article 3

The close line play area is defined as the area between the offensive *tight ends or positions ordinarily occupied by the tight end*, within 2 yards either side of the line of scrimmage (Total 4 yards – 4 metres).

Rule 4 Section 1 Article 6

Blocking below the waist zone is defined as an area between the offensive tight ends or positions ordinarily occupied by the tight end, within 2 yards of the defensive side of the line of scrimmage extending back to the initial position of the quarterback or kicker.

Rule 4 Section 2 Article 2

- c) assumes a stance with his/her hands under the centre and moves away quickly from the centre without the ball being snapped. Note if the quarterback assumes such a stance, and then slowly withdraws his/her hands to call time out, call new play signals, or to step back into a shot gun formation, no penalty shall be assessed.

Penalty: Team A 1.2D – L5 DR, 3D DG-L5 DR, 3D DNG – LB PBD.

Team B L5.



Rule 4 Section 5 Article 1

- d) A delayed knee block is a block that occurs when a player blocks an opponent, at or below the knees, while the opponent is engaged with a teammate of the blocker, with or without physical contact.

Rule 5 Section 5 Article 4

If the kicker or onside player legally recovers the kick, all players of that team may legally interfere with the opponents after such recovery, provided that the initial contact is at or above the waist.

Rule 6 Section 1

A lateral or onside pass is one thrown, handed, knocked, batted, or fumbled by a player parallel to or in the direction of their own deadline.

Rule 6 Section 3 Article 2

A Team making an offside pass shall not be permitted to advance the ball or retain possession beyond the point of origin of the pass.

Penalty: Next scrimmage at point of origin of pass or option

Exceptions: Handoff pass behind the line of scrimmage

Forward Pass

Rule 6 Section 4 Article 9

- a) Team A-Prior to a forward pass being thrown across the line of scrimmage, a Team A player may not initiate contact with or block a Team B player more than 1 yard in advance of the line of scrimmage, until the pass has been touched by an eligible receiver. "illegal block -Blocking Downfield".

A Team A player may not interfere with a Team B player who is about to intercept the forward pass. However, Team A players who are carrying out normal blocking tactics to protect the passer shall not be penalized for interference against a Team B player who is about to intercept the pass, if the Team A players are unaware that such an interception is imminent (see 6-4-10, note 2).

After the pass has been touched by an eligible receiver, all A players may legally interfere anywhere within bounds.

Team A ineligible receivers who make contact in the neutral zone may maintain this contact beyond the neutral zone, (subject to 6-4-5-b-c)) otherwise they may not proceed downfield until the ball is thrown. (Exception 6.4.5d)

Rule 6 Section 4 Article 9

- d) Screening – Waving the hands or arms or «face guarding» in close proximity *to an eligible* pass receiver is illegal interference

Rule 6 Section 4 Article 10

Exception: If a pass receiver who would normally be considered eligible either by number or by reporting to the Referee is made ineligible by position, and the defensive team interferes with the receiver's attempt to catch the ball on a forward pass, then both teams are subject to penalty, whether the Team A player touches the ball in an attempt to catch it or not. The foul for Team A Ineligible Receiver will be deemed to be the first foul for purposes of adjudicating the Dual Foul rule.

- b) Illegal Contact with an Eligible Receiver

When there is an obvious passing situation, a Team B player may not create or initiate contact that redirects, restricts, or impedes the Team A receiver in any way except as stated in Art. 9. Even if the ball is not thrown, such illegal contact will still be penalized:

Penalty: 1.2.3D L10 PLS



Rule 7 Section 3 Article 10

It shall be illegal for any Team A player to block an opponent below the waist, or deliver a forcible block, in an area from 5 yards ahead of the line of scrimmage, from sideline to sideline, extending back to the Team A deadline, if:

1. The A player is stationed, or in motion, 3 or more yards (metres) outside of the Block Below the Waist Area, at the snap of ball.
- OR 2. The A player is stationed initially 3 or more yards (metres) outside of the Block Below the Waist Area and moves toward the ball so that the A player is less than 3 yards (metres) from the Block Below the Waist Area at the snap of ball.
- OR 3. The A player is stationed initially less than 3 yards (metres) from the Block Below the Waist Area, and either before or after the snap of the ball, moves more than 3 yards (meters) from the Block Below the Waist Area, and then returns to less than 3 yards (metres) from the Block Below the Waist Area.
- AND 4. Moves in the direction of the ball to make the block. (The direction of the ball is toward the position of the ball when it was snapped.)

Note: If the Team A player moves into the Block Below the Waist Area prior to the snap, and comes to a complete stop, the player shall not be penalized for crack back block.

Rule 7 Section 3 Article 13

- a) Grasping an opponent by the inside of the shoulder pads, or by the inside collar of the jersey.
- b) Grasping the outside of the jersey above the numbers and using this as the primary means of causing a change in the ball carrier's direction.

Rule 7 Section 3 Article 14

No player of either team may forcibly thrust their hands forward above the frame to contact an opponent on the neck, face, head, or facemask.

If the initial contact is to the chest but the hands ride up to the neck, face, head, or facemask and the contact is forcible or prolonged, it shall be a penalty.

Rule 7 Section 3 Article 15

- 1) the block occurs in the Close Line Play area, is made by a player who was positioned in this area when the ball was snapped, and the contact is above the waist. OR

Rule 7 Section 3 Article 16

- 8) A player who receives a block when the blocker is moving toward or parallel to their own end line and approaches the opponent from behind or from the side.

Rule 7 Section 3 Article 17

It shall be illegal for any player to deliver a forcible block on an opponent while moving back towards *or parallel to* their own dead ball line anywhere on the field.

Rule 7 Section 3 Article 19

It shall be illegal to block an opponent below the waist except when the block occurs in the block below the waist area, by a player positioned in this area at the snap of the ball, and when the block is above the knee.

Note: A player coming from outside this zone must come to a complete stop in the zone, prior to the snap of the ball, to be considered positioned in the zone.

Rule 8 Section 6 Article 2

- i) If first foul is illegal interference on a loose ball, possession will go to the non-offending team and all other penalties will be applied from this spot. Note if both teams commit loose ball interference, the first will be applied as loss of ball, the second as a 10-yard penalty.

Grey shaded type denotes a change from the last rule book based on the new rule changes or clarifications for 2021-2022.



Safety Rules

The following rules have been identified as rules for the safety of the athlete and cannot be changed modified or deleted without written authorization from Football Canada. Failure to comply to these rules will result in sanctions being levied to those members.

Rule 1 Section 1 Article 9

Article 9 – Goal Post Assembly

The goal post assembly shall consist of 2 vertical goal posts, 18 feet 6 inches (5.64 metres) apart, centred on the goal line, the mandatory padding specified in paragraph 2 and the crossbar joining them, whose upper edge is 10 feet (3.05 metres) above the ground. The goal posts shall be at least 20 feet (6.1 metres) above the ground level. For new installations, the goal posts should measure 30 ft (9.1 metres) above ground level. A wishbone type or single shaft goal post may be used if the height and length of the crossbar meet the above standards, and the base of the goal post can be up to 110 in. (279.4 cm) behind the goal line.

For safety reasons, all goal posts must be properly padded with goal post pads meeting manufacturer's specifications.

It is the responsibility of the home team to provide the padding. In the case of a neutral field, the participating teams shall decide which team shall be responsible for padding the goal posts.

Note: Goal posts on the goal line are considered to be part of the end zone.

Rule 1 Section 3 Article 1

Article 1 – Length of Game

The game shall consist of 60 minutes of actual playing time, divided into 4 periods of 15 minutes each. For players at the High School level or equivalent and below, the game shall consist of 48 minutes of actual playing time, divided into 4 periods of 12 minutes each.

Rule 1 Section 5 Article 5

Article 5 – Mercy Rule

Any time after the first half, if the difference in score between the two teams becomes 35 points or more, the clock will be running time for the remainder of the game, except for injuries, scores, timeouts or any reason the Referee deems necessary to stop the clock. When the clock has been stopped, it will re-start based on rule 1-5-1

Note the mercy rule does not apply for U Sport and CJFL levels.

Rule 1 Section 11 Article 1

Article 1 – General

- a) No player shall wear equipment of any kind which may injure the opponent. The Referee may have removed from the game any player who is wearing equipment which in his/her opinion endangers a participant.
- b) No team shall wear uniforms that blend closely with the color of the ball.
- c) The following equipment is mandatory and shall be worn by all players. The equipment shall be designed and manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection of the player.
 - 1) soft knee pads, worn covering the knees, and covered by the pants.
 - 2) thigh guards.
 - 3) hip pads, with tailbone protector.
 - 4) shoulder pads.
 - 5) mouth guard covering all the upper jaw teeth, as specified in Article 3 of this Section 11.
 - 6) shoes which meet the specifications as in Article 4 of this Section 11, or which may provide less fixation to the ground, such as ripple soles, or broomball type shoes, where no «cleats» are provided. No player shall participate in the game without being properly equipped and wearing shoes as specified.
 - 7) The prime responsibility to ensure the above rests on the Head Coach or his/her designate.



- 8) Items 1, 2, 3, 4 and including all Back Plates and Rib Protectors must be covered by the pants or jersey, exception being for players who are wearing a snap in soft foam hip and tail pad system.
- 9) Helmet and face guard as per rule 1-11-2

Penalty c) Loss of 5 yards from point where the ball would have been put into play, if no other foul had occurred, or added to the penalty for any other foul. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed. If more than 1 player offends on the same play, only 1 penalty L5 will be applied for that play. Fouls on subsequent plays will be penalized in the same way – L5 on each play where 1 or more players offend

d) Adhesive material, grease or any other slippery substance, applied on a player's person or clothing, that affects the ball or an opponent, is illegal.

e) Any gloves which have any type of webbing between the digits are illegal.

f) All players' numbers must conform to those listed on the score sheet. Players shall retain the same numbers throughout the game, except when permission to change is given by the Referee. Where a sweater is torn, the Referee shall allow reasonable time for a substitution, but any change in number must be reported to the scorer.

g) It is illegal to tie or knot team jerseys

Penalty (a) (b) (f) (g): the offending player shall be removed from the game until the illegal equipment is replaced or the score sheet is corrected.

Penalty (d) (e): Team A 1,2D-L 10 DR, 3rd0 DG- L 10, DNG-LB PBD; Team B L 10 PLS

The offending player shall be removed from the game until the illegal material, substance or gloves have been removed. Immediate substitution will be made but the game shall not be delayed. If more than one player offends on the same play, only 1 penalty L 10 will be applied for that play. Fouls on subsequent plays will be penalized in the same way-L 10 on each play where 1 or more players offend.

Rule 1 Section 11 Article 2

Article 2 – Helmets

- a) Only helmets and facemasks approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) be worn by players.
- b) All visors must be clear, not tinted - No medical exceptions are allowed.
- c) A player shall be required to wear his/her helmet while in bounds, and shall not voluntarily remove it while the play is in progress. The use of the helmet or other objects to deceive opponents as to the location of the ball is illegal.
- d) If a player's helmet involuntarily comes off during the play, except as a result of a foul, he/she shall be required to leave the game for 3 plays.

Rule 1 Section 11 Article 3

Article 3 – Mouth guard

A player shall wear an intra-oral (within the mouth) mouth and tooth protector, which includes an occlusal (protecting and separating the biting surfaces) and an optional labial (protecting the lips) portion.

It is also recommended that the protector be either (a) constructed from a model made from an impression of the individual's teeth, or (b) constructed and fitted to the individual by impressing their teeth into the mouth and tooth protector itself.

It shall be illegal for a player to participate in the game unless the mouth guard is being worn in the proper position by the player.

Penalty: 1st Infraction – the Referee only shall clearly warn the offending player that the mouth guard must be in the proper position while participating.

2nd & subsequent infractions by any player previously warned as above by the Referee – L5 from the point where the ball would have been put in play if no foul had occurred. The player shall be removed until properly equipped. Immediate substitution shall be allowed.



Note 1: Subsequent infractions, if deemed deliberate, will be ruled and penalized as objectionable conduct.

Note 2: A penalty card, or similar card should be used to record the number of the player warned, in order to ensure accuracy.

Rule 1 Section 11 Article 4

Article 4 – Footwear

For all playing surfaces, a cleated shoe with the following specifications will be accepted. Turf or running shoes are also acceptable.

- i. Minimum of 7 cleats per sole, with a minimum cleat tip diameter of 3/16 inch (4.8 mm).
- ii. Additional cleats may be of lesser tip diameter, provided the maximum length is 1/2 inch (12.7mm).
- iii. Maximum cleat length of 1/2 inch (12.7 mm).
- iv. A cleat made of metal or with a metal tip is illegal.

Note 1: Illegal cleats include those made of metal, or with a metal tip, or made of any material that burrs, chips, or fractures.

Penalty: L5 from point where the ball would have been put into play if no other foul had occurred or added to the penalty for any other foul. If more than 1 player offends on the same play, only 1 penalty L5 will be applied on that play. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed.

Rule 1 Section 11 Article 5

Article 5 – Coaches Certification

The head coach, or the designated representative, shall certify to the umpire before the game that all players:

- a) have been informed of the mandatory equipment as specified in the rules, and what equipment is illegal
- b) have been provided with the mandatory equipment as specified in the rules
- c) have been instructed to wear the mandatory equipment, and how to wear it during the game
- d) have been instructed to notify the coaching staff when equipment becomes illegal for any reason during the game.

Rule 4 Section 5 Article 2 (d)

Article 2 – Team A

- d) On any play from scrimmage, it shall be illegal for a player to block an opponent below the waist except as per – Rule 7 Section 3 Article 19.

Rule 5 Section 4 Article 1

Article 1 – Offside beyond Line of Scrimmage (Restraining Zone Foul)

This article does not apply to a dribbled ball, or to a kick which does not cross the LS. When on a kick from scrimmage (ball crosses the line of scrimmage), return kick or on an open-field kick, a player is offside in relation to the kicker, such player:

- a) shall not touch or be touched by the ball.
Penalty: – in field of play – L15 from PBT (point ball touched)
– in goal area – L15, penalty applied at 10-yard line
- b) shall allow 5 yards to an opponent attempting to gain possession of the kicked ball. The five yard zone is determined by a circle with a five-yard radius, with the centre point being the ball at the instant it is first touched. If the ball strikes the ground before being touched by the receiving team:
Penalty: – in field of play – L5 PBT or PBD
– in goal area – L5 penalty applied at 10-yard line or PBD..
- c) If the kicking team player is making no effort to withdraw from the 5 yard zone, and is hovering over the ball or the receiving team player about to take possession of the ball:
Penalty: – L15 will apply at normal point of application regardless whether the ball bounced.



- d) If the kicking team player interferes with a receiving team player attempting to gain possession of the kicked ball, with or without contact:

Penalty: – L15 from the normal point of application

A player of the kicking team who invades the five-yard zone, and contacts a receiving team player, who is attempting to play the ball in an unnecessarily rough manner, will be subject to an additional 15 or 25 yard penalty, regardless of whether the ball had struck the ground.

Note: For players at levels of football lower than college or junior, league executives may wish to reduce the severity of the above penalty to 10 yards (10 metres). A penalty in the opponents' end zone may be awarded at the 10-yard (10 metre) line. Field officials should be notified in writing of any such variations in order to maintain consistency for the teams.

Rule 5 Section 4 Article 2(a)

- a) A scrimmage kick which travels only a short distance across the line of scrimmage, or a return kick (not including a dribbled ball) which is short, and thereby prevents players of the kicker's team from giving the required distance, shall be whistled dead as soon as the ball touches a player or the ground, with possession awarded to the receiving team. In obvious situations where the kick will clearly fall short into a group of players, the play may be whistled dead as soon as the ball begins to descend. No distance penalty will be assessed, but if the ball is whistled dead in this manner on the final play of a half, the receiving team shall be entitled to 1 play from scrimmage if they so elect.

Rule 7 Section 2 Article (all)

Section 2: Rough Play (CB30)

The following acts are defined and classified as Rough Play, and are illegal:

Article 1 – Kicker, Passer, Receiver

The deliberate charging of a kicker, passer, or receiver of a kick or pass in such a way as to cause calculated injury.

Article 2 – Striking, Kicking or Kneeing

The striking of an opponent with the fist, heel of the hand, knee or elbow, or kicking an opponent.

Article 3 – Head Leading Blocking, Head Leading Tackling or Spearing

Head leading blocking, head leading tackling or spearing, if done deliberately in such a way as to cause calculated injury may be penalized under this section

Article 4 – Face Mask / Helmet

Grasping the helmet as covered in Section 3, Article 5, may be penalized under this section, if in the opinion of the Official it was a deliberate attempt to injure an opponent.

Article 5 – Other Acts

Any other act of roughness or unfair play considered by the Referee to warrant disqualification may be penalized under this section.

Penalty: Articles 1 to 5. Disqualification of the offending player, and L25 from the appropriate point as covered in Rule 8, Section 5. If the official is unable to identify the offender, the distance penalty only shall be applied. Automatic 1D to Team A for Team B Rough Play. If both teams offend, the players involved shall be disqualified but no distance penalty shall be applied. Play shall be resumed at the appropriate point as outlined in Dual Penalties. Rule 8, Section 6.

Article 7– Disqualification

A player shall be disqualified from further participation in the game, with substitution permitted, if:

- a) For having been called for Rough play
- b) For having been called for physical abuse of an official

The disqualification penalty cannot be declined by the non-offending team

Note Article 6 Targeting is not included in the safety section at this time.



Rule 7 Section 3 Article (all)

Section 3: Unnecessary Roughness (CB30)

Any act of unnecessary roughness or unfair play that is not considered serious enough to disqualify, shall be penalized under this section. The following acts are defined, and classified as Unnecessary Roughness, and are illegal.

Article 1 – Piling on, Tackling Out of Bounds

Piling on occurs when a player runs into, throws his/her body against, or falls upon a ball carrier, after the play has been terminated by the official's whistle, or even before the whistle, where the ball is clearly dead (Rule 1, Section 8, Article 1h).

Tackling a player who is clearly out of bounds or throwing the ball carrier to the ground after the ball is dead, is illegal.

When a player in possession of the ball is giving up by sliding, all unnecessary contact must be avoided. The slide must be done in a timely manner to allow defense to avoid such contact.

These fouls are considered to be committed after the ball is dead (Rule 8, Section 5, Article 11).

Article 2 – Passer

Because the act of passing puts the passer in a particularly vulnerable position to injury, special rules against roughing the passer apply. A player shall be penalized for any act of Unnecessary Roughness to the passer, including but not limited to:

- a) A defender is prohibited from forcibly hitting in the knee area or below a passer who has one or both feet planted on the ground, even if the initial contact is above the knee. It is not a foul if the defender is blocked (or fouled) into the passer and has no opportunity to avoid the contact;

Note 1: A defender cannot initiate a roll or lunge and forcibly hit the passer in the knee area or below, even if is being contacted by another player.

Note 2: It is not a foul if the defender swipes, wraps, or grabs a passer in the knee area or below in an attempt to tackle him/her.

- b) A defender is prohibited from committing such intimidating and punishing acts as stuffing a passer to the ground or unnecessarily wrestling or driving them down after the passer has thrown the ball, even if the rusher makes their initial contact with the passer, a defensive player must not unnecessarily or violently throw them down and land on top of them with all or most of the defender's weight. Instead, the defensive player must strive to wrap up the passer with the defensive player's arms.

- c) A defender is prohibited from use the helmet and and/or facemask to hit the passer, or use hands, arms, or other parts of the body forcibly in the head or neck area.

Article 3 – Kicker

Unnecessary roughness against a punter, or field goal kicker is illegal.

Article 4 – Place Kick Holder

The holder of a place kick for a field goal or convert attempt shall be given the same protection as a kicker.

Article 5 – Face Mask / Helmet

It shall be illegal to grasp the helmet of an opponent by closing the fingers on the face mask, chin strap and other helmet opening (ear holes).

Article 6 – Head Tackling, Clotheslining

It shall be illegal to tackle around the head, in the open field, or straight arm tackle to the head, commonly referred to as «clotheslining».

Article 7 – Spearing

Spearing is driving of the helmet into a player who is down, or is held so to be going down, or whose forward progress has been stopped, or who is in a position unable to protect themselves. A player shall be called for Spearing even if committing before the ball is dead, if using the head and helmet as the primary or main point of force.



Article 8 – Head Leading Block or Tackle

- a) Head Leading Block – no player, including the ball carrier, shall use the helmet to butt or ram an opponent.
- b) Head Leading Tackle – no player shall strike the runner with the crown or top of the helmet.

Article 9 – Use of Hands and Arms

The illegal use of hands and arms shall be ruled as unnecessary roughness if contact is made with the fist, heel of the hand, or elbow, if the blocking arm is cocked by swinging back of the body line prior to contact, or if the blocking arm is driven upward and forward in the manner commonly known as an «elbow smash,» or if the blocker turns their body at the waist or pivots in a manner to add force to the blow, or if contact is made with clasped hands, or if the opponent is struck above the shoulder with the hand or arm in an unnecessarily rough manner including the striking of the head, commonly called a «head slap.»

Article 10 – Crack-Back Blocking

It shall be illegal for any Team A player to block an opponent below the waist, or deliver a forcible block, in an area from 5 yards ahead of the line of scrimmage, from sideline to sideline, extending back to the Team A deadline, if:

- 1. The A player is stationed, or in motion, 3 or more yards (metres) outside of the Block Below the Waist Area, at the snap of ball.
- OR 2. The A player is stationed initially 3 or more yards (metres) outside of the Block Below the Waist Area and moves toward the ball so that the A player is less than 3 yards (metres) from the Block Below the Waist Area at the snap of ball.
- OR 3. The A player is stationed initially less than 3 yards (metres) from the Block Below the Waist Area, and either before or after the snap of the ball, moves more than 3 yards (meters) from the Block Below the Waist Area, and then returns to less than 3 yards (metres) from the Block Below the Waist Area.
- AND 4. Moves in the direction of the ball to make the block. (The direction of the ball is toward the position of the ball when it was snapped.)

Note: If the Team A player moves into the Block Below the Waist Area prior to the snap, and comes to a complete stop, the player shall not be penalized for crack back block.

Article 11 – Delayed Knee Blocking

It shall be illegal for a player to block an opponent, at or below the knees, at the time that the opponent is already being engaged by a team mate of the blocker, with or without physical contact.

Penalty for Unnecessary Roughness:

Team A – L15 from the appropriate spot, as per Rule 8, Section 5.

Team B – L15 from the appropriate spot, and 1D to Team A.

Article 12 – Protection of Centre

On all kick plays from scrimmage (punts, field goal attempts, and converts) it is illegal to contact the centre on, or within one yard either side of the line of scrimmage.

Penalty: L15, PLS, PBD – AFD

Note: Hurdling the center in an attempt to avoid contact is not permissible and is to be penalized the same as if there was contact.

Exception the centre has no protection on a quick kick

Article 13 – Horse Collar

- a) Grasping an opponent by the inside of the shoulder pads, or by the inside collar of the jersey.
- b) Grasping the outside of the jersey above the numbers and using this as the primary means of causing a change in the ball carrier’s direction.

Article 14 – Illegal Block, Hands to Face

No player of either team may forcibly thrust their hands forward above the frame to contact an opponent on the neck, face, head, or facemask.

If the initial contact is to the chest but the hands ride up to the neck, face, head, or facemask and the contact is forcible or prolonged, it shall be a penalty.



Article 15 – Blocking from the Rear

Blocking from the rear is blocking an opponent, other than the ball carrier, from the rear, by charging into the opponent's back with the body, or throwing the body across the back of the legs. The application of penalty is determined by the point of initial contact, and the official who rules on the play must see the play in its entirety. It is illegal except as follows:

- 1) the block occurs in the Close Line Play area, is made by a player who was positioned in this area when the ball was snapped, and the contact is above the waist. OR
- 2) the initial point of contact is on the side or front of the opponent. OR
- 3) the initial point of contact is from the rear, due to the action of the opponent, such as turning his/her back on the blocker after the blocker has committed to the block.

Note 1: The position of the head of the blocker in front of, or behind, the opponent does not determine whether the block is legal or not. The point of contact is the determining factor, modified by (1), (2) and (3) of this article.

Article 16 – Player in defenseless posture

It is a foul if a player initiates unnecessary contact against a player who is in a defenseless posture.

- a) Players in a defenseless posture are:
 - 1) A player in the act of or just after throwing a pass;
 - 2) A receiver attempting to catch a pass; or who has completed a catch and has not had time to protect himself or has not clearly become a runner. If the receiver/runner is capable of avoiding or warding off the impending contact of an opponent, would no longer a defenseless player;
 - 3) A runner already in the grasp of a tackler and whose forward progress has been stopped;
 - 4) A player attempting to field a kick in the air;
 - 5) A player on the ground;
 - 6) A kicker/punter during the kick or during the return
 - 7) A quarterback at any time after a change of possession
 - 8) A player who receives a block when the blocker is moving toward or parallel to their own end line and approaches the opponent from behind or from the side.
 - 9) A player who is protected from an illegal crack block
- b) Prohibited contact against a player who is in a defenseless posture is:
 - 1) Forcibly hitting the defenseless player's head or neck area with the helmet, facemask, forearm, or shoulder regardless of whether the defensive player also uses their arms to tackle the defenseless player by encircling or grasping them; or
 - 2) Lowering the head and making forcible contact with the top/crown or forehead/"hairline" parts of the helmet against any part of the defenseless player's body; or
 - 3) Illegally launching into a defenseless opponent. It is an illegal launch if a player (1) leaves both feet prior to contact to spring forward and upward into opponent, and (2) uses any part of the helmet (including the top/crown or forehead parts) to initiate forcible contact against any part of opponent's body. Note: This does not apply to contact against a runner, unless the runner is still considered to be a defenseless players.

Note 1: The provision of (2) do not prohibit incidental contact by the mask or helmet in the course of a conventional tackle or block on an opponent.

Note 2: A player who initiates contact against a defenseless opponent is responsible for avoiding an illegal act. This includes illegal contact that may occur during the process of attempting to dislodge the ball from an opponent. A standard of strict liability applies for any contact against a defenseless opponent, even if the opponent is an airborne player who is returning to the ground or whose body position is otherwise in motion, and irrespective of any acts by the defenseless opponent, such as ducking their head or curling up their body in anticipation on contact.

Penalty: For unnecessary roughness: Loss of 15 yards and an automatic first down. The player may be disqualified if the action is judged by the official(s) to be flagrant

Article 17 – Blindside Block

It shall be illegal for any player to deliver a forcible block on an opponent while moving back towards or parallel to their own dead ball line anywhere on the field.



Article 18 – Tourist Hits

A player shall be penalized for unnecessary roughness when committing, Unnecessary physical contact, including but not limited to, running into, diving into, cut blocking or throwing body on a player who is Out of the play or would not have reasonably anticipated such by an opponent, before or after the ball is dead.

It is incumbent upon players to know when the play is dead and whether their actions will be deemed reasonable under this rule. If a player is many yards away from ball carrier and has stopped playing, or the play is clearly going dead and the player is not participating in the play, the player should not reasonably expect to be hit.

Special attention should be provided to kickers and quarterbacks who have given up on the play. An opponent should not see this as an opportunity for a “free shot”.

Article 19 – Blocking below the waist

It shall be illegal to block an opponent below the waist except when the block occurs in the block below the waist area, by a player positioned in this area at the snap of the ball, and when the block is above the knee.

Note: A player coming from outside this zone must come to a complete stop in the zone, prior to the snap of the ball, to be considered positioned in the zone.

Grey shaded type denotes a change from the last rule book based on the new rule changes or clarifications for 2021-2022.



Points of Emphasis

It should be emphasized that player safety is our prime concern and should not be compromised. All other issues become secondary.

Code of Ethics

Purpose

The Code of Ethics has been developed to protect and promote the best interests of the game. This would include minimum deviation from the rules as written in this book. Its primary purpose is to clarify and distinguish ethical and approved professional practices from those which are detrimental. Its secondary purpose is to emphasize the purpose and value of football and to stress proper functions of coaches in relation to schools, players, and the public.

All amateur leagues are expected to abide by the rules outlined within this rule book. If or when leagues wish to deviate from these rules it is the expectation that they will do so only after consultation from the appropriate officials group and Provincial Sport Organization (local, provincial or national). Members of the football community need to be proactive when it comes to decisions regarding rule interpretation and/or enforcement. Such concerns whenever possible should be expressed prior to the start of a football season or prior to the game venue.

The ultimate success of the principles and standards of this Code depends on the football coaches.

Article One – Responsibilities to Players

1. In relationships with players under their care, the coach should always be aware of the tremendous influence they wield. The coach should never place the value of a win above that of instilling the highest desirable ideals and character traits in their players. The safety and welfare of their players should always be uppermost in their mind, and they must never be sacrificed for any personal prestige or selfish glory.
2. In teaching the game of football, the coach must realize that there are certain rules designed to protect the player and provide common standards for determining a winner and loser. Any attempts to beat these rules, to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, have no place in the game of football, nor has any coach guilty of such teaching the right to call himself a coach.
3. The diagnosis and treatment of injuries is a medical problem and should, under no circumstances, be considered a province of the coach. A coach's responsibility is to see that injured players are given prompt and competent medical attention and that the most minute details of a physician's orders are carried out.
4. Under no circumstances should a coach authorize the use of drugs, Medicaid's or stimulants. Drugs should be used only when authorized and supervised by a physician.
5. A player's future should not be jeopardized by any circumvention of eligibility rules
6. In the educational setting, a coach should not make demands on their players that will interfere with the player's opportunities for achieving academic success.
7. A player removed from a game suffering from a wound or laceration, where oozing or bleeding occurs, shall be given appropriate medical treatment. The player may not return to the game without approval of medical personnel (i.e.: Trainer, M.D., any type of medical personnel).
8. If a player or official has any part of their uniform or equipment saturated with blood, they must have it changed or cleansed immediately. «Saturated» being defined as the amount of blood being sufficient to soak through the garment and onto the skin, or such that the blood would easily be transferred to another player.

Article Two – Administrators' Responsibilities

1. Administrators should supervise their programs and personnel so as to maintain the principles, integrity, and dignity of the organization/institution which they represent.
2. Administrators should not exert pressure on members of their organization or coaches to give players consideration they do not deserve.
3. Administrators, in conjunction with their coaches, should set and follow the procedures which relate to the players, rules, officials, public relations, recruiting, game day, and other applicable responsibilities.



4. Administrators are ultimately responsible for all facets of their programs and the personnel operating within their sphere of influence.

Article Three – Rules of the Game

1. The Points of Emphasis which appear in the Amateur Football Rule Book shall be considered an integral part of this Code of Ethics and should be carefully read and observed.
2. Each coach should be acquainted thoroughly with the rules of the game. They are responsible for having the rules taught and interpreted for their players.
3. Both the letter and the spirit of the rules must be adhered to by the coaches.
4. To gain an advantage by circumvention or disregard for the rules brands that person unfit to be associated with football.
5. A coach is responsible for insuring that the players do not feign injuries, in order to gain an advantage not intended by the rules. An injured player must be given full protection under the rules. The feigning of injury by an uninjured player for the purpose of gaining additional undeserved time for their team is dishonest, unethical, unsportsmanlike, and contrary to the spirit of the rules. Such tactics are a discredit to players and coaches, and have no place in the actions of a person of integrity.
6. A coach is responsible for flagrant roughing tactics. They are responsible for illegal substitutions. A coach shall not permit faking of injuries in order to stop the clock. A coach shall not permit motion which has the intent of drawing an opponent offside.
7. A coach must remember always that IT IS NOT the purpose of football to hurt or injure an opponent by legal or illegal methods.
8. Habit formation is developed on the practice field. Where coaches permit, encourage or condone performance which is dangerous, disrespectful, or degrading to an opponent, they are derelict in their responsibility to teach fair play and good sportsmanship. This aspect of coaching must be attacked just as vigorously as the teaching of offense and defense, and to the players, it is far more important than all the technical aspects of the game combined. Any coach who fails to stress this point, or who permits, encourages, or defends the use of unsportsmanlike tactics shall be considered guilty of the most serious breach of football coaching ethics.

Article Four – Officials

1. No competitive contest can be played satisfactorily without impartial, competent officials. Officials must have the respect and support of administrators, coaches and players. On- and off-the-record criticism of officials to players or to the public shall be considered unethical.
2. There should be a cooperative relationship between coaches, administrators and officials associations, with frequent interchange of ideas and suggestions. Coaches should, whenever possible, accept invitations to attend officials' rules meetings. Similarly coaches should extend to officials an invitation to discuss rule interpretations with their squads and, on occasion, to officiate at scrimmages, for mutual benefits.
3. Good officiating promotes enjoyment of the game as well as protects the players. When an official accepts a game assignment, their responsibility is definite and well-defined. The protection and welfare of the players are paramount, and with this, there can be no compromise. Any official, who fails to promptly discharge their responsibility of penalizing for an infraction, is delinquent and unqualified to officiate.
4. On the day of a game, officials should be treated in a courteous manner; on their part, officials are expected to show courtesy and respect to players, coaches, and administrators. Conferences between administrators, coaches and officials shall always be conducted according to procedures established by the governing Conference or Officials' Association. In every respect, the Amateur Rule Book shall be followed in coach-official relationships, on the field, during and following a game. Any criticism which the coach or administrator may have to make concerning officiating, or any official's criticism of the public, teams, coaches or individual players, should be made in writing to the office which assigned the official to the game. For a coach to address, or permit anyone on their bench to address, uncomplimentary remarks to any official during the progress of a game, or to indulge in conduct which might incite players or spectators against the officials, is a violation of the rules of the game and must likewise be considered conduct unworthy of a member of the coaching profession.



5. It should be recognized that slow motion study of controversial decisions by officials is far different from on-the-spot decisions which must be made during the course of a game. To show critical plays to sports writers, sportscasters, alumni and the public, which may incite them to label officials as incompetent, must be considered unethical conduct.

Article Five – Public Relations

1. Members of the news media should be treated with courtesy, honesty, and respect. Derogatory and misleading statements should be avoided. Direct questions should be answered honestly, or not at all. If good judgment indicates an honest answer would be prejudicial to the best interests of the game, ethical procedure demands that it not be answered. In such instances, «No comment» is justifiable.
2. Coaches should assume the responsibility of teaching their players how to conduct themselves in interviews in the best interests of football.
3. Coaches should not stress injuries, disciplinary measures, academic difficulties, eligibility problems, and similar personal matters. Disciplinary problems should be a «family affair» to be solved between the coach and players. Injuries are essentially the province of the team physician or trainer. No good purpose can be served by emphasizing such matters.
4. Coaches and administrators should avoid talking in public about unethical recruiting and use of illegal tactics.
5. Any statements that tend to portray football in any light other than being part of the educational process are detrimental to the future of the profession.
6. It shall be unethical for coaches and administrators to use alumni, booster, and quarterback club organizations in an attempt to defeat or obstruct institutional athletic controls, or to encourage violation of established rules. It shall be unethical for coaches and administrators to make demands, financial or otherwise, upon such groups which are not in keeping with the letter and spirit of existing controls, or in any other manner, misuse such strength and power in violation of accepted rules and regulations.
7. Solution of professional problems should be within the profession and not in the press.

Article Six – Recruiting

1. All institutional, conference, and national regulatory body rules pertaining to recruiting shall be observed strictly.
2. It is a breach of ethics to recruit a player enrolled in another program (or to recruit a prospective athlete who has avowed their intention to enroll in another program) for the purpose of participating in regularly organized practice.
3. In discussing the advantages of their organization/institution, a coach must confine their statements to an honest and forthright presentation of the facts. A coach shall refrain from making derogatory statements about other organizations/institutions and their officials.
4. It is unethical for any coach to make statements to any prospective athlete which cannot be fulfilled.

Article Seven – Game Day and Other Responsibilities

1. It is vitally important that a coach's actions and behaviour, at all times, bring credit to them, their institution/organization, and the game of football.
2. During a game, a coach should be as inconspicuous as possible. Coaches are encouraged to demonstrate a friendly and kindly attitude toward their players.
3. In the interests of enjoyment and growth of the game, administrators and coaches should encourage the type of fan support which is conducive to producing an environment of good sportsmanship and healthy competition.



Football Stadium Guidelines

A) Field and Access

- Fully marked and lined Imperial Canadian Football Field (see Canadian Amateur Tackle Rule Book).
- Field Turf or comparable artificial surface preferred for elite Provincial competition and required for National competition. Grass is suitable for all other levels of play.
- Light towers capable of lighting the field for night games placed no closer than 15 feet from the sidelines and preferably 30 feet.
- No obstacles or hazards within 5 yards of the sideline in any direction. Note: this would not include an athletic track that surrounds the field however the border used by the track events separating the inside lane from the field would have to be removed prior to use for football.
- Fencing to surround the stadium at least eight feet high with access points that meet the local Fire Marshall standards. One point of access would feature a "gate" or way to sell and take tickets for events.
- Score clock with the ability to show the scores for both teams, time, and which quarter. An upgraded score clock with the ability to show down and distance plus timeouts is a nice upgrade but not a necessity. The score clock should be located in the south end of the stadium whenever possible to reduce glare from the sun affecting daytime games in late fall.

B) Support Structures

- Four heated dressing/change rooms that can accommodate 50 players comfortably (2 ½ to 3 feet of space for each player).
- A heated officials dressing/change room that can accommodate 12 officials comfortably (same parameters as above).
- A heated first aid/athletic therapy room complete with at least two trainer tables. If this is not possible then a training table should be placed outside each dressing/change room.
- Heated washroom access for all of the dressing/change rooms listed above.
- Heated washroom access for the spectator area.
- If possible, a heated event organizers room that can accommodate a board room table to seat 12-15 people.

C) Spectator Seating

- Seating for at least 2500 spectators (1000 for stadiums not wishing National level competition).
- In order to accommodate teams on both sides of the field and spectator needs the floor of the first row of seating should be at least four feet off of field level. No fence or other obstruction should interfere with the view of the spectators, however there should be a fence to separate the spectators from access to the field.

D) Spotters Box

- Heated Spotters Box centered at the 55 yard line, recessed back at least 30 feet from the sidelines and the floor of the first level (if there are more than one) of use for the box to be at least 25 feet up from field level and not subject to obstructed views from spectator seating.
- The Spotters Box should be able to accommodate at least 20 personnel, with separate rooms created for at least two coaching staffs that can fit three people who can view the field comfortably. The other personnel would include two timers, two public address, three statisticians, and three more spots for media/press. Another separate area (or spot on the roof) should be created for a videographer and assistant for both teams. In order to accommodate National Events or premier Provincial Events another room would be needed to accommodate at least five radio, webcast or television personnel with an upgrade to the videographer area to accommodate at least another two cameras.

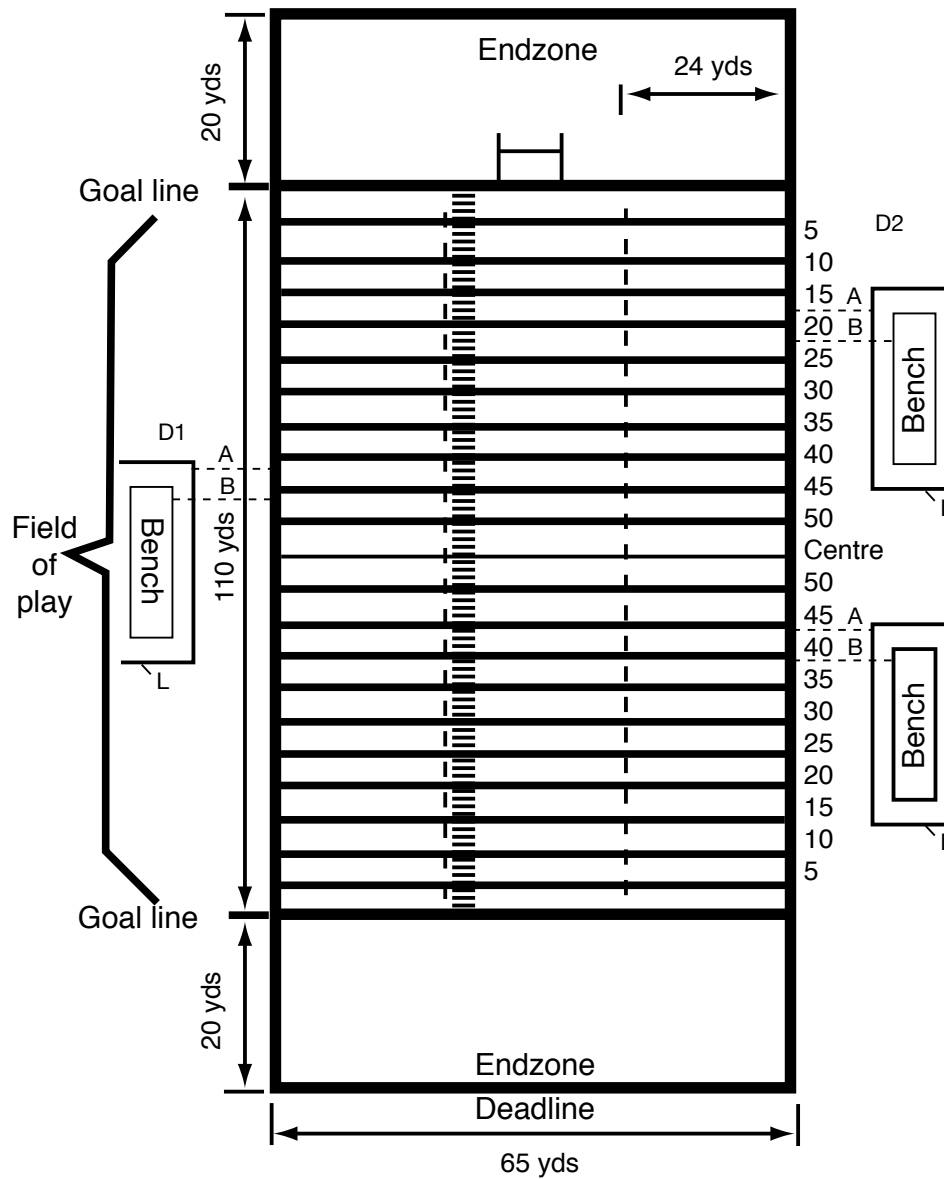


E) Other

- A concession area is optional but if the site has one it needs to be able to accommodate a full house of spectators and be subject to inspection from local food preparation and handling regulators.
- A storage room and/or building maintenance room is also required as a part of the dressing/change room area. This room should also contain all field marking and goal post padding plus a full set of sideline sticks (i.e. ten yard markers, a downs box, and pic for opposite sideline).
- Some stadiums may also choose to include an enclosed area for VIP or other hosting requirements. This can run from a covered deck to a separate physical building but it is not a basic requirement for a game stadium.



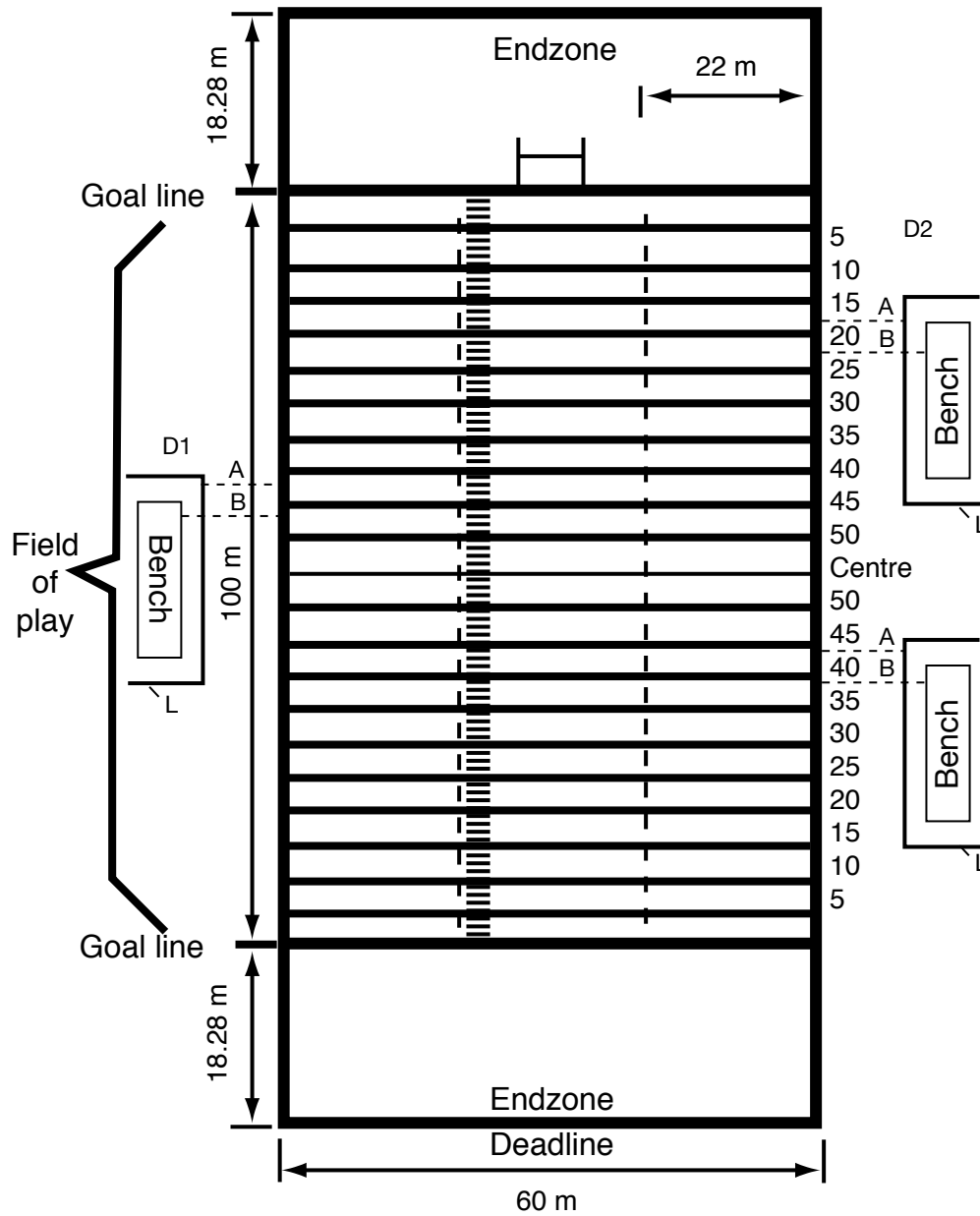
Imperial Field Dimensions and Markings



- Area - A - minimum of 2 yds and optimum 5 yds from sideline
- B - minimum of 5 yds and optimum 10 yds from sideline
- L - enclosing line of double thickness (4 inches wide)
- 1 - Optimum location if benches are on each side of field.
- 2 - Optimum location if benches are on same side of field.



Metric Field Dimensions and Markings



- Bench Area – A – minimum of 2 m and optimum 5 m from sideline
- B – minimum of 5 m and optimum 10 m from sideline
- L – enclosing line of double thickness (10 cm wide)



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 1

Code of Conduct

The Canadian Amateur Rule Book for Tackle Football

Rule 1 – Conduct of the Game

Section 1: The Field

(CB3)

Article 1 – Definitions and Markings

- a) The field of play shall be 110 yards (100 metres) long by 65 yards (60 metres) wide. In addition, there shall be an end zone 20 yards (18.28 metres) long at each end. These areas shall be marked as shown in the field diagram.
- b) Sidelines – the lines marking the sides of the field.
- c) Goal Lines – the lines marking the end of the field.
- d) Dead Line – the line 20 yards (18.28 metres) behind each goal line and parallel to it.
- e) End Zone Sideline – the sideline extended from the goal line to the dead line.
- f) End Zone – the area bounded by the goal line, end zone sidelines, and dead line. The goal line is part of the end zone.
- g) Field of Play – the area bounded by the goal lines and the sidelines.

Article 2 – Boundaries

The bounds of the playing field are defined as the inside of the sidelines, end zone sidelines, and dead lines. These boundary lines are out of bounds.

Article 3 – Field Dimension Measurements

All measurements shall be taken from the inside edge of any boundary line.

Article 4 – Distance Lines

The field of play shall be marked every 5 yards (metres) by lines parallel to the goal line, and extending completely across the field between the sidelines.

Article 5 – Special Lines

The 35 and 45 yard (30 and 40 metre) lines shall be of double thickness or double lines.

Article 6 – Hash Marks

Twenty-four yards (22 metres) from each sideline, each 5 yard (metre) stripe shall be marked by a short cross stripe parallel to the sideline (hash marks).

Article 7 – Distance Markers

It is recommended that «markers» be placed opposite each 5 yard (metre) line, indicating the distance of each line from the goal line toward the centre of the field.

Article 8 – End Zone Markings

The four intersections of the goal lines and sidelines, and the four intersections of the dead line and the end zone sidelines, shall be marked only by flexible markers which must be placed at the intersection of the lines and are considered inbounds.

No rigid or wooden object shall be used in order to preclude injury to players. If any rigid object is present, it shall be removed before the start of the game.

Only flexible markers shall be used to prevent injury. The markers shall be soft, flexible, four sided pylons, 4" x 4" (10 cm x 10 cm) with an overall height of 18 inches (46 cm) which may include a two inch (5 cm) space between the bottom of the pylon and the ground, and be orange or red in colour.



Article 9 – Goal Post Assembly

The goal post assembly shall consist of 2 vertical goal posts, 18 feet 6 inches (5.64 metres) apart, centred on the goal line, the mandatory padding specified in paragraph 2 and the crossbar joining them, whose upper edge is 10 feet (3.05 metres) above the ground. The goal posts shall be at least 20 feet (6.1 metres) above the ground level. For new installations the goal posts should measure 30 ft (9.1 metres) above ground level. A wishbone type or single shaft goal post may be used if the height and length of the crossbar meet the above standards, and the base of the goal post can be up to 110 in. (279.4 cm) behind the goal line.

For safety reasons, all goal posts must be properly padded with goal post pads meeting manufacturer's specifications. It is the responsibility of the home team to provide the padding. In the case of a neutral field, the participating teams shall decide which team shall be responsible for padding the goal posts.

Note: Goal posts on the goal line are considered to be part of the end zone.

Article 10 – Non-Regulation Fields

When the length or width of the field is less than regulation, due to running tracks, or other obstructions, a clear set of boundary lines shall be provided, at least 1 foot (0.3 metres) inside the track, or obstruction.

If an end zone is less than the required 20 yards (18.28 metres) long, and is enclosed by a track, the dead line and the end zone sideline shall be clearly marked, at least 1 foot (0.3 metres) inside the curb.

Article 11 – Play

A play is defined as any legally run scrimmage play (run, pass, kick), a convert attempt or a kick-off, during both regulation time and overtime.

Section 2: The Ball**Article 1 – Description**

The game is played with a four-panel ball made of pebbled grain leather, enclosing a rubber bladder and tightly inflated to a pressure of not less than 12 1/2 lbs. (85 kilopascals) and not more than 13 1/2 lbs (95 kpa). It shall be in the shape of a prolate spheroid. The circumference of the long axis shall be from 27 3/4 to 28 1/2 inches (700 to 725 mm). Circumference of the short axis shall be from 20 3/4 to 21 3/8 inches (525 to 540 mm). Length of the long axis shall be 10 7/8 to 11 7/16 inches (275 to 290 mm). Weight from 14 to 15 ounces (400 to 425 grams). The Home Team shall provide a league approved ball or balls. The decision of the Referee shall be final as to the suitability of the ball.

Examples of youth footballs:

- Wilson TDY – 12 to 14 years of age
- Wilson TDJ – 9 to 12 years of age
- Wilson K2 – 6 to 9 years of age

Or other manufactures meeting same specifications as above mentioned Wilson balls.

Article 2 – Day and Night Games

For day games the ball shall be of a natural tan in colour. For night games the ball must be of such colour as will make it clearly visible. In both day and night games the colour of the ball shall, in no way, closely blend with the colour of the uniforms of the competing teams.

Article 3 – Wet Day Procedure

On wet days it is recommended that at least three balls be available which may be changed at the discretion of the Referee. It is suggested that «ball persons» be used, one on either side of the field, to keep the balls as clean and dry as possible.



Section 3: The Game**(CB3)****Article 1 – Length of Game**

The game shall consist of 60 minutes of actual playing time, divided into 4 periods of 15 minutes each. For players at the High School level or equivalent and below, the game shall consist of 48 minutes of actual playing time, divided into 4 periods of 12 minutes each.

Article 2 – Choice of Kick Off, Receiving Kick Off, or End of Field

At the start of the game, the captain of the visiting team, or the team winning the coin toss, shall declare whether to have first choice at the start of the first or second half.

The captain of the team having first choice at the start of the first half shall have the option of one of the three following choices:

1. Kicking Off
2. Receiving the kick off
3. Defending an end of the field

The captain of the other team shall have the option of the 1 or 2 remaining choices.

At the start of the 3rd period, the procedure shall be reversed. The team captain having the first choice for the 2nd half shall have the option of the 3 choices above, and the other captain the option of the remaining 1 or 2 choices.

After a touchdown, the captain of the team scored against shall have the choice of kicking off, or receiving the kick off.

Article 3 – Change of End

At the end of the 1st and 3rd periods, the teams shall change ends. At the start of the 2nd and 4th periods, the ball shall be put into play by the team entitled to do so, at a point corresponding exactly to the point where the ball became dead at the opposite end of the field, and in exactly the same manner as if play had not been interrupted by the end of the previous period.

Article 4 – Half Time

At the end of the 2nd period, a 20-minute rest period shall be allowed – or such other rest period as the league shall decide.

Article 5 – Late Start

The game shall start promptly at the time scheduled. If a team is late appearing on the field at the start of the 1st or 3rd period: Penalty – L10. No option.

Article 6 – Tie Game

When the score is tied at the end of the 4th period and it is necessary to declare a winner, the procedure to break the tie shall be the prerogative of the governing football association, with the consideration that the safety of the athlete is of prime importance.

Any such procedures shall be communicated in writing to both teams, and to the Referee, prior to the game in which the procedure may be used. In the event that no such regulations have been prepared, the following procedure shall be used.

The following tie-breaking system will be used when a game is tied after four periods. Amateur football playing rules apply with the following exceptions:

- a) Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at center field and review the tie-breaking procedure.
- b) The officials will escort captains to the centre of the field for the coin toss. The winner of the toss shall choose one of the following options:
 - 1) Offense or defense, with the offense at the opponent's 35-yard line to start.
 - 2) Which end of the field shall be used for the overtime period.
- c) The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
- d) Extra periods: An extra period provides each team the opportunity to put the ball in play by a snap, on or between the hash marks of the opponent's 35-yard line, except if team B scores during a team A possession. Each team retains the ball until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead.



- e) Scoring: The team scoring the greater number of points during an extra period shall be declared the winner. If the score is still tied after three extra periods having been played, any subsequent touchdown must be followed by a two-point conversion.
- f) There shall be no team time-outs during overtime play.

Section 4: Teams

Article 1 – Teams

Each team consists of 12 players on the field at any one time.

Article 2 – Team Designation

The team which puts the ball into play shall be identified as Team A, and the other team as Team B, for identification in Approved Rulings in the Case Book.

Article 3 – Team Captains

- a) At all times, each team shall have on the field a player designated as captain, and so identified to the officials. The captain shall be the sole communicator between the team and the officials, through the Referee, and shall be entitled to an explanation of the rules. No prolonged argument is to be allowed and the Referee's decision cannot be disputed.
- b) Commenting by a player, or any occupant of the bench, for the supposed benefit of the officials shall be penalized. Penalty L10. No option.
- c) A captain will be informed by the Referee when a choice is to be made – such as on a kick off at the start of a half, or after a touchdown or field goal, or safety touch or in the case of a foul where the captain of the non-offending team shall be given the choice of the penalty, or option provided. After the choice on a kick off has been communicated to the opponents by the Referee, the choice may not be revoked. After the choice of penalty or option has been made, the choice may not be revoked.
- d) The Referee may decline a request for a measurement if satisfied beyond all reasonable doubt that a first down has or has not been made.
- e) When the distance chains are called in to determine whether a first down has been made, only the on-field captain of each team shall be permitted in the vicinity of the measurement.

Section 5: Timing

(CB4)

Article 1 – Time Starts

Time shall start on the signal of the Referee when:

- a) The ball, following a kick off, touches, or is touched by a player of either team, in bounds;
- b) The ball is ready to be scrimmaged;
- c) The ball is snapped after a "time count" foul, or after a timeout due to the noise of the crowd;
- d) The ball is snapped following a requested time out;
- e) The ball is snapped following an incomplete forward pass, or the ball being carried out of bounds, after the 3 minute warning signal has been given in any half;
- f) The ball is snapped immediately following a play during which possession changes after the 3-minute warning signal has been given in any half. This includes the change of possession after a score of 1 or 3 points when the ball is put into play by a scrimmage;
- g) The ball is snapped on a play immediately following a kick off, a kick from scrimmage, a return kick, or an open field kick after the 3-minute warning signal has been given in any half;
- h) The ball is snapped after the penalty application for a foul that occurs after the 3 minute warning signal has been given in any half. The non-offending team may decline the penalty and permit time to resume as though a foul had not occurred;
- i) Following a time out or after the 3 minute warning and the game clock is being held from the previous play, and the play is stopped for a procedural penalty by either Team, the game clock shall be held until the snap of the ball whether the yardage is accepted or not.



Article 2 – Time Stops

Time shall stop on the signal of a field official when:

- a) A score has been made and throughout any convert attempt.
- b) A live ball goes out of bounds.
- c) A forward pass is incomplete.
- d) Penalty application is required.
- e) Three or more players from either team substitute at the same time.
- f) Player injury occurs. Time stops after the ball is dead and the injured player must be replaced.
- g) Time expires at the end of a period.
- h) The ball becomes dead after the three-minute warning signal in any half.
- i) Any field official recognizes a request for a time out.
- j) The Referee feels it necessary to suspend play – defective equipment, measurements, etc.
- k) A play ends in which Team B has gained possession at some point during the play.
- l) Termination of all kick plays.

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Article 3 – End of Period

If in any period, the ball becomes dead with only a short period of time remaining, the team in possession shall be entitled to one complete play even though that play may extend beyond the normal termination of that period.

Where the last play is a legally scored touchdown, the period will be extended for the convert attempt following the touchdown. The period will end when the ball is declared dead on the convert, without a foul. If a foul occurs, see Rule 1, Section 5, Article 6.

Article 4 – Time Out

Each team shall be entitled to two time outs in each half of a game. Each time out is 1 minute long. Any player, head coach, or designated head coach may request a time out from the time the ball becomes dead until it is put into play. Time outs may not be accumulated from one half to the next. After a time out, and any conference with the coaches, Team A players shall not remain in close proximity to their bench, but must return to their huddle, or move clearly away from the team bench area, if they are not using a huddle, or be penalized for illegal procedure.

Penalty: L5 PLS DR.

Article 5 – Mercy Rule

Any time after the first half, if the difference in score between the two teams becomes 35 points or more, the clock will be running time for the remainder of the game, except for injuries, scores, timeouts or any reason the Referee deems necessary to stop the clock. When the clock has been stopped it will re-start based on rule 1-5-1.

Note the mercy rule does not apply for U Sport and CJFL levels.

Article 6 – Foul in the Last Play of Period

If in any period, time expires during a play in which a foul occurs, the non-offending team has the option to:

- a) Accept the penalty, in which case the team entitled to possession shall be required to put the ball into play and the period extended for that play,

OR

- b) Decline the penalty and accept the play as it terminated, in which case the period is ended.

Should the play be terminated by an official's whistle PRIOR to the ball being put into play, the period shall be extended for another play.

If a foul occurs DURING the last play of a period, including a convert, the non-offending team may decline the penalty in order to terminate the period. If the foul is Unnecessary Roughness or Rough Play, the non-offending team will have the option to have the penalty applied in the same period, in which case another play will take place, or to have the penalty applied on the opening play of the next period.

If a time count foul occurs on the convert, the penalty will be applied on a repeated convert, with no option to apply the penalty on the kick off.



If the last play of the period is a legally scored touchdown, any penalty for UR, RP occurring during the play, or during the interval between the touchdown and the convert, may be applied at the option of the non-offending team as follows:

- 1) on the convert following a touchdown
- OR 2) on the kick off in the same period
- OR 3) on a kick off to open the next period

If the foul is committed in the end zone, and the penalty for the foul would award a score to the non-offending team, the non-offending team may accept the penalty and the resultant score, and may also elect to terminate the period.

If the last play of the period is a legally scored touchdown, Objectionable Conduct or No Mouthguard occurring during the play, or during the interval between the touchdown and the convert, may be applied at the option of the non-offending team, as follows:

- 1) on the convert following the touchdown
- OR 2) on a kick off to open the next period

If the foul is Objectionable Conduct or No Mouthguard, on the convert, the penalty will be applied on the opening play of the next period (Rule 1-11 Penalty, Rule 7-4 Penalty).

Note: An offside pass is not a foul and does not extend play.

Section 6: Possession

(CB7)

Article 1 – Player Possession

A player is in possession if the ball firmly held in the hand or hands, arm or arms, leg or legs, or under body.

Article 2 – Disputed Possession

When players of opposite teams have possession of the ball, it shall belong to the player who first gained possession, and who has not lost possession.

Article 3 – Simultaneous Possession

If players of opposite teams legally gain simultaneous possession of the ball, it shall belong to the team which last previously had possession.

If a forward pass is caught simultaneously by eligible receivers of both teams, the ball shall belong to Team A (Rule 6-4-6-c).

If a kick off is legally caught simultaneously by players of opposite teams

- before it has been touched by any other player after the kick off – kick off repeated at the previous line of kick off.
- after it has been legally touched by another player, or players – possession to the team which last touched it before the simultaneous possession.

Article 4 – Change of Possession

Change of Possession occurs as follows:

- a) Scrimmage Play – Team A is in possession until it loses possession (*ie: fumble, blocked kick*). Team B is in possession when a B player gains possession. *Until Team A or Team B gains possession, the ball is in neither team's possession and is defined as a «loose ball.»*
- b) Forward Pass – Team A is in possession until the pass is ruled incomplete, or the ball is intercepted by Team B. Team B is in possession when a B player intercepts the pass.
- c) Scrimmage Kick – Team A is in possession until the ball is kicked. Team B is in possession when a B player gains possession. *Until Team B or Team A gains possession, the ball is in neither team's possession and is a ball «in flight.»*
- d) Return Kick – Team B is in possession until the B player has kicked the ball, which is then «in flight» until either Team A or Team B regains possession.
- e) Kick Off – Neither team is in possession prior to the kick off. Team B is in possession when a B player gains possession. *Until Team B or Team A gains possession, the ball is in neither team's possession and is a ball «in flight.»*

Note: These definitions will apply when penalty applications are involved with before change of possession, loose ball, ball in flight, or after change of possession.



Section 7: Live Ball**(CB7)****Article 1 – Ball in Play**

The ball is in play when:

- a) It has been put into play by a kick off or scrimmage, until a field official stops play by sounding the whistle.
- b) It strikes an official who is not out of bounds, except on a forward pass.
- c) It is on the ground not in possession of a player.
- d) It is held in position by a player for the purpose of making a place kick, except on a kick off.
- e) A forward pass is intercepted by a player in their end zone.
- f) An offside pass is made and/or the ball goes loose.
- g) A ball is dribbled in bounds.
- h) A dribbled ball hits the goal post assembly.
- i) A kicked ball hits the goal post assembly after striking the ground, a player, or official, or after being kicked from the end zone.
- j) A lateral pass hits the goal post assembly.

Article 2 – Injury Stoppage

The play shall not be stopped because of player injury, or to impose a penalty until the ball is dead.

No delay shall be allowed for player injury, or for any other reason, except by permission of the Referee, who has the full authority to require the immediate removal from the field of a player who may require the services of a trainer or doctor.

Penalty for unauthorized delay: L10, no option.

So as not to penalize teams unduly, the Referee will call an official time out of no more than two (2) minutes to allow for medical attention and/or care of equipment related to bleeding. Neither Team shall be charged with a time out. (Refer to Code of Ethics – Responsibilities to Players – 7, 8)

Section 8: Dead Ball**(CB7)****Article 1**

The ball becomes dead when:

- a) A field official blows the whistle to end play (NOTE 4).
- b) The ball, or a player with possession of the ball, goes out of bounds.
- c) Any score is made.
- d) The ball carrier is tackled, held and the forward progress has been halted. (See Notes 1, 2, 3)
- e) A forward pass is declared incomplete, or it strikes a game official, the goal post assembly, downs box marker or distance chain rod.
- f) It is in possession of a player lying on the ground or is being held by a player for a kick off, prior to the kick off.
- g) It strikes the opponent's goal post assembly in flight from a punt, return kick, place kick or kick off without touching the ground, a player or an official after being kicked, provided that such kick originated in the field of play. When this occurs on a field goal or convert attempt, the play shall be whistled dead, but the ball will remain alive until the score is made or missed.
- h) Any part of a ball carrier, other than hands or feet, touches the ground, even without contact by an opponent. The ball shall be declared dead AT THE POINT WHERE IT WAS HELD when the ball carrier touched the ground.

Exception: The ball is not dead when a player is holding the ball for a field goal or convert attempt.

- i) If the ball carrier falls on a player who is on the ground, the ball shall be declared dead at that point, except if their in the close line play area.
- j) Immediately if ball carrier loses their helmet.

Note 1: When a ball carrier is tackled and driven back toward their own goal line, it is assumed that the ball carrier was attempting to advance the ball, and that only the contact with the opponent prevented the advance. Therefore, the most forward point of advance is considered to be the point where the ball became dead.



Note 2: If the ball carrier who is contacted by the opponent breaks the tackle and in this effort to advance the ball, retreats toward their own goal line, the point of advance where the ball becomes dead is considered as the point at which the ball carrier is subsequently held.

Note 3: When a player is carrying the ball out of their end zone, and the player is contacted by an opponent, so that the force of the opponent's contact drives them back into their end zone, but the player is not held, the player is still free to advance the ball. If the ball subsequently goes dead in their end zone, in the team's possession, without having again left the end zone, the defending team shall be awarded 1 or 2 points, as applicable.

If the ball is subsequently carried out of the end zone, the forward point of advance will be the point where the ball becomes dead.

Note 4: When the whistle is blown inadvertently and the ball is:

- 1) When the whistle is blown inadvertently with a team in possession, the team in possession shall have the choice to:
 - i) cancel the current play and repeat it where it began (PLS or kick-off) or
 - ii) have the play terminate at the PBH when the whistle was blown, downs continue if distance not gained.

Note if in air on a pass play repeat from PLS no option.
- 2) When the whistle is blown inadvertently with the ball not in possession of either team but where a team was previously in possession, the ball will be returned to the team last in possession and that team will have the choice to:
 - i) cancel the current play and repeat it where it began (PLS or kick-off) or
 - ii) have the play terminate at the point of last possession
- 3) When the whistle is blown inadvertently on any scrimmage or return kick play with the ball not in possession of either team, the receiving team shall have the choice to:
 - i) cancel the current play and repeat it where it began (PLS) or
 - ii) take possession of the ball at the point it strikes the ground, a player, or goes out of bounds in flight.

Note if on a return kick from the end zone where ball hits the goal post assembly repeat play from PLS no option
- 4) When the whistle is blown inadvertently with the ball not in possession and neither team had previous possession (i.e. on kick-off prior to possession) then the play will be repeated from previous spot, no option
- 5) Any fouls which occur during the play, if accepted, will be administered as they would in a regular play situation on which no whistle had been blown.
- 6) When the whistle is blown inadvertently but in the officials' judgment the result of the play was not affected, then the play will stand with the expected result. Examples of this include inadvertent whistles that occur:
 - i) while the ball is in the air on a successful field goal, or an unsuccessful field goal which leaves the end zone in flight,
 - ii) while the ball is in the air on a punt attempt that leaves the field of play or end zone in flight.
- 7) If an inadvertent whistle occurs on a play during which time expires at the end of the second or fourth quarters, one additional play will be allowed. (exception 5))

Section 9: End Zone

(CB8)

Article 1 – Definition

The ball is in the End Zone when:

- a) Any part of the ball is on, or behind the goal line, even in the air.
- b) Any part of the ball touches the plane of the goal line.

The ball is not in the End Zone when the whole ball is completely ahead of the goal line, or the plane of the goal line.



Section 10: Out of Bounds**(CB9)****Article 1 – Definition**

The ball is out of bounds when:

- a) It touches any boundary line, or the ground or any object on or beyond these lines, including an official, any player or substitute.
- b) A player in possession of the ball touches any boundary line, or the ground or any object beyond these lines, except a field official or another player who is out of bounds, while the ball carrier is fully in bounds.

Article 2 – Carried Out of Bounds

When the ball is carried out of bounds on the field of play; it shall belong to the team carrying it out of bounds, at the point where the ball crossed the line before it went out of bounds, except on third down when the required distance has not been gained.

Article 3 – Kicked Out of Bounds

- a) When the ball is kicked out of bounds on the field of play, it shall belong to the opposite team, subject to the option of penalty applicable on the play.
- b) When a player kicks a ball out of bounds in their own end zone, it will result in a score of 1 or 2 points, unless the ball is in the end zone from a forward pass intercepted in the end zone, or as a result of a fumble into the end zone by an opponent.

Article 4 – Forward Pass Thrown Out of Bounds

A ball thrown out of bounds on a forward pass shall remain in possession of the passing team, except on third down when the required distance has not been gained.

Article 5 – Last Touched

With the exception of Article 4 above, a ball which is fumbled out of bounds, or touches a player in the field of play and then goes out of bounds, shall belong to the team which last touched the ball, 24 yards (22 metres) in from the sideline at whichever point is closer to the goal line of the team entitled to possession, as follows:

- a) where the ball went out of bounds, OR
- b) where the ball was last touched in the field of play.

Note: Rulings on kicked ball blocked out of bounds – See Rule 5, Section 3, Articles 3, 4.

Article 6 – Into End Zone

- a) When a player fumbles the ball from the field of play directly over the opponents' goal line and then out of bounds in the end zone without the ball touching an opponent, it shall be ruled as a fumble, out of bounds, in the field of play, with the ball declared dead at the point where it was last touched in the field of play.
- b) When a player fumbles the ball over the opponents' goal line, and it is last touched by a team mate without gaining possession and then goes out of bounds in the end zone, the ball shall be awarded to the team making the fumble, at the point of the original fumble.
- c) When a player fumbles the ball over the opponents' goal line, where it is recovered by an opponent, or it is last touched by an opponent without gaining possession, and then goes out of bounds in the end zone, there shall be no score and the ball shall be awarded to the opponent, at any point on or between the hash marks on the 20 yard (20 metre) line if the ball goes dead in the end zone. Exception – Blocked Kick – Rule 5, Section 3, Article 4
- d) When a player fumbles or directs the ball from the field of play into their own end zone, where the ball goes out of bounds without possession being gained by either team, a safety touch shall be awarded.

Note: If the team recovering the fumble in its own end zone commits a foul while attempting to advance the ball out of the end zone, there shall be no score and the penalty shall be applied at the 20 yard (20 metre) line (UR, RP etc., may be applied at PBD).



Article 7 – From End Zone

- a) When a player fumbles the ball in their own end zone, to out of bounds in the end zone, even if touched by another player, a score of 1 or 2 points shall be awarded as applicable (NOTE 1).
- b) When a player fumbles the ball from their own end zone, over the goal line, and then out of bounds, without the ball touching an opponent, it shall be ruled as an offside pass in the end zone (Note 1).

Penalty: Team A – 1.2 D safety touch to B, or B option to allow A to scrimmage 24 yards (22 metres) in from the out-of-bounds point, downs continue.

– 3D safety touch to B, or B possession 24 yards (22 metres) in from out-of-bounds point.

Team B – 1 or 2 points as applicable, or A option to allow B to scrimmage 24 yards (22 metres) in from the out-of-bounds point.

Note 1: Exception – no score in (a) or (b) if the ball is in the end zone from a forward pass intercepted in the end zone, or as a result of a fumble into the end zone by an opponent, or if the ball carrier has been knocked back into the end zone by an opponent and is not subsequently free to advance the ball.

Article 8 – Player Out of Bounds

A player who goes out of bounds either by intent or misjudgment, or to use the out-of-bounds area to their advantage, must not participate further in that play. A player who goes out of bounds because of contact with an opponent, a missed block or tackle, or who slides out of bounds on a slippery field may legally return to the field and participate in the play. The point of the foul (PF) is the point where the illegal participation occurs.

Note: This article does not apply to a ball carrier who goes out of bounds, which makes the ball automatically dead.

Penalty: Team A 1.2D L10 PLS PP PF or PBH-DR

3D DG L10 PLS PP PF or PBH-DR

3D DNG LB-PBD

Team B L10 PP PF PBH or PLS

If such a player reaches back into or re-enters the field of play and touches or recovers a “loose ball” (as per rule 1-6-4).

Penalty: LB PF

Section 11: Uniform & Equipment**(CB10)****Article 1 – General**

- a) No player shall wear equipment of any kind which may injure the opponent. The Referee may have removed from the game any player who is wearing equipment which, in the Referee's opinion, endangers a participant.
- b) No team shall wear uniforms that blend closely with the color of the ball. Teams must wear uniforms where the numbers are easy to identify.
- c) The following equipment is mandatory and shall be worn by all players. The equipment shall be designed and manufactured by a professional manufacturer, and shall not be altered in any way which will decrease the protection of the player.
 - 1) soft knee pads, worn over the knees, and covered by the pants.
 - 2) thigh guards.
 - 3) hip pads, with tailbone protector.
 - 4) shoulder pads.
 - 5) mouthguard covering all the upper jaw teeth, as specified in Article 3 of this Section 11.
 - 6) shoes which meet the specifications as in Article 4 of this Section 11, or which may provide less fixation to the ground, such as ripple soles, or broomball type shoes, where no «cleats» are provided. No player shall participate in the game without being properly equipped and wearing shoes as specified.
 - 7) The prime responsibility to ensure the above rests on the Head Coach or his/her designate.
 - 8) Items 1, 2, 3, 4 and including all Back Plates and Rib Protectors must be covered by the pants or jersey, exception being for players who are wearing a snap in soft foam hip and tail pad system.



- 9) Helmet and face guard as per rule 1-11-2
- d) Adhesive material, grease or any other slippery substance, applied on a player's person or clothing, that affects the ball or an opponent, is illegal.
- e) Any gloves which have any type of webbing between the digits are illegal.
- f) All players' numbers must conform to those listed on the score sheet. Players shall retain the same numbers throughout the game, except when permission to change is given by the Referee. Where a sweater is torn, the Referee shall allow reasonable time for a substitution, but any change in number must be reported to the scorer.
- g) It is illegal to tie or knot team jerseys
- Penalty a) b) f) g): the offending player shall be removed from the game until the illegal equipment is replaced or the score sheet is corrected.
- Penalty c): Loss of 5 yards from point where the ball would have been put into play, if no other foul had occurred, or added to the penalty for any other foul. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed. If more than 1 player offends on the same play, only 1 penalty L5 will be applied for that play. Fouls on subsequent plays will be penalized in the same way – L5 on each play where 1 or more players offend
- Penalty d) e): Team A 1,2D-L 10 DR, 3rd0 DG- L 10, DNG-LB PBD Team B L 10 PLS
- The offending player shall be removed from the game until the illegal material, substance or gloves have been removed. Immediate substitution will be made but the game shall not be delayed. If more than one player offends on the same play, only 1 penalty L 10 will be applied for that play. Fouls on subsequent plays will be penalized in the same way-L 10 on each play where 1 or more players offend.

Article 2 – Helmets and Imitation of the Ball

- a) Only helmets and facemasks approved by the National Operating Committee on Safety in Athletic Equipment (NOCSAE) be worn by players.
- b) All visors must be clear, not tinted - No medical exceptions are allowed.
- c) A player shall be required to wear the helmet while in bounds, and shall not voluntarily remove it while the play is in progress. The use of the helmet or other objects to deceive opponents as to the location of the ball is illegal.
- d) If a player's helmet involuntarily comes off during the play, except as a result of a foul, he/she shall be required to leave the game for 3 plays.
- e) If any player loses their helmet the player must stop participating in the play.
Penalty: L10 PBD or PBH.
- f) Hitting a player who has lost their helmet is to be ruled Unnecessary Roughness
- g) No player is allowed to have a helmet communication device of any sort installed in their helmet or on their person.
Penalty: Offending player shall be removed from game until communication device is removed.
Offending team is also assessed a 10 yard penalty PBD

Article 3 – Mouthguard

A player shall wear an intra-oral (within the mouth) mouth and tooth protector, which includes an occlusal (protecting and separating the biting surfaces) and an optional labial (protecting the lips) portion. It is also recommended that the protector be either (a) constructed from a model made from an impression of the individual's teeth, or (b) constructed and fitted to the individual by impressing their teeth into the mouth and tooth protector itself.

It shall be illegal for a player to participate in the game unless the mouthguard is being worn in the proper position by the player.

Penalty:

1st Infraction – the Referee only shall clearly warn the offending player that the mouthguard must be in the proper position while participating.



2nd & subsequent infractions by any player previously warned as above by the Referee – L5 from the point where the ball would have been put in play if no foul had occurred. The player shall be removed until properly equipped. Immediate substitution shall be allowed.

Note 1: Subsequent infractions, if deemed deliberate, will be ruled and penalized as objectionable conduct.

Note 2: A penalty card, or similar card should be used to record the number of the player warned, in order to ensure accuracy.

Article 4 – Footwear

For all playing surfaces, a cleated shoe with the following specifications will be accepted. Turf or running shoes are also acceptable.

- i. Minimum of 7 cleats per sole, with a minimum cleat tip diameter of 3/16 inch (4.8 mm).
- ii. Additional cleats may be of lesser tip diameter, provided the maximum length is 1/2 inch (12.7 mm).
- iii. Maximum cleat length of 1/2 inch (12.7 mm).
- iv. A cleat made of metal or with a metal tip is illegal.

Note 1: Illegal cleats include those made of metal, or with a metal tip, or made of any material that burrs, chips, or fractures.

Penalty: L5 from point where the ball would have been put into play if no other foul had occurred or added to the penalty for any other foul. If more than 1 player offends on the same play, only 1 penalty L5 will be applied on that play. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed.

Article 5 – Coaches Certification

The head coach, or the designated representative, shall certify to the umpire before the game that all players:

- a) have been informed of the mandatory equipment as specified in the rules, and what equipment is illegal
- b) have been provided with the mandatory equipment as specified in the rules
- c) have been instructed to wear the mandatory equipment, and how to wear it during the game
- d) have been instructed to notify the coaching staff when equipment becomes illegal for any reason during the game

Article 6 – Game Equipment

The following equipment shall be provided for the use of the minor officials as follows:

- a) Distance chain – Two rods shall be connected near the lower end with a chain so that the distance between the rods is exactly 10 yards (10 metres). The rods shall be made of wood or aluminum, at least 6 feet (1.8 metres) high, preferably with a distinctive marking device at the top of each rod.
- b) Downsbox – shall be a wooden or aluminum post, with plates or a box numbered from 1 to 3, with numbers at least 10 inches (25 cm) high, and clearly visible to all officials and players.
- c) Timer's Flag – shall be a standard flag, preferably of contrasting colours to make it visible from any part of the field.
- d) Stop watch or Timer's clock.

Section 12: Players and Substitutes

(CB11)

Article 1 – Registration

All players must be registered by name and number with the scorer prior to the start of the game.

Penalty: The offending player shall be removed from the game until the score sheet has been corrected. Immediate substitution will be made, but the game shall not be delayed.

Note 1: Any score made by a non-registered player is legal, provided the player is then registered on the score sheet.



Article 2 – Substitution Procedure

- a) Substitutes may enter the field of play when the ball is dead and only at that time.
- b) A player leaving the game shall proceed directly to the sideline on which their bench is located, and then to the team bench in the out-of-bounds area.
- c) The sideline officials (Down Judge and Line Judge) shall control the substitutes. As soon as possible after the ball is dead on a play, they shall observe their sidelines for possible substitutes, until Team A breaks its huddle. At this time, they will raise their arms to shoulder level, after which no substitute shall enter the field for any reason – regardless of the number of players a team may have on the field.
- d) The use of substitution proceedings, or alleged substitution proceedings to deceive the opponent is illegal. If one or more Team A players or substitutes legally enter the field or leave the field, a sleeper play is illegal on the subsequent play. A “sleeper play” is defined as a pass play or kick play designed to deceive the opponent.
 - i) Occurs when an A player remains at the sideline adjacent to their team bench area,
 - ii) Often occurs with the ball on the opposite side of the field, Team A lines up quickly, snaps the ball, and throws a forward pass or lateral to a remote A player.
 - iii) A running play, a pass play or kick play to another eligible A player, not in a remote area near their team bench sideline, are legal.

Penalty: Team A 1.2D –L10 DR, 3D DG –L10 DR, 3D DNG-LB, PBD
- e) A substitute who enters the field to the extent to be able to communicate with a teammate must remain on the field for the subsequent play.

Penalty: Team A 1.2D – L10 DR, 3D DG-L10 DR, 3D DNG-LB PBD.
Team B L10.

Article 3 – Excess Number of Players

It is illegal for a team to have more than 12 players and/or substitutes on the field during a play, through an error in substitution or otherwise.

Penalty: Team A 1.2D-L10 DR, 3D DG-L10 DR, 3D DNG-LB PBD.
Team B L10.

Note: Coaches, not officials, are responsible for fielding the correct number of players.

Section 13: Non Players**Article 1 – Sideline Privileges & Restrictions**

- a) During the game, the only persons who may legally occupy any position on the sidelines are: the field officials, the Downbox Official, the Yardstick Officials, the time keeper, and the scorer.
- b) During the game, the team bench area may be occupied only by substitute players, and other authorized non-playing personnel of the team, consisting of coaches, doctors, trainers, and equipment personnel, who must remain in close proximity to their bench and must not encroach on the sidelines or playing field while play is in progress. The team bench area shall be located a minimum of 5 yards (5 metres) and a maximum of 10 yards (10 metres) from the sideline. The area shall be enclosed by a line 4 inches (10 cm) wide, which is located at least 2 yards (2 metres) minimum, and 5 yards (5 metres) optimum from the sideline, and a line at each end of the bench 5 yards (5 metres) from the end. (See Field Drawing.) Occupants of the bench shall remain within the enclosed area, except during legal substitution proceedings, or by express permission of the Referee, in order to keep the sideline clear for both officials and coaches.

Penalty: L10, no option, from point where the ball would have been put in play if no foul had occurred.

Article 2 – Playing Coach

A coach who is playing with the team shall be considered as a player when on the field. A coach who is operating as a trainer shall be restricted to trainer’s duties while attending an injured player on the field, and refrain from performing coaching duties at that time.

Penalty: L5 PBD.



Article 3 – Time-Out Conferences

During an official time out, a conference at the sideline between coaches and players of each team is legal. A similar conference is legal whenever the clock is stopped and a significant time delay occurs, e.g. a measurement, injury, TV commercial, etc.

Article 4 – Interference by Unauthorized Persons

An unauthorized person shall not enter or reach into the field while play is in progress and/or interfere with a player of either team, or with a loose ball:

- a) Acting to the advantage of the team in possession.

Penalty: If it is obvious to the Referee that a score (such as a rouge or safety touch) would have been made, then the score will be awarded. If not, L10 PBH.

- b) Acting to the advantage of the team not in possession.

Penalty: If it is obvious to the Referee that a touchdown would have been scored, or if the unauthorized person is a substitute, coach, trainer or other occupant of the team bench, a touchdown shall be awarded. If not, the non-offending team shall be awarded:

1. Half the distance to the goal line from PLS or PBD.
2. For illegal interference on a forward pass -
 - Field of Play – Half the distance to the goal line from PF.
 - End zone – Against Team A, award the ball to Team A at the 1 yard (1 metre) line (unless a touchdown is awarded).
 - Against Team B, award the ball to Team B at the 20 yard (20 metre) line.
3. 3 downs, regardless of time remaining in the period (unless Team A scores on 1st or 2nd down, or loses possession on 1st or 2nd down, with Team B making a legal recovery).

- c) Touching or kicking a loose ball.

Penalty: If it is obvious to the Referee that a score would have been made, the score will be awarded. If the person is a substitute, coach, trainer, or other occupant of the team bench, the team will be penalized half the distance to their goal line from PF. If the non-offending team was previously in possession, or was normally expecting to gain possession by receiving a scrimmage kick, it shall be awarded the ball, and 3 additional downs shall be awarded regardless of time remaining, (unless Team A scores on 1st or 2nd down, or loses possession with Team B making a legal recovery).

If the person is not associated with a team as described in (d) below, the play shall be repeated at PLS, subject to any team penalties which will be applied at PLS.

- d) If the unauthorized person is a substitute, coach, trainer, or other occupant of a team bench:

Penalty: Disqualification from further participation in any capacity.

Article 5 – Injuries

During a stoppage in play for injury, or other reason, personnel of each team shall be allowed to enter the field with the Referee's permission. Such personnel may attend to the injured player or bring water to the players on the field. Personnel shall not undertake any coaching activities while on the field.

The Referee need not permit the attendants of both teams to enter the field in case of injury to a player of 1 team only. When play has been stopped for a player injury or for equipment repair, that player shall be required to leave the game for at least three plays for the case of an injury or at least one play for equipment.

Penalty: L10, no option.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 2

Officials

Rule 2 — Officials

Section 1: Designation of Officials

(CB12)

Article 1 – Field Officials

7 officials	6 officials	5 officials	4 officials	3 officials
R	R	R	R	R
U	U	U	U	U
FJ	BU	BU		
BJ	BJ			
DJ	DJ	DJ	DJ	DJ
LJ	LJ	LJ	LJ	
SJ				

Field officials will be designated as follows, for various sizes of crews:

Referee (R), Umpire (U), Back Umpire (BU), Back Judge (BJ), Down Judge (DJ), Line Judge (LJ) and Side Judge (SJ)

Note: The number of officials per game may be from 1 to 7, as specified by the governing authority.

Article 2 – Side Line Officials

- i) Downbox Official
- ii) Yardstick Official (2 or 3)
- iii) Timekeeper
- iv) Scorer

Article 3

The number of officials per game shall be in accordance with the governing football association or league. Responsibilities, positioning, and mechanics are covered in the CFOA/Football Canada Officials' Training Manual.

Section 2: Jurisdiction and Duties

Article 1 – Responsibility

All field officials are equally responsible for the orderly conduct of the game, and the enforcement of the rules. No agreement shall be made that would prevent the calling of any foul by any official against either team.

All field officials, upon recognizing any player who shows signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall report their concerns through the Referee to the head coach or appropriate health-care professional.

Article 2 – Equipment

Each field official shall be equipped with a whistle and a «red» coloured marker.

Article 3 – Stoppage of Play

The sounding of a whistle when the ball is in play shall cause the ball to be ruled dead, and shall stop the game. The whistle should not be sounded in the event of injury until the ball is dead.

Article 4 – Signal for Infraction

The throwing of the marker shall indicate an infraction, but play shall continue until the sounding of a whistle.

Article 5 – Signal to Play

The Referee shall sound the whistle to indicate that the ball is ready for play, and shall signal that «time is in» by a downward sweep of the arm from the overhead position.

Article 6 – Out-of-Bounds Marking

The nearest official should mark the out-of-bounds spot when the ball goes out of bounds.



Article 7 – Penalty Signals

All officials should be familiar with the approved signals.

Article 8 – Foul Called

When a foul is called, the official shall report it to the Referee immediately if the ball is dead, or if the ball is alive, as soon as it is dead. The Referee shall give a preliminary signal to indicate the nature of the foul.

Article 9 – Foul Reporting

When a foul has been reported to the Referee, the Referee will indicate the number of the player who committed the foul, give the penalty signal, assess the penalty, and signal that the ball is again ready for play.

Article 10 – Forward Progress

When the ball has been whistled dead, the appropriate official shall mark the spot of forward progress of the ball, which will be the point of the subsequent play.

Section 3: Referee (R)**(CB12)****Article 1 – Responsibility**

The Referee shall take primary charge of the game, and shall guide and direct the work of the other officials.

The Referee shall apply the rules, and assess the penalties, and rule upon disputes or situations not covered by the rules. The Referee's decision on any situation in the game is final.

The Referee may overrule any other official.

The Referee may have removed any of the sideline officials, if the Referee considers it necessary, and immediately require the replacement of any official so removed.

The Referee shall test the game balls 30 minutes before the game, and the Referee's decision shall be final as to the suitability of the balls.

Article 2 – Field Markings

The Referee shall report any irregularities in field markings, or ground rules, to the captains before the game, and review these with the other officials before the game.

Article 3 – Options

The Referee shall explain to the captains of either team any ruling made or penalty assessed. When a foul is called, the Referee shall explain to the non-offending captain the application of the penalty, or any option to which the captain is entitled if refuses the penalty.

Article 4 – Count of Downs

The Referee shall keep count of the downs, subject to a check with the Down Judge.

Article 5 – Communication

The Referee shall be the sole means of communication between the officials and the team captains or coaches.

Article 6 – 3-Minute Warnings

The Referee shall be notified by the Down Judge or Line Judge, when 3 minutes of play remains in each half. The Referee shall notify the captains, and the nearest official shall notify the coaches of each team.

Article 7 – End of Period

The Referee shall indicate that playing time has ended in each period, by sounding the whistle and signaling to the Timer.

Article 8 – End of Half Time Interval

The Referee shall have the captains of each team warned when 3 minutes remains in the half time interval.

Article 9 – Positioning

The Referee shall take primary charge of Team A, and shall take a position behind Team A. The Referee is responsible to determine if the ball is put into play legally, cover the action of the passer and the kicker and their opponents.

The Referee shall be responsible for marking the out-of-bounds spot when a ball goes out of bounds in flight.

The Referee shall rule on lateral passes behind the line of scrimmage, and the position of onside players in an «onside kick» situation.



Section 4: Umpire (U)

Article 1 – Responsibility

The Umpire shall have primary jurisdiction over the actions of players of both teams on the line of scrimmage, and shall take a position behind the defensive line of Team B.

Article 2 – Duties

The Umpire shall:

- a) Supervise the line backers and their use of hands on eligible pass receivers of Team A.
- b) Cover short forward passes and short kicks over the centre of the line.
- c) Check that Team A ineligible receivers on the line of scrimmage do not proceed downfield before a forward pass is thrown. (Exception 6.4.5.)
- d) Assist in coverage of crack-back blocking in the restricted area.

Section 5: Back Umpire (BU)

Article 1 – Responsibility

The Back Umpire shall have primary jurisdiction over the actions of players of both teams behind the Team B line, and shall take a position behind the deepest Team B player.

Article 2 – Duties

The Back Umpire shall:

- a) Cover long passes in the centre of the field and kicks downfield.
- b) Rule field goal attempts from outside the 10 yard (metre) line successful or not.

Section 6: Back Judge (BJ)

The duties of the Back Judge shall be identical with those of the Back Umpire.

Section 7: Down Judge (DJ)

Article 1 – Responsibility

The Down Judge shall be responsible for the general supervision of the line of scrimmage, the neutral zone, and the actions of the end and flankers on his/her side of the field. The Down Judge shall take up a position on the line of scrimmage at a suitable distance in from the sideline on the same side of the field as the distance chain and Downsbox.

The Down Judge shall be primarily responsible to cover crack-back blocking by players positioned on their side of the field when the ball is snapped.

Article 2 – Passes and Kicks

The Down Judge shall, when appropriate:

- a) Cover passes down his/her side of the field.
- b) Cover kicks down his/her side of the field.

Article 3 – Substitutes; 3- and 1-Minute Warning

The Down Judge shall:

- a) Systematically check his/her sideline for substitutes, and ensure legality of substitution procedures.
- b) Notify the Referee when 3 minutes remain in each half, after being so notified by the timekeeper.
- c) Notify the Referee when 1 minute remains in each period, after being so notified by the timekeeper.

Article 4 – Control of Minor Officials

The Down Judge shall:

- a) Supervise the Yardstick officials and the Dowbox official in the placement of the distance chain and Downsbox, under the direction of the Referee.
- b) Keep an accurate count of the downs to assist the Referee.
- c) Be responsible for changing the position of the distance chain at the end of the 1st and 3rd periods to the identical spot, at the opposite end of the field, corresponding to the point at which play ended in that period.



- d) When a measure is required by the Referee, mark on the chain the spot corresponding to the far side of the cross stripe which is farthest from the ball within the span of the distance chain, and have the Yardstick Official bring the distance chain to the Referee.
- e) Check distance applied on penalties.

Section 8: Line Judge (LJ)

Article 1 – Responsibility

The duties of the Line Judge shall be identical to those of the Down Judge covered in Section 7, Articles 1 to 3 inclusive, only.

Section 9: Side Judge (SJ)

Article 1 – Responsibility

Positioned on or near the sideline approximately eighteen to twenty yards in advance of the line of scrimmage. The Side Judge will work the same side of the field as the Down Judge.

Section 10: Downbox and Yardstick Officials

Article 1 – Control

They shall act under the direction of the Down Judge. The Downsbox and distance chain shall be positioned out of bounds.

Article 2 – Downsbox Position

The Downsbox Official shall place the Downsbox at the point where the ball is to be scrimmaged, and indicate the number of each down on the Downsbox.

Article 3 – Distance Chain Position

The two Yardstick Officials shall place the distance chain as directed by the Down Judge.

Article 4 – 3rd Yardstick Official

If a 3rd Yardstick Official is used to hold a single marker rod on the sideline opposite the 10 yard (10 metre) objective line, but this marker will not be used to determine whether a first down has been gained. Under the direction of the Referee, penalties may be recorded.

Section 11: Timekeeper and Scorer

Article 1 – Scoresheet

Prior to the game, the Scorer shall be provided with a complete list of the eligible competing players, including names and correct numbers. The score shall be kept as given by one of the field officials, and the scoresheet presented to the Referee after the game for signature.

Article 2 – Timekeeper's Responsibility

The Timekeeper, or Timekeepers, shall keep time according to Rule 1 Section 5, following the recognized signals by the officials. If 2 timekeepers are appointed, they shall use one timing device placed between them and operated solely by one of them. In the event of disagreement, the Referee shall be called immediately to settle any dispute or make any necessary adjustment.

Article 3 – 3-Minute Warning

The Timekeeper shall notify the Down Judge or the Line Judge when 3 minutes remain in the 2nd and 4th periods, and when 1 minute remains in each period.

Article 4 – Last Minute Procedure

Just prior to and during the last minute of play in each period, the Timekeeper shall take a position on the sideline clearly visible to the officials. At the commencement of the last minute of play, the Timekeeper will raise the flag, and continue to keep it raised until the Timekeeper's watch registers full time for the period. The flag should then immediately be lowered, so that it is no longer visible to the officials.

If the ball becomes dead on any play, and the flag is still raised, the ball will again be put into play. If the flag has been lowered since the last time the ball was put into play, the period will be over, and so declared by the Referee, subject to fouls committed during the last play.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 3

Scoring

Rule 3 — Scoring

Section 1: Table of Scores

Touchdown	6 Points	Rouge	1 Point
Field Goal	3 Points	Convert	1 or 2 Points
Safety Touch	2 Points		

The team scoring the majority of the points shall be the winner.

Section 2: Definition

(CB13)

Article 1 – Touchdown

A touchdown is scored when the ball is in the opponents' end zone in possession of a player, or when the ball in the possession of a player crosses or touches the goal line, or the plane of the goal line, even in the air. Should the ball subsequently be fumbled, or the player in possession forced back into the field of play, the touchdown shall score.

A touchdown is scored when a forward pass is legally completed in the opponents' end zone.

After a touchdown, the team scored against may elect to have the play put into play as follows:

- a) By kicking off from its own 45 yard (40 metre) line
- or b) Requiring the scoring team to kick off from its 45 yard (40 metre) line

Article 2 – Field Goal

A field goal is scored by a drop or place kick (except on a kick off) when the ball, after being kicked, and without again touching the ground, goes over the crossbar, and between the goal posts (or goal posts produced) of the opponents' goal, regardless of whether it touches the goal post assembly.

If, after being kicked, the ball touches, or is touched by any player before it crosses the line of scrimmage; or touches or is touched by a B player after it crosses the line of scrimmage; and the ball continues forward in the air over the cross bar between the goal posts, the field goal shall score.

The ball shall be dead immediately after it crosses the bar.

After a field goal, the team scored against may elect to have the play put into play as follows:

- a) By scrimmaging the ball at its own 35 yard (30 Metre) line
- or b) By kicking off from its own 35 yard (30 metre) line
- or c) Requiring the scoring team to kick off from its 45 yard (40 metre) line.

Article 3 – Safety Touch

A safety touch is scored when the ball becomes dead in possession of a team in its own end zone, or goes out of bounds in the end zone, as a result of the ball having been carried, kicked, fumbled or otherwise directed from the field of play into the end zone by the team scored against, or as a DIRECT result of a kick being blocked in the field of play.

If a player intercepts a forward pass in the field of play while moving toward the player's goal line, and in the judgment of the official, the momentum carries the player into the player's end zone, possession is deemed to have been gained in the end zone.

If a player carries the ball out of the player's end zone, and is contacted by an opponent so that the force of the opponent's contact drives the player back into the end zone, the player shall not be deemed to have carried the ball back into the player's own end zone.

After a safety touch, the scoring team may elect to have the ball put into play as follows:

- a) By scrimmaging the ball at its own 35 yard (30 metre) line
- or b) By kicking off from its own 35 yard (30 metre) line
- or c) By requiring the team scored against to kick off from its own 35 yard (30 metre) line.

Article 4 – Rouge or Single Point

A rouge is scored when the ball becomes dead in possession of a team in its own end zone, or goes out of bounds in its end zone, as a result of the ball having been kicked into the end zone by an opponent.

If a player catches a kicked ball in the field of play while moving toward their goal line, and in the judgment of the official, this momentum carries him/her into their team's end zone, possession is deemed to have been gained in the end zone.



For rulings on:

- a) Ball fumbled into end zone – Rule 1, Section 10, Article 6; and Rule 6, Section 3, Article 6.
- b) Ball thrown into end zone – Rule 6, Section 3, Article 8.
- c) Intercepted pass in end zone – Rule 6, Section 4, Article 11.

On a kick off – in order for the kicking team to score a rouge on a kick off, the ball must touch the ground, a player, or an official, in bounds, after the ball has been kicked. If the ball is kicked directly out of bounds, in flight in the end zone, no point will be awarded, and the ball will be scrimmaged by the receiving team – 1D at their own 20 yard (20 metre) line, at any point on or between the hash marks.

A rouge is awarded because of a foul as specified in Rule 8 Section 4 Article 1, provided that the ball has been kicked into the end zone.

After a rouge, the team scored against shall scrimmage as first down at any point between the hash marks on their own 35 yard (30 metre) line.

If the rouge was scored as a result of an unsuccessful field goal attempt, the team scored against may choose to scrimmage at any point on or between the hash marks on their own 35 yard (30 metre) line, or at any point on or between the hash marks at the previous line of scrimmage.

Article 5 – Convert

A team scoring a touchdown may attempt to add to its score by one scrimmage play at any point on or between the hash marks or play from any point on or outside the opponents' 5 yard (5 metre) line, within the hash marks, as follows:

- a) 1 point – by kicking a field goal. If the kick is unsuccessful, the ball is dead immediately.
- b) 2 points – by scoring a touchdown. A punt or onside kick is prohibited. If B gains possession, the ball is dead immediately.

Normal distance penalties may be applied on convert attempts, subject to the normal distance restrictions near the goal line. In addition, any penalty on a convert, except a time count penalty, may be applied on the subsequent kick off, at the option of the non-offending team. No convert attempt shall be made from within the 1 yard (1 metre) line.

Penalty:

- 1) Infraction by Team B.
 - a) Illegal interference – Forward pass – Team A shall repeat the convert attempt at the Team B 1 yard (1 metre) line, or 15 yards in advance of the PLS whichever is closer to Team A goal line, or repeat the convert at the PLS and apply the penalty (L15) on the kick off. (Refer to 6-4-10-3)
 - b) All other infractions – Team A option
 - Successful attempt
 - accept score successful, apply penalty on kick off.
 - decline score, apply penalty at PLS. Repeat convert.
 - c) Unsuccessful attempt
 - apply penalty at PLS. Repeat convert
 - repeat convert at PLS. Apply penalty on the kick off
- 2) Infraction by Team A
 - a) If the normal penalty is a loss of down, or loss of ball (Illegal interference affecting the recovery of a loose ball)
 - loss of convert attempt.
 - b) Time Count – L5, convert repeated
 - c) All other infractions – Team B option
 - Successful attempt
 - disallow score. Apply penalty PLS. Allow Team A to repeat convert.
 - disallow score. Repeat convert at PLS. Apply penalty on the kick off.
 - allow score. Apply penalty on the kick off.
 - d) Unsuccessful attempt – apply penalty on the kick off.
- 3) Dual Penalty – adjust penalties at the PLS and repeat the convert.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 4

Scrimmage

Rule 4 — Scrimmage

Section 1: Definitions

Article 1 – Line of Scrimmage

The line of scrimmage is an imaginary line, extending from sideline to sideline, parallel to the goal line and passing through the point of the ball farthest from Team A's goal line.

Article 2 – Neutral Zone

The neutral zone is the area from the line of scrimmage to 1 yard (1 metre) in advance of the line of scrimmage, extending from sideline to sideline.

Article 3 – Close Line Play Area

The close line play area is defined as the area between the offensive *tight ends or positions ordinarily occupied by the tight end*, within 2 yards either side of the line of scrimmage (Total 4 yards – 4 metres).

Article 4 – Line and Backfield

Line players of team A are those players whose head and shoulders are within 1 yard (1 metre) and on their own side of the line of scrimmage and are formed in a single line when the ball is snapped.

Line players include the 5 ineligible receivers and the two eligible receivers, one at each end.

Any Team A player(s) in the backfield, while moving forward, anywhere between the eligible end(s) and tackle(s), shall also be considered eligible receiver(s) as long as they remain onside at the time the ball is snapped.

This will include the player occupying the position of quarterback.

No stationary player of Team A shall be in a position that will create doubt as to whether they are on the line or in the backfield when the ball is snapped.

Penalty: 1.2D – L5 DR; 3D DG – L5 DR; DNG – LB PBD

Note: A player in a doubtful position may be penalized under this rule as an ineligible pass receiver – as applicable.

Article 5 – Penalty Application

Where a violation under Rule 4 occurs prior to the snap of the ball, the officials are empowered to stop the play immediately. The penalty distance may be declined, but the down will be repeated, without option, at the appropriate point, after the acceptance or declination of the penalty distance. (Exception: Rule 8, Section 3, Article 3(a))

Article 6 – Blocking below the Waist Zone

Blocking below the waist zone is defined as an area between the offensive tight ends or positions ordinarily occupied by the tight end, within 2 yards of the defensive side of the line of scrimmage extending back to the initial position of the quarterback or kicker.

Section 2: Method of Scrimmage

(CB16)

Article 1 – Action of Center

On a scrimmage play, the centre of Team A shall take up a position facing the opponents' goal line with the ball on the ground in front of him/her. The centre of Team A shall put the ball in play by «snapping» it between the legs in one continuous motion in the direction from toe to heel. The ball must leave the center's hand or hands and shall not handle it again until it has been in possession of another player.

Any player who takes a position over the ball, with one or both hands on the ball, shall snap the ball, and be considered as the centre (subject to Rule 4, Section 3, Article 3 exception).

Rotating or placing the hand beneath the ball is allowed, but the centre shall not intentionally move the ball as if to snap it, so as to draw opponents offside.

Penalty: 1.2D-L5 DR, 3D DG-L5 DR, 3D DNG-LB PBD.



Article 2 – Misleading Tactics

No player of either team shall make a motion obviously designed to draw an opponent offside. No player of either team shall voice a signal which, in the opinion of the official, draws an opponent offside. No Team B player shall voice a signal that might mislead Team A into putting the ball in play.

Should a player of either team move in such a way as to draw an opponent offside, the opponent shall not be penalized.

The actions of the Team A quarterback may be penalized under this rule.

This shall include a “snap down” into a two or three point stance by an offensive lineman with the sole intent to draw the defense offside.

Team A shall be penalized if the quarterback:

- a) makes a quick movement towards the centre, without the ball being immediately snapped, or
- b) assumes a stance with his/her hands under the centre, and makes such motion as bobbing head, moving shoulders, or flexing knees in a jerky motion without the ball being snapped, or
- c) assumes a stance with his/her hands under the centre and moves away quickly from the centre without the ball being snapped. Note if the quarterback assumes such a stance, and then slowly withdraws his/her hands to call time out, call new play signals, or to step back into a shot gun formation, no penalty shall be assessed.

Penalty: Team A 1.2D – L5 DR, 3D DG-L5 DR, 3D DNG – LB PBD.

Team B L5.

Article 3 – Offside

No player of either team shall encroach on the neutral zone until the ball is snapped, except that the head, arms and hands of the centre may be in advance of the line of scrimmage.

A player who is offside and contacts an opponent prior to the snap, shall be penalized for being offside.

If a Team B player goes offside, and breaks the plane of the line of scrimmage, before the ball is snapped, the officials shall stop the play immediately, and award the penalty, subject to the right of Team A to decline the penalty and have the same down repeated as though a foul had not occurred.

If a Team A player goes offside, and passes the neutral zone, before the ball is snapped, the officials shall stop the play immediately, and award the penalty, subject to the right of Team B to decline the penalty and have the same down repeated as though a foul had not occurred.

A team may put the ball in play without waiting for the opponents to get onside, but a penalty shall be assessed against such offside players only if they interfere with the play.

The Team B player giving defensive signals shall remain on their own side of the neutral zone for this purpose.

Penalty: Team A 1.2D – L5 DR, 3D DG – L5 DR, 3D DNG – LB PBD.

Team B L5.

Article 4 – Time Count

The Referee shall allow 20 seconds for the ball to be put into play. The Referee shall be the sole judge as to when the time count shall start and end, allowing the team reasonable time to line up after each play before starting the count.

If after beginning the 20 second count, the game is stopped because of:

- a reason associated with Team A (substitution of 3 or more players, player injury, player equipment, etc.) then Team A will only have the amount of time for the 20 second period that was remaining when the game was stopped.
- a time out request by either team, a foul by either team or a reason associated with Team B (substitution of 3 or more players, player injury, player equipment, etc.) then Team A will receive a full 20 seconds to snap the ball.
- a reason not associated with either team (clock malfunction, lighting issue, etc.):
 - if it is BEFORE the 3 minute warning in either half, then Team A will receive a new 20 seconds to snap the ball.
 - if it is AFTER the 3 minute warning in either half, then the game clock will be reset to the time remaining when the 20 second play clock began and the Team A will receive a full 20 seconds to snap the ball.



Penalty: Prior to the 3 minute warning signal and overtime: 1, 2, 3D – L5 DR.

- After the 3-minute warning signal in any half: 1, 2D – Team B option LD or L10DR, 3D - L10DR
- On convert: L5, convert attempt repeated: no option to apply the penalty on the kick-off.
- On kick-off: L5.

Note: If Team A has two consecutive time count penalties, the Referee will order Team A to put the ball in play legally within 20 seconds or forfeit possession to Team B.

Section 3: Requirements for Legal Scrimmage

(CB16)

Article 1 – Legal Numbering

Legal numbers are from 1 to 99 inclusive. All Team A players shall be identified by the following approved numbering system:

Eligible Pass Receivers – 1 to 49, 80 to 99

Ineligible Pass Receivers – 50 to 79

On any given play from scrimmage, any number of positions may be occupied by inappropriately numbered players who have reported to the Referee as eligible or ineligible receivers.

Note: In an effort to facilitate the game, an inappropriately numbered player may report for a play, a series or for the game. If a player reports for a series or game, that player must report again if the situation changes.

Article 2 – Player Requirements

- a) At the instant the ball is put into play, at least seven Team A players must be within 1 yard (1 metre) and on their own side of the line of scrimmage, not including the player in the position usually occupied by the quarterback.
- b) The player who, at the snap of the ball is occupying a position at either end of the line of scrimmage may be in motion while within 1 yard of the line of scrimmage but must not be moving towards the opponent's goal line when the ball is put into play.

If Team A is playing with fewer than 12 players on the field, it may reduce the equivalent number of players on the line without penalty.

If Team A has fewer than 7 players on the line due to a Team A offside, the penalty shall be for offside only.

Article 3 – Identification and Position

On all plays from scrimmage (running, passing, and kicking plays), Team A shall have at least 5 interior line players identified as ineligible pass receivers, who must be positioned in a continuous, unbroken line. In addition, one player at each end of the line shall be identified as an eligible receiver. Exception 4-3-2

Article 4 – Stance and Motion

Team A Line Players after having assumed a three-point or four-point stance may not break their stance by lifting a hand, however they may point, signal, shift or move slightly in a manner that does not draw the defense offside. All Team A Line Players, including the Centre, must become stationary and remain motionless for at least one second immediately prior to the snap of the ball.

The centre is allowed to make the motion which is necessary to snap the ball, but may not break their 3- or 4-point stance on the ball, to allow another player to become the centre.

A line player of Team A, may not legally be moving in any direction, or change position by moving in any direction, immediately prior to the ball being snapped. Exceptions 4.3.2 (B) and 6.4.4 (C)

Penalty: 1.2D – L5 DR, 3D DG – L5 DR, 3D DNG – LB PBD



Section 4: Points of Scrimmage Restrictions

Article 1 – Ball Placement

When the ball is placed in play by the Referee after a scoring play, after the ball has been declared dead in the end zone, or following the application of a penalty for a foul in the end zone or a foul on a convert, or the ball strikes the goal post assembly in flight.

Team A may elect to put the ball into play, in the appropriate way, as required by the rules, at any point on or between the hash marks. If a rule specifies that the next point of scrimmage is the PLS, the ball will be placed at that specific spot.

Article 2 – Side Line

If the ball becomes dead within 24 yards (22 metres) of the sideline, or goes out of bounds, it shall next be scrimmaged 24 yards (22 metres) in from that sideline at the yardage point where it became dead.

Article 3 – Goal Line

If Team A has possession of a ball within 1 yard (1 metre) of either goal line, it shall be scrimmaged on the 1 yard (1 metre) line.

Article 4 – 3rd Down Position

On 3rd down on or within its own 15 yard (15 metre) line, Team A may position the ball away from the goal posts at the closest hash mark, or closest suitable spot to that point in the case of wet ground.

Article 5 – Near Own Goal Line

On any down on or within its own 5 yard (5 metre) line, Team A may position the ball away from the goal posts at the closest hash mark, or closest suitable spot to that point in case of wet ground.

Section 5: Interference

(CB17)

Article 1 – Definition

- a) Interference is a general term, applicable to both teams. It is committed when a player obstructs, blocks or charges against an opponent, even without direct contact, thereby preventing their approach to the ball carrier, potential ball carrier, or to the ball. Screening is interference without direct contact.
- b) Blocking is a term applicable to the movement of a player against an opponent to obstruct or move him/her in any way, and normally applies to Team A.
- c) Blocking below the waist is making the initial contact below the waist against an opponent, other than the ball carrier, with any part of the blocker's body.
- d) A delayed knee block is a block that occurs when a player blocks an opponent, at or below the knees, while the opponent is engaged with a teammate of the blocker, with or without physical contact.
- e) The use of hands and arms in blocking is legal, provided that:
 1. The hands may be slightly behind the elbows, even with the elbows, or in advance of the elbows.
 2. The arms may be fully extended.
 3. The hands shall be open, with the palms facing the opponent, or cupped or closed with the palms not facing the opponent.
 4. The hands and arms are not used in a striking or punching manner, or to grasp, pull, encircle, lift, hook, lock, or clamp an opponent.
 5. The hands are not clasped or locked.

On a rolling or cross body block, the hands may be also legally extended from the body.

Article 2 – Team A

- a) On any play from scrimmage, except when the ball is kicked across the line of scrimmage, all Team A players may interfere with opponents from deadline to deadline.
- b) On a kick play, Team A players may interfere with the opponents in and behind the neutral zone, until the ball is kicked, and then as covered in Rule 5.
- c) Interference on a Forward Pass Play – Rule 6, Section 4, Article 9.
- d) On any play from scrimmage, it shall be illegal for a player to block an opponent below the waist except as per – Rule 7 Section 3 Article 19.



Article 3 – Team B

- a) On any play from scrimmage, B players may use their hands and arms to reach the ball carrier, but shall not hold or encircle any A player other than the ball carrier.
- b) Interference on a Forward Pass Play – Rule 6, Section 4, Article 9.
- c) Interference on a Kicking Play – Rule 5.
- d) On any play from scrimmage, it shall be illegal for a player to block an opponent below the waist except as per – Rule 7 Section 3 Article 19

Section 6: Miscellaneous**(CB19)****Article 1 – Required Distance**

After the ball has become dead after a kick off, the team in possession shall have 3 attempts (downs) to gain the required distance of 10 yards (10 metres). It may be advanced by carrying it, kicking it, or throwing it. In specific cases, a 1st down may be awarded even though Team A has not gained the required distance.

If, in the series of downs, Team A has not gained the required 10 yards (10 metres), the ball shall be awarded to the opponents as 1st down at the point where the ball becomes dead. If the required distance is gained, downs begin again. Exception (9.4.2)

Exceptions:

Team A foul before loss of possession on:

- a) 3rd Down Kick – Team B have the option to:
 - 1) Require Team A to repeat the 3rd down after the penalty application from PLS, or
 - 2) Scrimmage the ball as 1st down at the point where it became dead in their possession after the kick.
- b) 3rd Down Running or Forward Pass Play – Distance gained, Team A shall repeat the 3rd down after the penalty application from PLS
- c) 3rd Down Running or Forward Pass Play – Distance not gained.
Loss of Ball at – PBD – running or completed forward pass.
PLS – incomplete forward pass.
- d) Exception (9.4.2) (F)

Note: Unnecessary Roughness and Rough Play penalties are applied in addition to other penalties, or to distance gained (Rule 8, Section 1, Article 4).

Article 2 – Measurement

In measuring for 1st down, the forward point of the ball, not its centre, shall be the determining point, and before measuring, the ball shall be rotated so that its long axis is parallel to the sidelines.

A touchdown cannot be awarded as a result of this rotation.

When Team A has failed to gain the required distance, and the ball is awarded to B, the Referee shall reverse the ball, so that the forward point is facing in the opposite direction.

Article 3 – Tandem Buck

A teammate shall not help the ball carrier by grasping, pulling, pushing or charging into; him/her to assist forward progress.

Penalty: Team A – 1,2D –L5 DR, 3D DG –L5 PBH, 3D DNG – LB PBD
Team B – L5 PBH

Article 4 – Holding Hands, Locking Arms

Team A players may not hold hands or lock arms in making a block.

Team B players may not hold hands or lock arms in an effort to break up interference protecting the ball carrier.

Penalty: Team A – 1.2D – L10 DR, 3D DG – L10 DR, 3D DNG – LB PBD.
Team B – L10 PLS or PBH.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 5

Kicking

Rule 5 — Kicking

Section 1: Definitions

(CB20)

- a) A kicked ball is one struck by a player's foot, or leg below the knee. If the ball accidentally strikes a player's foot or leg while they are attempting to gain possession, it shall be ruled as a fumble if, in the official's judgment, the player made no effort to kick the ball.
- b) A drop kick is made by dropping the ball from the hands and kicking it just as it rebounds from the ground.
- c) A place kick is made by kicking the ball while it is held on the ground by a Team A player, who shall be considered «offside» with reference to the position of the ball. A tee may be used provided that the lowest point of the ball is not more than 1 inch (2.54 cm) above the ground.
- d) A punt is made by dropping the ball from the hands and kicking it before it touches the ground.
- e) A dribbled ball is made by kicking the ball when it is loose (not in possession of any player).
- f) A return kick is one that is made by a player after receiving the ball from a punt, drop or place kick from an opponent.
- g) A quick kick is a kick from scrimmage where the kicker does not take the normal kicking position.
- h) An open field kick is a kick which is made after the ball has been advanced across the line of scrimmage, or after a team recovers a fumble by the opponents.
- i) Blocking below the waist is making the initial contact below the waist against an opponent other than the ball carrier, with any part of the blocker's body.

Section 2: Kick Off

(CB20)

Article 1 – Points of Kick Off

On all kick offs, the ball may be held, placed on the ground, or placed on a tee, provided that the lowest point of the ball is not more than 1 inch (2.54 cm) above the ground.

The ball shall be kicked off by a place kick from any point on or between the hash marks on Team A's:

- a) 45 yard (40 metre) line – at the start of the first and third periods, or after any touchdown.
- b) 45 yard (40 metre) line – after a field goal scored by Team A, or the team scored against may elect to kick off or scrimmage from its own 35 yard (30 metre) line.
- c) Line 10 yards (10 metres) back from the centre line of the field where the distance between goal lines is less than regulation.
- d) 35 yard (30 metre) line – after a safety touch the scoring team may:
 1. Require the team scored against to kick off from their own 35 yard (30 metre) line, OR
 2. Kick off from their own 35 yard (30 metre) line, OR
 3. Scrimmage at their own 35 yard (30 metre) line

Note: Any penalty distance to be applied on the kick off, from a penalty called on the previous scrimmage play, will be applied at the above points.

Article 2 – Neutral Zone

The neutral zone on a kick off is the area from the line of kick off to the line 10 yards (10 metres) in advance of the line of kick off, from sideline to sideline.

Article 3 – Legal Kick Off

- a) The ball must be kicked at least 10 yards (10 metres) toward the opponents' goal, unless it is touched first by an opponent.

Penalty: 1. For touching the ball illegally – B option – L5 kick off repeated or option

 2. For recovering the ball illegally, or for touching it illegally and recovering it, or for touching it illegally and/or touching it last before it goes out of bounds
 - B option: – L5 kick off repeated or option
 - B possession as 1D at the point of illegal touching, the point of recovery by Team A, or at the out-of-bounds point.
 - Decline and take result of play



- b) The ball shall not go out of bounds at the sideline unless touched by a player.
Penalty: B option – L5 kick off repeated
 - possession at the out-of-bounds point
 - possession 25 yards in advance of point of kick off
- c) The ball shall not go out of bounds in the end zone in flight without being touched by a player. The ball is immediately dead and Team b shall scrimmage at any point on or between the hash marks on its own 20 yard (20 metre) line, no option.
- d) The ball shall not strike the goal post assembly in flight before it is touched by a player. The ball is immediately dead and Team B shall scrimmage at any point on or between the hash marks on its own 20 yard (20 metres) line, no options.
- e) If Team B fails to advance the ball out of the end zone, or the kick off lands inbounds, and then goes out of bounds in the end zone, Team A scores 1 point.

Article 4 – Offside on Kick Off

- a) At the instant the ball is kicked off, players of Team A shall not be in advance of the ball, except the player who may be holding the ball for the kick off or the kicker who is always considered to be onside.
Penalty: L5, kick off repeated.
- b) Until the ball is kicked, players of Team B must remain on their own side of the neutral zone.
Penalty: L5 to Team B, kick off repeated.

Article 5 – Interference

- a) On a kick off, Team B players may interfere with any opponent within bounds, after the ball is kicked, until it is declared dead, provided that the initial contact is made at or above the waist.
- b) On a kick off, if Team A legally recovers the ball, or a Team B fumble, Team A players may interfere with any opponent anywhere within bounds, provided that the initial contact is made at or above the waist.

Penalty: 1. Ball in possession of either Team
 Holding, Illegal block– L10 PBH or option.
 UR – L15 PBH or PBD.
 RP – L25 PBH or PBD.

2. Ball in flight.

Holding, Illegal block. – L10 point where possession is gained or option.
 UR– L15 point where possession is gained or PBD.
 RP– L 25 point where possession gained or PBD.

Note: If, after the infraction, possession is gained in the end zone by B, the appropriate penalty distance shall be applied from the B 10-yard (10m) line or option.

- c) On a kick off, Team A players may use their hands and arms to ward off blockers and may use their bodies in blocking against players protecting the ball carrier, provided that the initial contact is made at or above the waist. Any other form of blocking by Team A players is illegal interference.
Penalty: Ball in flight:
 - 1. Foul in area of PP, or which affects the gaining of possession by B – Possession to Team B at PF.
 - 2. Foul in area remote from PP, where the A player is not attempting to prevent possession from being obtained – L10 PP.

Note: If, after the foul, possession is gained in the end zone by B, the penalty shall be applied from the B 10 yard (10 metre) line, or option.
 Ball in possession – L10 PBH.
- d) On any kick play, it shall be illegal for 3 or more players to align shoulder to shoulder within 2 yards of each other and move forward in an attempt to block for a ball carrier. (Wedge Block)
Penalty L10 PBH or PP



Section 3: Blocked Kick**(CB20)****Article 1 – Definition**

A blocked kick is a kick from scrimmage where, after being kicked, the ball is prevented from crossing the line of scrimmage because of contact with an opponent, or with a player of Team A who is offside. It is not a blocked kick if, after the ball is so contacted, the ball then crosses the line of scrimmage. This is a deflected kick, and the touching of the ball shall be disregarded.

On a return kick, a blocked kick is one where the ball is touched by an opponent simultaneously with or immediately following the ball being kicked, and the ball then travels in a direction parallel to, or in the direction of, the kicking team's dead line.

It is not a blocked kick if, after the ball is so contacted, it then travels in the direction of the opponents' dead line. The touching of the ball shall be disregarded, and all rulings in respect to the restraining zone and interference are similar to those for a punt crossing the line of scrimmage.

Article 2 – Blocked and Recovered in Bounds

If the ball is blocked, and is legally recovered in bounds by:

- a) Team B – 1st D – PBD.
- b) Team A – 1.2D – downs continue unless yards are gained.
 - 3D DG – normal 1st down PBD.
 - 3D DNG – LB PBD.

When Team A legally recovers a blocked kick, the continuing play shall be considered as any other play from scrimmage and the blocked kick disregarded. A forward pass may be thrown, and all rulings applicable to a forward pass shall be enforced (Subject to Rule 4, Section 3, Article 3).

If Team B recovers the blocked kick, and then loses possession to Team A, a forward pass by either team is illegal.

Exception: This does not apply on a convert attempt.

When Team B legally recovers a blocked kick, Team B players may interfere with any opponent anywhere within bounds, provided that the initial contact is made at or above the waist. Blocking by Team A players to break up interference is also legal, provided that the initial contact is made at or above the waist.

Article 3 – Blocked to Out of Bounds – Field of Play

Where a kick is blocked and the ball goes out of bounds in the field of play:

Last Touched by Team A -

1.2D – possession retained by A, downs continue unless the required distance is gained. The point of next down is 24 yards (22 metres) in from the sideline, at the point of last touching by A, or the point where the ball went out of bounds, whichever is closer to the A goal line.

3D – possession awarded to Team B, unless the required distance is gained, 24 yards (22 metres) in from the sideline at the point of last touching by A, or the point where the ball went out of bounds, whichever is closer to the A goal line.

Last touched by Team B -

1.2.3D – possession awarded to Team B 1st down, 24 yards (22 metres) in from the sideline at the point of last touching by B, or at the point where the ball went out of bounds, whichever is closer to the B goal line.

Article 4 – Blocked Through End Zone

- a) When a kick is blocked and the ball goes dead in A possession in the end zone or is last touched by A before going out of bounds, even if the ball is touched (not directed) by a B player on the field of play into the end zone.
 - 2 points (safety touch) to B
- b) When a kick is blocked on the field of play, and after being blocked, is directed (not kicked) into the end zone from the field of play by a B player.
 - 1) Goes dead in A possession in the end zone, or is touched last by an A player in the end zone before the ball goes out of bounds in the end zone
 - 1.2, 3D – A 1D at the 20-yard line (no score).



- 2) Goes out of bounds in the end zone, without again being touched.
 1.2.3D – B 1D at the point where B last touched the ball on the field of play.
- c) When a return kick by Team B is blocked by Team A in the B end zone, and the ball goes dead in the B end zone, in B possession, or goes out of bounds in the B end zone, either directly or after being touched by A or B, a score of 1 or 2 points as appropriate is awarded to Team A.

Article 5 – Pyramiding

A player may not use the body of another player anywhere in bounds in any way to gain or maintain elevation on any play. A player cannot elevate a teammate in any way on any play.

Penalty: L5 PLS.

Section 4: Kick From Scrimmage and Return Kick (Punt, Place or Drop Kick) (CB21)

In the application of this section, the benefit of any doubt shall be given to the receiver.

Article 1 – Offside beyond Line of Scrimmage (Restraining Zone Foul)

This article does not apply to a dribbled ball, or to a kick which does not cross the LS.

When on a kick from scrimmage (ball crosses the line of scrimmage), return kick or on an open-field kick, a player is offside in relation to the kicker, such player:

- a) shall not touch or be touched by the ball.
 Penalty: – in field of play – L15 from PBT (point ball touched)
 – in goal area – L15, penalty applied at 10-yard line
- b) shall allow 5 yards to an opponent attempting to gain possession of the kicked ball. The five-yard zone is determined by a circle with a five yard radius, with the centre point being the ball at the instant it is first touched.
 Penalty: – in field of play – L15 from PBT
 – in goal area – L15, penalty applied at 10-yard line
- If the ball strikes the ground before being touched by the receiving team:
 Penalty: – in field of play – L5 PBT or PBD
 – in goal area – L5 penalty applied at 10-yard line or PBD..
- c) If the kicking team player is making no effort to withdraw from the 5 yard zone, and is hovering over the ball or the receiving team player about to take possession of the ball:
 Penalty: – L15 will apply at normal point of application regardless whether the ball bounced.
- d) If the kicking team player interferes with a receiving team player attempting to gain possession of the kicked ball, with or without contact:
 Penalty: – L15 from the normal point of application

A player of the kicking team who invades the five-yard zone, and contacts a receiving team player, who is attempting to play the ball in an unnecessarily rough manner, will be subject to an additional 15 or 25 yard penalty, regardless of whether the ball had struck the ground.

Note: For players at levels of football lower than college or junior, league executives may wish to reduce the severity of the above penalty to 10 yards (10 metres). A penalty in the opponents' end zone may be awarded at the 10 yard (10 metre) line. Field officials should be notified in writing of any such variations in order to maintain consistency for the teams.

Article 2 – Miscellaneous

- a) A scrimmage kick which travels only a short distance across the line of scrimmage, or a return kick (not including a dribbled ball) which is short, and thereby prevents players of the kicker's team from giving the required distance, shall be whistled dead as soon as the ball touches a player or the ground, with possession awarded to the receiving team. In obvious situations where the kick will clearly fall short into a group of players, the play may be whistled dead as soon as the ball begins to descend. No distance penalty will be assessed, but if the ball is whistled dead in this manner on the final play of a half, the receiving team shall be entitled to 1 play from scrimmage if they so elect.
- b) The ball should NOT be whistled dead on any such short kick, if it is dropping into the end zone. A scrimmage kick from the end zone, which does not leave the end zone, shall not be whistled dead. A return kick from the end zone, which does not leave the end zone, shall not be whistled dead, and the non-offending team shall be awarded a score if a restraining zone foul is committed. In either



case, the receiving team may recover the ball in the end zone for a touchdown.

Penalty: Option to non-offending team of:

Score – Scrimmage Kick – 2 points.

– Return Kick – 1 point.

OR Possession – 1D at 10 yard (10 metre) line.

- c) An offside player who is within the restraining zone and contacts the receiver before he/she touches the ball, shall be penalized for UR or RP in addition to the restraining zone foul, unless in the opinion of the official, the contact was incidental and unavoidable.
- d) The kicker or onside player may be the first player to legally enter the restraining zone to recover the ball. No contact shall be made with the opposing receiver, except in a legitimate attempt to recover the ball, and all other contact by the kicker or onside player is illegal.
Penalty: Ball awarded 1st down at PF.
- e) If, under this article, the ball is motionless on the ground, and the receiver feints as if to pick up the ball.
 - i) The receiver may be tackled without penalty.
 - ii) If the receiver touches the ball first, whoever recovers the ball shall retain possession.
 - iii) If the tackler touches the ball first, it shall be whistled dead, and possession awarded to the receiving team at that point, with no distance penalty.
- f) If a scrimmage kick is in the end zone, and before it is touched by an opponent, a player of the kicking team illegally recovers or touches the ball without attempting to allow an opponent to recover it, the restraining zone violation shall be called, but the penalty will be:
 - i) no score.
 - ii) opponents' ball, 1D at the 35, or at the PLS if the ball entered the end zone as a result of a missed field goal, where the PLS was outside the 35.
- g) On any kick from scrimmage (which excludes kickoffs) where the ball enters the end zone, the receiving team being able to successfully advance the ball legally out of the end zone and retain possession without returning the ball into the end zone, may choose to scrimmage at their own 20 yard (20 metre) line on or between the hash marks or where the ball becomes dead.
Note: When the ball has been legally advanced out of the end zone, the point ball held will be classed the B 20 yard (20 metre) line until the ball is carried beyond the B20, for any penalties to be applied at PBH.
- h) On any kick from scrimmage, where the ball does not cross the line of scrimmage and is not the result of being blocked, rule the same as for a dribbled ball

Article 3 – Goal Post Assembly

A kicked ball which strikes the opponent's goal post assembly in flight shall be dead immediately and awarded to the receiving team; 1st down, at any point on or between the hash marks on its 20 yard (20 metre) line.

A kicked ball which strikes the opponents' goal post assembly after striking the ground, a player, or an official, or a kicked ball which strikes the kicking team's goal post assembly shall remain in play.

Article 4 – Field Goal

On a field goal or convert attempt, if the ball strikes the goal post assembly, but still goes over the crossbar and between the uprights, the score shall count. If it does not score, the ball shall be put into play:

- a) after Missed Field Goal – at any point between the hash marks on the 20 yard (20 metre) line.
- b) after Missed Convert – normal kick off.



Section 5: Interference On Kick from Scrimmage or Return Kick**(CB22)****Article 1 – Receiving Team – Scrimmage Kick**

- a) Players of the receiving team may interfere with any player of the kicking team who has crossed the line of scrimmage, provided that the initial contact is made at or above the waist. Such interference will be legal from the time the ball is snapped, until it is declared dead.

Penalty: 1. Before A loses possession

- apply penalty at PLS.
- apply Unnecessary Roughness or Rough Play at the PLS, Point of Possession, or PBD, at option of non-offending team.

2. Ball in flight

- apply penalty at Point of Possession.
- apply Unnecessary Roughness or Rough Play at Point of Possession or PBD (Note 1).

3. After possession gained

- apply penalty at PBH (Note 4).
- apply Unnecessary Roughness or Rough Play at PBH or PBD.

Note 1: Exception to item 2: Unnecessary Roughness or Rough Play against the kicker may be applied at the PP, PBD, or at the PLS, at the option of Team A. Interference with the kicker behind the neutral zone will be applied at the PP, and is not additive to any other penalty except those in Rule 8, Section 1, Article 4b.

Contacting the kicker shall be applied at the PLS.

Note 2: If possession is gained in the end zone, the penalty shall be applied from the 10 yard (10 metre) line or from PBD or PLS if applicable (see article 5).

Note 3: If a kicked ball lands and is loose in the end zone before possession is gained by B, and a B foul occurs in the end zone, Team A shall be awarded a rouge (1 point) or option.

Note 4: As soon as the ball is touched by the receiving team, the line of scrimmage and the neutral zone lose any significance with respect to the interference rules.

Note 5: If the foul occurs in the end zone, with the PBH in the end zone, Team A shall be awarded a rouge or a safety touch (1 or 2 points), as applicable or option.

- b) The kicker shall not be interfered with behind the neutral zone, until the receiving team has touched the ball.

Exception: On a quick kick, the kicker does not receive this protection.

Penalty: 1.2.3D – L10 PP.

Article 2 – Receiving Team – Return Kick

Players of the team receiving a return kick may interfere with any opponent, including the kicker, from the time the ball is kicked, provided that the initial contact is made at or above the waist, until the ball is declared dead.

Penalty: 1. Ball in flight

- apply penalty at Point of Possession.
- apply Unnecessary Roughness or Rough Play at Point of Possession, or PBD.

Note: If the PP is in the end zone, the penalty will be applied from the 10 yard (10 metre) line or PBD if applicable.

2. After possession gained

- apply penalty at PBH.
- apply Unnecessary Roughness or Rough Play at PBH or PBD.

Note 1: If the PBH is in the end zone, the penalty shall be applied from the 10 yard (10 metre) line or PBD if applicable (see Article 5).

Note 2: If the foul occurs in the end zone, with the PBH in the end zone, the non-offending team shall be awarded a rouge or safety touch (1 or 2 points) as applicable, or option.

Note 3: If a kicked ball lands and is loose in the end zone before possession is gained, and a foul occurs in the end zone, the non-offending team shall be awarded a rouge (1 point) or option.



Article 3 – Kicking Team

Players of the kicking team may block any opponent up to the limit of the neutral zone, may use their hands and arms to ward off blockers interfering with their approach to the ball carrier, while proceeding downfield, and may use their bodies in blocking against players protecting the ball carrier provided that the initial contact is made at or above the waist. Any other interference is illegal.

Penalty: Ball in possession of A – L10 PLS DR.

Ball in flight – L10 PP.

Ball in possession of B – L10 PBH.

Note: If the point of application is the PP or PBH, and these points are in the B end zone, the point of application shall be from the B 10 yard (10 metre) line (see article 5).

Article 4 – Recovery of Kick

If the kicker or onside player legally recovers the kick, all players of that team may legally interfere with the opponents after such recovery, provided that the initial contact is at or above the waist.

Article 5 – Point of Scrimmage

In the above articles, when a penalty is applied from the 10 yard (10 metre) line, Team A may scrimmage the ball at any point on or between the hash marks, on the line where the ball is placed after the penalty application.

Section 6: Dribbled Ball

A Dribbled ball occurs by kicking the ball when it is loose (not in possession of any player)

- a) A dribbled ball may be touched by the kicker or any on side player without penalty.
- b) A dribbled ball touched by the opponent makes all offside players on side.
- c) If a dribbled ball is touched by an offside player:

Penalty: Award ball to the opponent at point of touch, or option.

If touch is in the opponents Goal Area:

Penalty: Award ball to opponent at their 20 yard (20 metre) line, or option.

If touch is in own Goal area:

Penalty: Accept a score of 1 or 2 points as applicable, or take possession of the ball as 1st down at the PLS or 10 yard (10 metre line whichever is closer to the opponents goal line.

Note: If the touching by an offside player occurs on the last play of a half, the opponent may elect to extend the period for an additional play, from point of touch.

Note: A ball dribbled by Team A across the line of scrimmage does not interrupt the continuity of downs.

Note: A dribbled ball that strikes a goal post shall remain in play.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 6

Passing

Rule 6 — Passing

Section 1: Lateral or Onside Pass

(CB24)

A lateral or onside pass is one thrown, handed, knocked, batted, or fumbled by a player parallel to or in the direction of their own deadline.

The point of termination is that point at which the ball is caught, strikes another player, an official, or the ground, or goes out of bounds, and it is the factor which determines whether it is a lateral pass, regardless of the direction in which it goes afterwards.

A lateral pass striking the ground is not dead, and may be recovered legally by either team.

When a lateral pass goes out of bounds, without being touched by a player after the pass is made, the ball shall be put into play at the hash mark at the out of bounds point, or at the point of origin of the pass, whichever is closer to the dead line of the team entitled to possession.

Section 2: Hand Off Pass

(CB24)

A Hand Off Pass is made on a scrimmage play, when the ball is handed in any direction but not thrown, by one Team A player to another, behind the line of scrimmage.

The player receiving the pass must not at that point be occupying the position of a lineman.

There are no restrictions on the number of hand off passes on any one play.

A hand off pass in a forward direction is illegal following a completed Forward Pass.

Section 3: Offside Pass

(CB24)

Article 1 – Definition

An offside pass is made when the ball is directed in any manner other than being kicked, in the direction of the opponents' dead line.

Article 2 – Illegal Recovery

A Team making an offside pass shall not be permitted to advance the ball or retain possession beyond the point of origin of the pass.

Penalty: Next scrimmage at point of origin of pass or option

Exceptions: Handoff pass behind the line of scrimmage

Forward Pass

Article 3 – General Occurrence of Offside Pass

An offside pass generally occurs in the following situations:

- 1) on a scrimmage play, a Team A player makes an offside pass after he/she has crossed the line of scrimmage.
- 2) after a change of possession (e.g. punt runback, fumble recovery, intercepted pass) a player makes an offside pass.
- 3) in attempting to complete a forward pass, a Team A eligible receiver tips, deflects, knocks, or bats the ball in an offside direction where it is caught by a Team A ineligible receiver.

Penalty: Next scrimmage at point of origin of offside pass, and downs continue, unless the required distance has been gained at that point.

Article 4 – Legal Situations

An offside pass does NOT occur in the following situations:

- 1) on a scrimmage play, before the ball has crossed the line of scrimmage, a Team A player throws an offside pass – rule as a forward pass.
- 2) in attempting to complete a forward pass, Team A eligible receiver tips, deflects, knocks, or bats the ball in an offside direction, where it is caught by another Team A eligible receiver.
- 3) in attempting to intercept a forward pass, a Team B player tips, deflects, knocks or bats the ball in an offside direction where it is caught by another Team B player.



- 4) on a scrimmage play, Team A passer crosses the line of scrimmage and throws what is obviously intended to be a forward pass, in the opinion of the Referee; this shall be ruled as an illegal forward pass.
Penalty: 1, 2, 3D – L10 DR
Convert – L10 DR
- 5) a ball fumbled forward by a ball carrier, or a player attempting to catch a kicked ball. or by a player attempting to intercept a lateral pass.
- 6) a kick which is blocked

Article 5 – Fumbled to Out of Bounds

When the ball is fumbled forward from the field of play directly to out-of-bounds, the ball shall be scrimmaged at the point of origin of the fumble and downs continue, unless the required distance is gained at that point. This applies whether the out-of-bounds spot is in the field of play, or the end zone.

Article 6 – Fumbled into End Zone

A ball fumbled forward by Team A into the Team B end zone, which is recovered by Team B, shall be ruled as an intercepted forward pass (Rule 6, Section 4, Article 11 (a)).

Article 7 – Thrown Forward

A ball which is thrown in an offside direction may not be recovered legally by the throwing team, unless it meets the requirements of a Forward Pass (Rule 6, Section 4, Article 1). The ball may be recovered legally by the defending team.

Penalty: Next scrimmage at point of origin of offside pass, and downs continue, unless the required distance is gained at that point.

Article 8 – Offside Pass from the End Zone

- 1) If Team A makes an offside pass in its own end zone, and retains possession, Team B shall be awarded 2 points or option.
- 2) If Team B makes an offside pass in its own end zone and retains possession:
 - a) After receiving a Team A kick, Team A shall be awarded 1 point or option.
 - b) While intercepting or after intercepting a Team A forward pass, Team B shall scrimmage at any point on or between the hash marks on its own 20 yard (20 metre) line, or at PBD (Team A option). No score.
- 3) If the ball is fumbled by Team A from the end zone to out of bounds in the field of play without touching an opponent:
 - 1.2D – Team B has choice of 2 options:
 1. 2 points for safety touch.
 2. Allow A to scrimmage on the hash mark at the out of bounds spot, downs continue.
 - 3D – Team B has the choice of 2 options:
 1. 2 points for safety touch.
 2. 1st Down for B on the hash mark at the out of bounds spot.

Note: A fumble from the end zone to out of bounds in the field of play, when the ball does not touch an opponent, is an offside pass in the end zone, since the point of termination is closer to the opponents dead line than the point of the pass.

Section 4: Forward Pass

(CB25)

Article 1 – Definition

A forward pass is one which is thrown by any Team A player from behind the line of scrimmage toward the Team B dead line, to any eligible receiver. The ball shall not touch the ground, goal post assembly, an official, or go out of bounds. A forward pass is illegal after a change of possession by either team.

A forward pass thrown to an eligible receiver behind the line of scrimmage is a screen pass.

If Team B gains possession from a fumble, blocked kick, etc., and subsequently loses possession again to Team A, a forward pass by either team is illegal.

The ball is considered to be in the possession of Team A until the pass is ruled complete or incomplete, or the ball becomes dead, or it is caught by Team B.



Article 2 – Number of Forward Passes

A forward pass shall be thrown once only on each down. A second forward pass on the same down shall be penalized.

Penalty: 1.2.3D – L10 DR

Convert – L10 DR

Article 3 – Passer

The pass may be thrown by any Team A player who is behind the line of scrimmage when they throw the ball. The passer need not be the first player to receive the ball from the centre.

Article 4 – Eligible Receivers

The following players are eligible receivers:

- a) The player at each end of the scrimmage line at the snap, wearing numbers 1-49 or 80-99
- b) Players clearly back of the scrimmage line at the snap, wearing numbers 1-49 or 80-99
- c) A Team A player wearing numbers 1-49 or 80-99 who is in forward motion from a backfield position and within one yard of the line of scrimmage when the ball is snapped.
- d) All players of Team B, whether or not the pass is legally thrown.
- e) All players of Team A, if the ball is touched by a B player AFTER the forward pass has crossed the line of scrimmage or is touched by a Team A eligible receiver (may be subject to an offside pass). The touching of the forward pass by a B player BEFORE it crosses the line of scrimmage does not change the eligibility of Team A players to legally complete the pass.

Article 5 – Ineligible Receivers

Players of Team A wearing numbers 50-79 are ineligible receivers, regardless of what position they take in the line or behind the line. Exception, unless declared as eligible as indicated by rule 4-3-1

- a) An ineligible receiver shall not be the first player of Team A to catch the ball or touch the ball in an attempt to catch it, before the ball has been touched by any eligible receiver.
Penalty: 1.2D – L10 DR, 3D DG – L10 DR, DNG – LB PLS or PBD.
- b) Ineligible receivers shall not go downfield beyond the neutral zone, unless they make contact with an opponent in the neutral zone and maintain this contact as they move downfield. However, should such player lose contact and no longer take part in the play, shall not be penalized.
- c) If an ineligible receiver is downfield on a kick from scrimmage situation that breaks down, becoming a pass play, and if no longer takes part in the play, shall not be penalized.
Penalty: 1.2.3D – L10 PLS DR.
- d) All Team A players may block downfield prior to the ball being caught on passes on or behind the line of scrimmage.

Article 6 – Completed Forward Pass

A player is inbounds if one foot is touching the ground inbounds, and neither the player nor the other foot is out of bounds, even though that foot may step out of bounds after possession is gained; or if a player is in the air, at least one foot comes down inbounds, before the player touches out of bounds (subject to item (d) of this article).

A forward pass is complete if it is caught inbounds as follows:

- a) When caught by a Team A eligible receiver, or simultaneously by two or more Team A eligible receivers.
- b) When caught by a Team B player, or simultaneously by two or more Team B players.
- c) When caught simultaneously by eligible receivers of both teams, the ball shall be awarded to Team A, even if it has been touched previously by Team B.
- d) When an eligible receiver catches a pass while off the ground, inbounds, but is tackled or contacted by an opponent so that he/she lands out of bounds, the pass shall be ruled complete at the furthest point of advance.
- e) When an eligible receiver tips the ball in an offside direction, and it is caught by an ineligible receiver, the forward pass is ruled complete at the point where the ball was tipped in the offside direction.



- f) A forward pass shall not be ruled as “completed” until the player, after catching the ball, maintains complete and continuous control of the ball throughout the process of contacting the ground, whether in the field of play, end zone or out-of-bounds.

Article 7 – Incomplete Pass

A forward pass is incomplete as follows:

- a) When the ball touches the ground, goal post assembly, an official, a corner marker, Downsbox marker or yardstick assembly or goes out of bounds, even if previously touched by a player.
- b) When an eligible receiver catches a pass while off the ground, inbounds, and lands on or outside a boundary line, without being contacted by an opponent.

(Paragraph (c) and Note have been deleted.)

Article 8 – Intentional Grounding

If a Team A passer deliberately throws the ball behind the line of scrimmage to the ground or Out of Bounds or to an area in which there is no eligible Team A receiver, to avoid a loss of yards, the team shall be penalized. However, Team A shall not be penalized if the passer throws the ball across the line of scrimmage to an open area or Out of Bounds

Penalty: Loss of Down at point from which pass was thrown. If the pass was thrown from the Goal Area, a safety touch score shall be awarded to Team B, subject to the right of Team B to decline the score and accept the play as it terminated.

Article 9 – Interference

- a) Team A-Prior to a forward pass being thrown across the line of scrimmage, a Team A player may not initiate contact with or block a Team B player more than 1 yard in advance of the line of scrimmage, until the pass has been touched by an eligible receiver. “illegal block -Blocking Downfield”.

A Team A player may not interfere with a Team B player who is about to intercept the forward pass. However, Team A players who are carrying out normal blocking tactics to protect the passer shall not be penalized for interference against a Team B player who is about to intercept the pass, if the Team A players are unaware that such an interception is imminent (see 6-4-10, note 2).

After the pass has been touched by an eligible receiver, all A players may legally interfere anywhere within bounds.

Team A ineligible receivers who make contact in the neutral zone may maintain this contact beyond the neutral zone, (subject to 6-4-5-b-c)) otherwise they may not proceed downfield until the ball is thrown. (Exception 6.4.5d)

- b) Team B – Team B players may interfere with Team A players in the neutral zone, and with any Team A player behind the neutral zone who is protecting the passer.

Team B players occupying positions behind their line may use their hands and arms to defend their position, stationary or in motion, against a Team A player who, as a potential blocker, threatens their defensive position, until the pass has been thrown. While the ball is in the air, no contact is permissible except as described in (c) following. These Team B players shall not interfere with a potential pass receiver who is not threatening their defensive positions.

It is illegal to pursue and contact an eligible pass receiver before the ball has been touched by an eligible receiver, not including being touched by a Team B player who is rushing the passer and who deflects the ball just after the pass is thrown, before it has crossed the line of scrimmage. After the ball has been touched by an eligible receiver, players of either team may interfere legally.

Team B players, after B has intercepted a pass, may interfere with Team A players anywhere within bounds, provided that the initial contact is made at or above the waist.

- c) Contact between two opponents is legal, provided such contact results from a simultaneous and bonafide attempt to play the ball, which occurs at the spot of possible completion of a pass, where each player is intent on playing the ball; where such contact is unavoidable and incidental to the effort involved in attempting to catch or bat the ball, and where each player is in an equally favourable position to play the ball. A player, who is not looking at, or for, the ball, cannot be considered to be playing the ball. A player cannot drive «through» an opponent to reach the ball. Even if this player reaches the ball, such prior contact is illegal. Defensive players have equal right to the path of the ball as eligible A receivers.

Inadvertent tripping by a player with equal position shall not be ruled as interference



- d) Screening – Waving the hands or arms or «face guarding» in close proximity *to an eligible* pass receiver is illegal interference

Article 10 – Illegal Interference Penalties

- a) Illegal interference is interference with an eligible receiver in the target area, or interference which prevents an eligible receiver from reaching the target area, when there is a reasonable expectation that the receiver would have had the opportunity to attempt to complete the pass.

Note 1: Pass interference shall not be penalized if, in the judgment of the official, the ball is clearly uncatchable.

Note 2: Pass interference behind the line of scrimmage must be interference against a player to whom the ball is thrown, or a player who is attempting to catch the pass.

Note 3: Pass interference occurs only after the ball has been thrown.

Penalty: 1. By Team A – 1.2.3D – L15DR

2. By Team B

- a) Behind the line of scrimmage – 1D at PLS
 b) Across the line of scrimmage
 – 1D at PF if less than 15 yards (15 metres) in advance of the PLS
 – 1D plus 15 from the PLS, if the PF is more than 15 yards (15 metres) in advance of the PLS

3. Convert

Foul by Team A – option to Team B

- a) Successful attempt
 – L15 PLS, repeat convert, OR
 – Repeat convert at PLS. Apply penalty – L15 on kick off

- b) Unsuccessful Attempt
 – Apply penalty – L15 on kick off

Foul by Team B – option to Team A

- i) Successful attempt
 – Accept score. Apply penalty – L15 on kick off

- ii) Unsuccessful attempt
 – Repeat convert at B1 yard (1 metre) line, or 15 yds in advance of P.L.S., whichever is further from Team B goal line.

OR

- Repeat convert at PLS. Apply penalty – L15 on kick off

Note 1: The normal restrictions near the goal line do not apply to Illegal Interference on a Forward Pass, and the full amount of the yardage shall be applied. The 15 yard (15 metre) penalty applied from the 16 yard (16 metre) line, or between the 16 yard (16 metre) line and the 1 yard (1 metre) line, will place the ball on the 1 yard (1 metre) line.

Note 2: The non-offending team may decline the penalty to allow the down to be used, and the ball returned to the PLS, if the pass is incomplete.

Exception: If a pass receiver who would normally be considered eligible either by number or by reporting to the Referee is made ineligible by position, and the defensive team interferes with the receiver's attempt to catch the ball on a forward pass, then both teams are subject to penalty, whether the Team A player touches the ball in an attempt to catch it or not. The foul for Team A Ineligible Receiver will be deemed to be the first foul for purposes of adjudicating the Dual Foul rule.

- b) Illegal Contact with an Eligible Receiver

When there is an obvious passing situation, a Team B player may not create or initiate contact that redirects, restricts, or impedes the Team A receiver in any way except as stated in Art. 9. Even if the ball is not thrown, such illegal contact will still be penalized:

Penalty: 1.2.3D L10 PLS



Article 11 – Interception in the End Zone

- a) A ball fumbled forward by A into the Team B end zone, which is recovered by B, shall be ruled as an intercepted pass.
- b) If a player intercepts a forward pass in the field of play while moving toward their team's goal line, and in the judgment of the official, this momentum carries that player into the end zone, possession is deemed to have been gained in the end zone.
- c) When Team B intercepts a pass in the end zone:
 - 1. Team B players may interfere anywhere within bounds in the attempt to advance the ball, provided the initial contact is made at or above the waist. If B fumbles the ball in this attempt, Team A may recover the ball legally. If Team A does not recover the fumbled ball, but only touches it, and it then goes out of bounds in the end zone, the last touching by A has no effect, and Team B will scrimmage at any point between the hash marks on B 20 yard (20 metre) line, with no score.
 - 2. If the ball goes dead in possession of B in the end zone, there is no score. B shall scrimmage at any point between the hash marks on the B 20 yard (20 metre) line.
 - 3. If Team B commits a foul in the end zone, or the field of play, while the ball is in the end zone, the penalty shall be applied from the 20 yard (20 metre) line or option.
 - 4. If Team A commits a foul in the end zone, or field of play, while the ball is in the end zone, the penalty shall be applied from the 20 yard (20 metre) line Team B may request the ball be placed at any point on or between the hash marks.
 - 5. If the foul in 3 or 4 above is Unnecessary Roughness, Rough Play, Objectionable Conduct, or No Mouthguard, the penalty shall be applied from the 20 yard (20 metre) line, or from the PBD at option of the non-offending team.

Article 12 – Miscellaneous

- a) Fumble – It is not a forward pass if the ball is clearly fumbled or batted in an offside direction from behind the line of scrimmage.
- b) Pass or Fumble – The passing motion begins when the passer has possession of the ball and starts a forward motion with the passing arm. If the passer is contacted after starting the passing motion, and the ball is dropped to the ground, it shall be ruled as an incomplete pass. If the passer is contacted before starting passing motion, and the ball is dropped to the ground, it shall be ruled as a fumble.
- c) Broken Play – When a play starts as an obvious running play, and the ball carrier elects to throw a forward pass, all rulings applicable to a forward pass play shall apply – e.g. ineligible receivers may not proceed downfield before the ball is thrown, forward pass interference restrictions apply, etc. (Exception 6.4.5 d)



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 7

Fouls and Penalties

Rule 7 — Fouls and Penalties

(Covering Cases not specifically covered previously)

Section 1: Illegal Tactics

(CB30)

Article 1 – Holding

Holding is defined as the use of the hands and/or arms to grasp or encircle an opponent, except when a player tackles the ball carrier, and is illegal if the hold has an impact on the play.

Penalty: Team A – 1.2D – L10 DR, 3D DG – L10 DR, 3D DNG – LB PBD.

Team B – DG – L10 PBH, DNG – L10 PLS.

Note: The use of hands and arms is permitted:

- a) By the ball carrier to ward off an opponent.
- b) By a blocker, as outlined in Rule 4, Section 5, Article 1 (e).
- c) By a defender to reach the ball carrier, but the hands may not be used to grasp any opponent except the ball carrier.
- d) By a player of the kicking team to ward off a blocker preventing their approach to the ball carrier after a kick or kick off.

Article 2 – Illegal Block

Blocking an opponent by pushing him/her from the rear with extended arms or bumping him/her above the waist from behind is illegal, and is defined as illegal use of hands.

Penalty: Team A – 1.2D – L10 DR, 3D DG – L10 DR, 3D DNG – LB PBD.

Team B – DG-L10 PBH, DNG -L10 PLS.

Article 3 – Tripping

Tripping is the intentional use of the lower leg or foot to obstruct any opponent below the knee.

Penalty: Team A – 1.2D – L10 DR, 3D DG – L10 DR, 3D DNG – LB PBD.

Team B – DG-L10PBH, DNG-L10PLS.

Article 4 – Contacting the Kicker

Contacting the kicker, while in the act of kicking, is illegal, unless the contact is slight and incidental, subject to the following:

- a) The act of kicking begins when the kicking foot leaves the ground, and ends when the foot returns to the ground (or a player lying on the ground) after kicking or attempting to kick the ball. Should the kicker momentarily fumble the ball, and remains in the normal kicking spot, protection will be given. If the kicker leaves this spot or makes any motion to pass the ball, the kicker shall be considered as a ball carrier, under this rule and under rule 5-5-1-b.
- b) This article does not apply to a «quick kick» or «return» kick.
- c) A player shall not be penalized if they block or touch the ball prior to contacting the kicker, or if contact by a Team A blocker causes contact with the kicker, or if a B player contacts an A player in such a way as to drive the player into the kicker.

Penalty: L10 PLS

Article 5 – Deception

The use of tactics to deceive opponents such as the alleged need for equipment such as a tee, mouthguard etc; or the pretence of calling players toward the bench as if a time out had been called, is illegal.

Penalty: 1.2D-L5 DR, 3D DG-L5 DR, 3D DNG – LB PBD.

Section 2: Rough Play

(CB30)

The following acts are defined and classified as Rough Play, and are illegal:

Article 1 – Kicker, Passer, Receiver

The deliberate charging of a kicker, passer, or receiver of a kick or pass in such a way as to cause calculated injury.



Article 2 – Striking, Kicking or Kneeing

The striking of an opponent with the fist, heel of the hand, knee or elbow, or kicking an opponent.

Article 3 – Head Leading Blocking, Head Leading Tackling or Spearing

Head leading blocking, head leading tackling or spearing, if done deliberately in such a way as to cause calculated injury may be penalized under this section

Article 4 – Face Mask / Helmet

Grasping the helmet as covered in Section 3, Article 5, may be penalized under this section, if in the opinion of the Official it was a deliberate attempt to injure an opponent.

Article 5 – Other Acts

Any other act of roughness or unfair play considered by the Referee to warrant disqualification may be penalized under this section.

Penalty: Articles 1 to 6. Disqualification of the offending player, and L25 from the appropriate point as covered in Rule 8, Section 5. If the official is unable to identify the offender, the distance penalty only shall be applied. Automatic 1D to Team A for Team B Rough Play. If both teams offend, the players involved shall be disqualified but no distance penalty shall be applied. Play shall be resumed at the appropriate point as outlined in Dual Penalties. Rule 8, Section 6.

Article 6 – Targeting

No player shall target and make forcible contact to the head or neck area of an opponent with the helmet, forearm, hand, fist, elbow or shoulder. This foul requires that there be at least one indicator of targeting (See Note below). When in question, it is a foul.

Note

“Targeting” means that a player takes aim at an opponent for purposes of attacking with forcible contact that goes beyond making a legal tackle or a legal block or playing the ball. Some indicators of targeting include but are not limited to:

- 1) Launch – a player leaving their feet to attack an opponent by an upward and forward thrust of the body to make forcible contact in the head or neck area
- 2) A crouch followed by an upward and forward thrust to attack with forcible contact at the head or neck area, even though one or both feet are still on the ground
- 3) Leading with helmet, shoulder, forearm, fist, hand or elbow to attack with forcible contact at the head or neck area
- 4) Lowering the head before attacking by initiating forcible contact with the crown of the helmet.

Penalty: L25 Player Disqualified from game. Levels U14 and below the player will received a warning for first offense.

Article 7 – Disqualification

A player shall be disqualified from further participation in the game, with substitution permitted, if:

- a) the player has been called for Rough play
- b) the player has been called for physical abuse of an official

The disqualification penalty cannot be declined by the non-offending team

Section 3: Unnecessary Roughness**(CB30)**

Any act of unnecessary roughness or unfair play that is not considered serious enough to disqualify, shall be penalized under this section. The following acts are defined, and classified as Unnecessary Roughness, and are illegal.

Article 1 – Piling on, Tackling Out of Bounds

Piling on occurs when a player runs into, throws their body against, or falls upon a ball carrier, after the play has been terminated by the official's whistle, or even before the whistle, where the ball is clearly dead (Rule 1, Section 8, Article 1h).

Tackling a player who is clearly out of bounds or throwing the ball carrier to the ground after the ball is dead, is illegal.

When a player in possession of the ball is giving up by sliding, all unnecessary contact must be avoided. The slide must be done in a timely manner to allow defense to avoid such contact.

These fouls are considered to be committed after the ball is dead (Rule 8, Section 5, Article 11).

Article 2 – Passer

Because the act of passing puts the passer in a particularly vulnerable position to injury, special rules against roughing the passer apply. A player shall be penalized for any act of Unnecessary Roughness to the passer, including but not limited to:

- a) A defender is prohibited from forcibly hitting in the knee area or below a passer who has one or both feet planted on the ground, even if the initial contact is above the knee. It is not a foul if the defender is blocked (or fouled) into the passer and has no opportunity to avoid the contact;

Note 1: A defender cannot initiate a roll or lunge and forcibly hit the passer in the knee area or below, even if being contacted by another player.

Note 2: It is not a foul if the defender swipes, wraps, or grabs a passer in the knee area or below in an attempt to tackle him/her.

- b) A defender is prohibited from committing such intimidating and punishing acts as stuffing a passer to the ground or unnecessarily wrestling or driving him/her down after the passer has thrown the ball, even if the rusher makes initial contact with the passer, a defensive player must not unnecessarily or violently throw him/her down and land on top of him/her with all or most of the defender's weight. Instead, the defensive player must strive to wrap up the passer with the defensive player's arms.
- c) A defender is prohibited from use the helmet and/or facemask to hit the passer, or use hands, arms, or other parts of the body forcibly in the head or neck area.

Article 3 – Kicker

Unnecessary roughness against a punter, or field goal kicker is illegal.

Article 4 – Place Kick Holder

The holder of a place kick for a field goal or convert attempt shall be given the same protection as a kicker.

Article 5 – Face Mask / Helmet

It shall be illegal to grasp the helmet of an opponent by closing the fingers on the face mask, chin strap and other helmet opening (ear holes).

Article 6 – Head Tackling, Clotheslining

It shall be illegal to tackle around the head, in the open field, or straight arm tackle to the head, commonly referred to as «clotheslining».

Article 7 – Spearing

Spearing is driving of the helmet into a player who is down, or is held so to be going down, or whose forward progress has been stopped, or who is in a position unable to protect themselves. A player shall be called for Spearing even if committing before the ball is dead, if using the head and helmet as the primary or main point of force.



Article 8 – Head Leading Block or Tackle

- a) Head Leading Block – no player, including the ball carrier, shall use the helmet to butt or ram an opponent.
- b) Head Leading Tackle – no player shall strike the runner with the crown or top of the helmet.

Article 9 – Use of Hands and Arms

The illegal use of hands and arms shall be ruled as unnecessary roughness if contact is made with the fist, heel of the hand, or elbow, if the blocking arm is cocked by swinging back of the body line prior to contact, or if the blocking arm is driven upward and forward in the manner commonly known as an «elbow smash,» or if the blocker turns their body at the waist or pivots in a manner to add force to the blow, or if contact is made with clasped hands, or if the opponent is struck above the shoulder with the hand or arm in an unnecessarily rough manner including the striking of the head, commonly called a «head slap.»

Article 10 – Crack-Back Blocking

It shall be illegal for any Team A player to block an opponent below the waist, or deliver a forcible block, in an area from 5 yards ahead of the line of scrimmage, from sideline to sideline, extending back to the Team A deadline, if:

- 1. The A player is stationed, or in motion, 3 or more yards (metres) outside of the Block Below the Waist Area, at the snap of ball.
- OR 2. The A player is stationed initially 3 or more yards (metres) outside of the Block Below the Waist Area and moves toward the ball so that the A player is less than 3 yards (metres) from the Block Below the Waist Area at the snap of ball.
- OR 3. The A player is stationed initially less than 3 yards (metres) from the Block Below the Waist Area, and either before or after the snap of the ball, moves more than 3 yards (meters) from the Block Below the Waist Area, and then returns to less than 3 yards (metres) from the Block Below the Waist Area.
- AND 4. Moves in the direction of the ball to make the block. (The direction of the ball is toward the position of the ball when it was snapped.)

Note: If the Team A player moves into the Block Below the Waist Area prior to the snap, and comes to a complete stop, the player shall not be penalized for crack back block.

Article 11 – Delayed Knee Blocking

It shall be illegal for a player to block an opponent, at or below the knees, at the time that the opponent is already being engaged by a team mate of the blocker, with or without physical contact.

Penalty for Unnecessary Roughness:

Team A – L15 from the appropriate spot, as per Rule 8, Section 5.

Team B – L15 from the appropriate spot, and 1D to Team A.

Article 12 – Protection of Centre

On all kick plays from scrimmage (punts, field goal attempts, and converts) it is illegal to contact the centre on, or within one yard either side of the line of scrimmage.

Penalty: L15, PLS, PBD – AFD

Note: Hurdling the center in an attempt to avoid contact is not permissible and is to be penalized the same as if there was contact.

Exception the centre has no protection on a quick kick

Article 13 – Horse Collar

- a) Grasping an opponent by the inside of the shoulder pads, or by the inside collar of the jersey.
- b) Grasping the outside of the jersey above the numbers and using this as the primary means of causing a change in the ball carrier's direction.

Article 14 – Illegal Block, Hands to Face

No player of either team may forcibly thrust their hands forward above the frame to contact an opponent on the neck, face, head, or facemask.

If the initial contact is to the chest but the hands ride up to the neck, face, head, or facemask and the contact is forcible or prolonged, it shall be a penalty.



Article 15 – Blocking from the Rear

Blocking from the rear is blocking an opponent, other than the ball carrier, from the rear, by charging into the opponent's back with the body, or throwing the body across the back of the legs. The application of penalty is determined by the point of initial contact, and the official who rules on the play must see the play in its entirety. It is illegal except as follows:

- 1) the block occurs in the Close Line Play area, is made by a player who was positioned in this area when the ball was snapped, and the contact is above the waist. OR
- 2) the initial point of contact is on the side or front of the opponent. OR
- 3) the initial point of contact is from the rear, due to the action of the opponent, such as turning his/her back on the blocker after the blocker has committed to the block.

Note 1: The position of the head of the blocker in front of, or behind, the opponent does not determine whether the block is legal or not. The point of contact is the determining factor, modified by (1), (2) and (3) of this article.

Article 16 – Player in defenseless posture

It is a foul if a player initiates unnecessary contact against a player who is in a defenseless posture.

- a) Players in a defenseless posture are:
 - 1) A player in the act of or just after throwing a pass;
 - 2) A receiver attempting to catch a pass; or who has completed a catch and has not had time to protect themselves or has not clearly become a runner. If the receiver/runner is capable of avoiding or warding off the impending contact of an opponent, they would no longer be a defenseless player;
 - 3) A runner already in the grasp of a tackler and whose forward progress has been stopped;
 - 4) A player attempting to field a kick in the air;
 - 5) A player on the ground;
 - 6) A kicker/punter during the kick or during the return
 - 7) A quarterback at any time after a change of possession
 - 8) A player who receives a block when the blocker is moving toward or parallel to their own end line and approaches the opponent from behind or from the side.
 - 9) A player who is protected from an illegal crack block
- b) Prohibited contact against a player who is in a defenseless posture is:
 - 1) Forcibly hitting the defenseless player's head or neck area with the helmet, facemask, forearm, or shoulder regardless of whether the defensive player also uses their arms to tackle the defenseless player by encircling or grasping him/her; or
 - 2) Lowering the head and making forcible contact with the top/crown or forehead/"hairline" parts of the helmet against any part of the defenseless player's body; or
 - 3) Illegally launching into a defenseless opponent. It is an illegal launch if a player (1) leaves both feet prior to contact to spring forward and upward into opponent, and (2) uses any part of the helmet (including the top/crown or forehead parts) to initiate forcible contact against any part of opponent's body. Note: This does not apply to contact against a runner, unless the runner is still considered to be a defenseless players.

Note 1: The provision of b-2 do not prohibit incidental contact by the mask or helmet in the course of a conventional tackle or block on an opponent.

Note 2: A player who initiates contact against a defenseless opponent is responsible for avoiding an illegal act. This includes illegal contact that may occur during the process of attempting to dislodge the ball from an opponent. A standard of strict liability applies for any contact against a defenseless opponent, even if the opponent is an airborne player who is returning to the ground or whose body position is otherwise in motion, and irrespective of any acts by the defenseless opponent, such as ducking head or curling up body in anticipation on contact.

Penalty: For unnecessary roughness: Loss of 15 yards and an automatic first down. The player may be disqualified if the action is judged by the official(s) to be flagrant

Article 17 – Blindside Block

It shall be illegal for any player to deliver a forcible block on an opponent while moving back towards *or parallel to* their own dead ball line anywhere on the field.



Article 18 – Tourist Hits

A player shall be penalized for unnecessary roughness when they commit, Unnecessary physical contact, including but not limited to, running into, diving into, cut blocking or throwing body on a player who is Out of the play or would not have reasonably anticipated such by an opponent, before or after the ball is dead.

It is incumbent upon players to know when the play is dead and whether their actions will be deemed reasonable under this rule. If a player is many yards away from the ball carrier and has stopped playing, or the play is clearly going dead and the player is not participating in the play, they should not reasonably expect to be hit.

Special attention should be provided to kickers and quarterbacks who have given up on the play. An opponent should not see this as an opportunity for a “free shot”.

Article 19 – Blocking below the waist

It shall be illegal to block an opponent below the waist except when the block occurs in the block below the waist area, by a player positioned in this area at the snap of the ball, and when the block is above the knee.

Note: A player coming from outside this zone must come to a complete stop in the zone, prior to the snap of the ball, to be considered positioned in the zone.

Section 4: Objectionable Conduct**(CB33)**

- a) The use of profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player, or occupant of the team bench is prohibited.
- b) Unsportsmanlike conduct, such as throwing the ball at an opponent, an official, or occupant of the team bench is prohibited.
- c) Tactics by players which delay or hinder the smooth operation of the game shall be penalized under this section. These tactics include spiking the ball, and/or deliberately throwing or kicking the ball away after it has been declared dead on a play.
- d) Running into, or contacting an official is to be avoided.

Penalty: 1) L10 from point where the ball would have been put into play if no other foul occurred, or added to the penalty for any other foul.

2) If an objectionable conduct penalty is called after the Referee has whistled time in for any down, the penalty will be L10 PLS DR, and the distance chains will not be moved (unless a first down is gained from a penalty against Team B).

If the foul is of a serious nature, the player or occupant of the bench may be disqualified with no distance penalty. A disqualified player or occupant of the bench may be banished from the game site at any time at the discretion of the Referee.

- e) If a player throws a punch at an opponent, without contact, it is considered Objectionable Conduct.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 8

Application of Penalties

Rule 8 — Application of Penalties

Section 1: Definitions

(CB35)

Article 1

Penalties shall fall into the following categories:

- a) Loss of Down
- b) Loss of distance
- c) Option Penalties
- d) Penalties after legal gains
- e) Restricted Penalties
- f) Penalties in end zone
- g) Disqualification
- h) Unnecessary Roughness and Rough Play Penalties
- i) Dual and Double Penalties

Article 2 – Loss of a Down

In any penalty, loss of a down (LD) means that the down upon which the foul occurred has used up one of the series of 3 consecutive downs permitted.

Article 3 – Loss of Distance

Distance penalties of varying lengths may be assessed for various infractions. For any foul calling for a distance penalty, there shall be no loss of down. Exception – Unnecessary Roughness, Rough Play, Objectionable Conduct, Playing without a mouthguard.

Article 4 – Option Provided

- a) When a foul has been committed on any play, the non-offending team shall be entitled to the penalty, or the option of declining the penalty to take any advantage of field position, score, down, time, etc. The non-offending team may decline a score to accept a penalty, or may decline a penalty to allow a score in order to gain an advantage from field position, or may allow a score to gain an advantage from a better point of application of a penalty such as UR.
- b) In certain cases, where so stated, a penalty shall be applied without the necessity of choosing an option. This gives the non-offending team the advantage of the play in addition to the penalty. These cases include fouls such as Unnecessary Roughness, Rough Play, Objectionable Conduct, and No Mouthguard, etc.
- c) A team may decline the distance for any penalty, including those covered in 4 (b) above, if they feel the application of the distance would not be advantageous to them. The non-offending team may decline the penalty for any foul which occurs after the ball has been snapped, during the final play of a period, in order to terminate the period.
- d) Once the captain entitled to the option has made the choice of accepting or declining the penalty, the choice may not be revoked.
- e) When dual fouls occur, one or both penalties may be refused. Exception – Unnecessary Roughness, Rough Play, Objectionable Conduct, No Mouthguard. The first option shall be given to the team against whom the first foul occurred.
- f) The disqualification penalty cannot be declined by the non-offending team, but immediate legal substitution is permitted. The disqualification shall be entered in the Referee's report to the appropriate league authority.

Section 2: Penalties and Legal Gains

(CB35)

Article 1 – After First Down Gained

If Team A or Team B commits a foul on a scrimmage play after Team A has legally gained the distance for 1st down, the penalty shall be applied from the point where the ball was held when the foul occurred, and 1st down awarded at the point where the ball is placed after the penalty application, with 10 to go.



Article 2 – Before First Down Gained

If Team A commits a foul on a scrimmage play prior to gaining the distance for 1st down, the penalty shall be applied from the point of last scrimmage, with the down repeated.

Article 3 – After Change of Possession

If a team legally obtains possession of the ball by a pass interception, recovered fumble, received kick, and then commits a foul, the penalty shall be applied from the point where the ball was held when the foul occurred and 1st down awarded at the point where the ball is placed after the penalty application, 10 to go.

Article 4 – After Loss of Possession

- a) Kick – If either team commits a foul while the ball is «in flight,» the penalty shall be applied at the point of possession by the team which legally gains possession. Those penalties which are normally applied without option may be applied at PBD at the option of the non-offending team.
- b) Loose Ball – If the foul directly affects the recovery of the ball, the ball will be awarded to the non-offending team at the PF., automatic 1st down.

If point of possession is the end zone apply from the 10 yard (10 metre) line

Article 5 – After the Ball is Dead

If either team commits a foul after the ball is dead, it shall be ignored unless it is Rough Play, Unnecessary Roughness, or Objectionable Conduct, which will be applied at the appropriate spot. If such a foul occurs after a score, the score shall count, and the foul shall be ignored unless it is Rough Play, Unnecessary Roughness, or Objectionable Conduct, which will be applied on the subsequent scrimmage play, convert, or kick off at the option of the non-offending team. There is no option to decline the score since the infraction occurred during the dead ball period following the score.

Section 3: Restrictions Near Goal Line**(CB37)****Article 1 – Inside 30 Yard (Metre) Line**

A yardage penalty applied within 30 yards (metres) of the offending team's goal line, shall not exceed one half the distance between the point from which the penalty is applied and that goal line.

- Exception:
- pass interference.
 - double penalties involving UR, RP, Objectionable Conduct, or No Mouthguard, including double penalties which form part of a dual penalty.
 - Unnecessary Roughness and Rough Play

The ball shall not be scrimmaged within the 1 yard (1 metre) line.

Article 2 – Distance Gained by Restricted Penalty

If an unrestricted penalty would have resulted in distance gained, or the goal line reached by Team A, a first down shall be awarded.

Article 3 – Infraction on Own 1 Yard (Metre) Line

- a) Team A – when PLS is the A 1, and Team A commits any infraction
Penalty: 1.2D – LD, 3D – DR.
- b) Team B – where PLS is the B 1 yard (1 metre) line and Team B commits any infraction
Penalty: 1D at 1 yard (1 metre) line to Team A.

Section 4: Fouls in End Zone**(CB37)****Article 1 – Fouls in Own End Zone**

Note: A rouge (1 point) will be awarded, under this article, if the ball has been kicked into the end zone.

- a) Team A
 1. If Team A commits a foul in its own end zone while in possession of the ball within its own end zone, Team B shall be awarded a rouge or a safety touch (1 or 2 points) as applicable, or option.
 2. If Team A makes an offside pass in its own end zone, and retains possession of the ball, Team B shall be awarded a rouge or a safety touch (1 or 2 points) as applicable, or option.
 3. If a kicked ball lands and is loose in the end zone before possession is gained by A, and Team A commits a foul in its own end zone, Team B shall be awarded a rouge (1 point) or option.



4. If an A player fumbles the ball in the Team A end zone, and while the ball is loose, Team A commits illegal interference, thus preventing Team B from gaining possession of the ball in the end zone:
 - Penalty Team B may accept a rouge or a safety touch (1 or 2 points) as applicable or Team B may take possession of the ball as 1st down at the PLS or the 10 yard (10 metre) line, whichever is closer to the goal line.
- b) Team B
 1. If Team B commits a foul in its own end zone, while in possession of the ball within its own end zone, Team A shall be awarded a rouge or safety touch (1 or 2 points) as applicable (Exception – see interception in End Zone – Rule 6, Section 4, Article 11).
 2. If Team B makes an offside pass in its own end zone, after receiving a Team A kick in the end zone, Team A shall be awarded a rouge, or option.
 3. If Team B makes an offside pass in its own end zone, while intercepting or after intercepting a Team A forward pass, there is no score. If the ball goes dead in the end zone, Team B shall scrimmage at the B 20. If the ball goes dead in the field of play, Team B shall scrimmage at the PBD or at the B 20 at the option of Team A.
 4. If a kicked ball lands and is loose in the end zone before possession is gained by B, and Team B commits a foul in its own end zone, Team A shall be awarded a rouge (1 point) or option.
 5. If the ball is loose in the Team B end zone, and Team B commits illegal interference, thus preventing Team A from gaining possession of the ball in the end zone:
 - Penalty: Team A may take possession of the ball as 1st down at the B 10, or at the PLS whichever is closer to the B goal line, or accept any score in the event that Team A recover the ball, or accept a score of 1 or 2 points as applicable and B will put the ball into play in the manner required, or decline the penalty and allow Team B to scrimmage at the PBD if B advances the ball into the field of play.

Article 2 – Fouls in Opponents’ End Zone

- a) Team A
 1. If Team A commits a foul in the Team B end zone on a play from scrimmage, the penalty shall be applied as though the foul has occurred on the field of play.
 2. If the kicking team commits a «restraining zone» foul in the receiving team’s end zone, the penalty shall be applied from the receiving team’s 10-yard line. Exception: Rule 5 Section 4 Article 2 (g).
 3. If the ball is loose in the Team B end zone, and Team A commits illegal interference, thus preventing Team B from gaining possession of the ball in the end zone:
 - Penalty: No score, B scrimmage 1D at B 10.
- b) Team B
 1. If Team B commits a foul in the Team A end zone on a play from scrimmage, the penalty shall be applied as though the foul had occurred on the field of play.
 2. If an A player fumbles the ball in their own end zone, and while the ball is loose, Team B commits illegal interference, thus preventing Team A from regaining possession in the end zone:
 - Penalty: No score by B. Automatic 1st down for Team A at PLS, or at the 10 yard (10 metre) line, at the option of Team A.

Article 3 – Foul in End Zone after Intercepted Pass

See Rule 6, Section 4, Article 11.

Article 4 – Foul with Ball in End Zone

- a) If Team A commits a foul on the field of play while the ball is in the A end zone, the penalty shall be applied from the PLS (except UR, RP, etc.)
- b) If Team B commits a foul on the field of play while the ball is in the B end zone, the penalty shall be applied from the B10 yard (10 metre) line (except UR, RP, etc.)
- c) If Team A commits a foul on the field of play while the ball is in the B end zone, the penalty shall be applied from the B 10 yard (10 metre) line. Team B may request the ball to be placed at any point on or between the hash marks. (UR, RP, etc may be applied at the 10 yard (10 metre) line or at the PBD).
- d) If Team B commits a foul on the field of play while the ball is in the A end zone, the penalty will be applied at PLS. (UR, RP etc. may be applied at PLS or at the PBD).



Section 5: Unnecessary Roughness and Rough Play – Points of Application**(CB38)****Article 1**

The distance penalties for Unnecessary Roughness and Rough Play will be applied in addition to the advantage of distance gained and score made. In addition to the distance, an automatic first down will be awarded to Team A for Unnecessary Roughness or Rough Play by Team B, unless it is part of a dual penalty where both infractions are UR or RP. The normal restrictions near the goal line do NOT apply to Unnecessary Roughness and Rough Play. The 15 yard penalty applied from the 16 yard line or closer will take the ball to the 1 yard line.

Article 2 – Scrimmage Plays – Foul before distance gained

The non-offending team shall have the option of having the penalty applied at PLS, DR or of allowing the play to stand and have the penalty applied at PBD, with downs continuing.

Article 3 – Scrimmage Play – Foul after distance gained

The non-offending team shall have the option of having the penalty applied at PBH at the time of the foul, or at the PBD. If the point of application selected results in distance gained, 1st Down will be awarded, the penalty applied, and it will be 1D and 10 at the point following the penalty application.

Article 4 – Change of Possession – Foul before change

Where a foul occurs during a play in which possession changes, before possession is gained, such as on a kick, intercepted forward pass, or fumble recovery -

- a) Foul before possession is lost – Apply penalty at PLS, point of possession, or PBD at option of non-offending team.
- b) Ball in flight – Apply penalty at the point of possession or PBD.
- c) Loose Ball – Apply penalty at PF or at the PP, or PBD as appropriate if the foul is in the area of recovery of the ball, or the recovery of the ball is affected.
 - Apply penalty at PP if the foul was in an area remote from the point of recovery, where the foul did not affect the recovery of the ball, or at the PBD.

Article 5 – Change of Possession – Foul occurs after change

Where a foul occurs after possession has changed, the non-offending team shall have the option of having the penalty applied at the PBH at the time of the foul, or at the PBD.

Article 6 – UR or RP in end zone after change of possession

If the foul occurs after Team B has gained possession in their own end zone and the ball goes dead in the end zone (exception – Intercepted Forward Pass, Rule 6-4-11).

- a) UR or RP by Team A before ball is dead.
 - Penalty: No score. UR 15 yard (15 metre) penalty applied at the 10, B 1D and 10 on B 25.
 - RP – 25 yard penalty applied at the 10, B 1D and 10 on 35 and disqualification.
- b) UR or RP by Team B before ball is dead.
 - Penalty: Score allowed, UR 15 yard (15 metre) penalty, or RP 25 yard (25 metre) and disqualification, applied on the subsequent play.
 - Note: If the B infraction occurs on an intercepted FP by B in the end zone, Rule 6-4-11 applies.
- c) UR or RP by Team A or B after the ball is dead.
 - Penalty: Score allowed, if applicable. UR 15 yard (15 metre) penalty applied on the subsequent play.
 - RP – disqualification and 25 yard (25 metre) applied on the subsequent play.

Article 7 – Illegal Interference – Loose Ball

When an Unnecessary Roughness or Rough Play foul also constitutes illegal interference, affecting the recovery of a fumble or loose ball:

- Penalty: – option to the non-offending team
- L15 (UR) or L25 (RP) – PF, 1D or
 - L15 (UR) or L25 (RP) – PBD, 1D (if the non-offending team recovers)

Note: First down is awarded for UR or RP by Team B (automatic) or is awarded for the Illegal Interference affecting the recovery of the loose ball by Team A.



Article 8 – Forward Pass

Where illegal interference also includes UR or RP:

The UR or RP penalty will be added to the distance penalty for illegal interference.

- Team A – L15 PLS for Ill. Int., plus L15 for UR or L25 (RP), and DR
- Team B – if PF is less than 15 from PLS - L15 from PF for UR or L25 (RP) , and 1D
 - if PF is more than 15 from PLS - L15 from PLS for Ill. Int., plus L15 for the UR or L25 (RP), and 1D
 - if PF is behind the PLS, L15 from PLS for UR or L25 (RP), and 1D

Article 9 – Convert

The penalty will be applied as follows:

- (a) Foul by Team A
 - 1. Convert successful – Team B option -
 - allow score, apply penalty on the kick off.
 - disallow score, apply penalty at PLS, and repeat convert.
 - disallow score, repeat convert at PLS, and apply penalty on the kick off.
 - 2. Convert unsuccessful – L15 (or 25) on subsequent kick off.
- (b) Foul by Team B
 - 1. Convert successful – Team A option
 - accept score, apply penalty on the kick off
 - decline score, apply penalty at PLS, and repeat convert
 - decline score, repeat convert at PLS, and apply penalty on the kick off.
 - 2. Convert unsuccessful – Team A option
 - apply penalty at PLS and repeat convert
 - repeat convert at PLS and apply penalty in the kick off

Article 10 – Score

- a) Foul by Team A before score – B option L15 PLS DR, or PBH if the foul occurs after distance gained, or allow score and apply the penalty on subsequent play.
- b) Foul by Team B before score – A option plus 15 PLS 1D, or PBH if the foul occurs after distance gained, or accept score and apply the penalty on subsequent play.
- c) Foul by Team A or Team B after score. The score is allowed and the penalty will be applied on the subsequent play.

Note: In (a), (b) and (c), if the subsequent play is a convert attempt, the penalty may be applied on the convert or on the kick off following the convert attempt.

Article 11 – After the Ball is Dead

When the foul occurs after the ball has been declared dead, the down has been used, and the penalty shall be applied at the PBD.

- 1.2 D – Penalty applied at PBD, downs continue (unless the required distance is gained by the play or the penalty is against Team B).
- 3D – DG – Penalty applied at PBD, Team A 1st D and 10.
 - DNG – Continuity of downs interrupted. Ball awarded to Team B. Penalty applied at PBD Team B 1D and 10.

Note: Piling on is a foul which occurs after the ball is dead. If this occurs on a 3rd D, when DNG, the ball is automatically awarded to Team B when it becomes dead. The piling on foul cannot award the ball back to Team A, so the penalty of the automatic 1st down does not apply.



Section 6: Dual and Double Fouls**(CB40)****Article 1 – Dual Foul**

Dual Fouls occur when each team commits one or more fouls on the same play.

Article 2

With the exception of Unnecessary Roughness and Rough Play, dual penalties will be administered as follows:

- a) Both penalties must be accepted for the dual penalty rule to apply. If one team declines the penalty, the remaining penalty is applied as a single penalty.
- b) If both penalties are accepted, in general, the distance penalties will be adjusted at one of 4 points. These points, as shown in the following articles are – PLS, PBH at the time of the first foul, the Point of Possession (PP) or PBH at time of second foul if the first foul was No Yards, 5-yard version.
- c) The teams have the option of acceptance of penalty as determined by the sequence in which the offences occurred, e.g. First offence by A – First option to B.
- d) If one of the dual fouls is a non-distance foul, it shall be applied as a 10 yard (10 metre) penalty – e.g. Illegal F.P. interference by Team B, less than 15 yds (15 metre) from PLS.
- e) A «restraining zone» foul is an «in flight» foul for the purpose of this rule.
- f) Pass Interference by Team B is not an automatic first down in a dual foul situation.
- g) Where both fouls are UR or RP, the automatic 1D for the B foul will not apply. The distance penalties will be adjusted at the appropriate point of application.
- h) In balancing dual penalties, where one of the penalties is normally non restricted (Pass Interference, Unnecessary Roughing or Rough Play) the balanced application will be restricted.

Example: Team A 2D-10 on B8. A1 goes offside, B1 is called for U.R.

Ruling: A offside – 5 yards B UR 15 yards

Difference is a 10-yard application which is restricted

Possession A 1D and Goal on the B4

- i) If first foul is illegal interference on a loose ball, possession will go to the non-offending team and all other penalties will be applied from this spot. Note if both teams commit loose ball interference, the first will be applied as loss of ball, the second as a 10-yard penalty.

Article 3 – Application of Penalties

The penalties will be adjusted at the appropriate point of application of the first foul. If the first foul is UR or RP, the non-offending team shall have the option of adjusting the penalties at the appropriate point of application of the first or second foul.

Article 4 – Double (fouls by one team)

When a team has been guilty of two or more infractions on the same play, the non-offending team may take its choice of one of the penalties. If one of the fouls is UR or RP, Objectionable Conduct, or No Mouthguard, it shall be added to the penalty chosen, at the point of application of the penalty chosen.

Where UR or RP occurs before a change of possession and another penalty such as Holding or Illegal Block occurs after the change of possession, if the UR or RP penalty is chosen to cancel the change of possession, the other penalties are not applied (except another UR or RP).

If the other penalty is accepted, and the change of possession remains, the point of application is PBH, and the UR or RP penalty will be added to that penalty.

Fouls on repeated converts – if a team fouls on a convert, and the non-offending team chooses to apply the penalty on the kick off, fouls by the same team on repeated convert attempts may be added to the first penalty and applied on the kick off at the option of the non-offending team.

If 2 or more fouls occur on any convert, or repeated convert, the non-offending team shall choose to apply the penalty at PLS or on the kick-off for each foul independently.



The Canadian Amateur Rule Book for Tackle Football



CANADA

Rule 9

Miscellaneous

Rule 9 — Miscellaneous

Section 1: Definition

(CB44)

Article 1 – Screening

Screening is interference without direct contact.

Article 2 – Tackling

Tackling is the act of grasping or encircling the ball carrier with the hands or arms.

Article 3 – Offside

A player is offside if the ball has last been touched by a teammate behind him/her.

- Exceptions
- Lateral or onside pass
 - Hand off pass
 - Forward Pass

An offside player is put onside when (a) the ball touches an opponent or (b) the ball is touched by the kicker or onside player, except for a dribbled ball.

Section 2: Interference on Change of Possession

Article 1

A team may interfere with the opponents anywhere within bounds after obtaining possession by legally recovering (a) an opponent's fumble, (b) a dribbled ball, (c) a blocked kick, (d) a kick off, (e) a scrimmage kick, (f) a return kick, or by (g) intercepting an opponent's pass.

Interference is restricted to at or above the waist.

As soon as the ball has been touched by the opponents on a kick, or possession has changed on an intercepted pass, a blocked kick, or recovered fumble, the line of scrimmage and the neutral zone loses any significance, with respect to blocking above the waist restrictions.

Section 3: Interference when Ball Not in Possession

(CB44)

Article 1

- a) A player shall not interfere with an opponent attempting to recover a ball which is loose from a fumble, blocked kick, dribbled ball, or wild snap from centre.

Penalty: Field of Play – Ball awarded to non-offending team at PF., automatic 1st down.

End zone – Rule 8, Section 4, Articles 1-a-4, 1-b-5, 2-a-3 and 2-b-2.

- b) Players who make contact in a simultaneous and bona fide effort to recover the ball shall not be penalized for illegal interference.

Section 4: Continuity of Downs

(CB44)

Article 1 – Consecutive Downs

«Consecutive» shall mean possession in a continuous series of downs on which the ball is in possession of one team.

Article 2 – Continuity Interrupted

The continuity of downs is interrupted:

- a) When Team A gains the required distance for first down.
- b) When Team A fails on 3rd down to gain the required distance for 1st down.
- c) When Team B obtains possession of the ball – by recovering a fumble, intercepting a pass, by any other legal play, or by penalty (touching the ball is not possession).
- d) When there is a loose ball on a play from scrimmages, (e.g., fumble, blocked kick, etc.) and Team B dribbles the ball.
- e) When the ball is punted, drop kicked or place kicked over the line of scrimmage. A ball dribbled over the line of scrimmage by A does NOT interrupt the continuity of downs.

Note: When the ball is kicked (but NOT dribbled) by Team A over the line of scrimmage and is legally recovered by Team A, before the ball has been touched by Team B across the line of scrimmage, 1st down is awarded to Team A only if the required distance for 1st down is gained.



- f) When the ball is kicked out of bounds, strikes the opponent's goal post assembly in flight on a kick from scrimmage, is blocked directly out of bounds by Team B, or is last touched by Team B before going out of bounds.
- g) When a score is made.



Rule Modifications

Rule 1 Section 4 Article 1 – Recommendation to have 24 players

It is recommended that Teams have a minimum of 24 players dressed to start the game.

Rule 1 Section 5 Article 2 – Time stops

For any game of less than 48 minutes it is recommended that time stops as the first down distance has been made. Time stops after the ball is dead.

6–A–Side Football

- Any place in the rule book where the term 12 players is used, substitute the term 6 players.
- Any place in the rule book where reference is made to 20 yards substitute with 10 yards.
- For placement of the ball, on all occasions, subtract 5 yards from the indicated number.
- Exception – The ball must not be placed on the 5 yard line unless by reason of penalty.
- The Playing Field:
 - a) The field shall be 100 yards long (Goal line to goal line) and 40 yards wide.
 - b) End zones shall be 10 yards deep.
 - c) The 20 and 40 yard lines shall be of double thickness.
 - d) Hash marks shall be located 13 yards from the side lines. If the natural boundary of the field is less than 10 yards behind the goal lines, such boundary shall be the dead line.
- The length of the game shall be 40 minutes of playing time, divided into four periods of 10 minutes each.
- The three-minute stop-time provision at the end of the 2nd and 4th quarters outlined in the rule book shall be played as **two minutes at then end of the 2nd and 4th quarters.**
- At the instant the ball is put into play, at least 3 players of the offensive team must be stationary on the line of scrimmage.
- The centre is an eligible pass receiver if they line up on the end of the line of scrimmage and is wearing an eligible receiver's number. Any other player on the line, not occupying the outside position is an ineligible receiver.
- The convert after a touchdown in 6-A-Side football will be worth (2) points, if kicked, and that a convert that involves running or passing the ball into the end zone is worth one (1) point.

9–A–Side Football

- Any place in the rule book where the term 12 players is used, substitute the term 9 players.
- Any place in the rule book where reference is made to 20 yards substitute with 15 yards.
- For placement of the ball, on all occasions, except of converts, subtract 5 yards from the indicated number.
- The Playing Field:
 - a) The field shall be 100 yards long (Goal line to goal line) and 50 yards wide.
 - b) End zones shall be 15 yards deep
 - c) The 20 and 40 yards lines shall be of double thickness.
 - d) Hash marks shall be placed 15 yards from each side line. If the natural boundary of the field is less than 15 yards behind the goal line, such boundary shall be the dead line.
- The length of the game shall be 48 minutes of actual playing time, divided into four periods of 12 minutes each for all playoffs. A 15 minute rest period shall be allowed at the end of the second period – or other rest period as the teams do mutually agree on.
- At the instant the ball is put into play, at least 5 players of the offensive team must be on the line of scrimmage.



10 or 12 A-Side Football

These rule modifications are implemented to enhance age appropriate football skills development and safety. The modifications support Football Canada's Long Term Athlete Development Model and Skill Development Progression. The Skill Development Progression was developed by coach experts as part of Football Canada's National Coaching Certification Program.

These rules apply when the 10 or 12 a-side game is being played. At this time the rule modifications apply to pre-high school levels of play.

It is recognized that, at this time, not every province has adopted the same age parameters (birth dates) for their two-year age bands within each stage of development. PSOs will make the determination to which age group the rule modifications will apply. What is critically important is that the rules modifications be applied to the age groups based on the developmental age of the players (playing experience) in each Stage of Development.

Penalty: L5-PLS

Fundamental Stage of Development - U9

Defense –

- Must present a static front with the offensive centre being uncovered.
- Each player on the defensive line must cover one offensive player except for the offensive centre.
- No cross plays are allowed by the linemen or stunts by the linebackers.
- Pressure can be applied by the defensive players who are positioned on the line of scrimmage.
- Pass defense will be man to man coverage.

Offense -

- No unbalanced line
- Minimum of 2 running backs
- No pre-snap motion by eligible receivers
- Only the Quarterback can throw a forward pass
- Running Backs cannot run a pass route from the backfield
- No cut blocks allowed across the entire offensive front
- At least one pass attempt in every three (3) plays

Learn to Train Stage of Development – U 11

Defense-

- 4 Defensive Linemen are mandatory
- Static Front with the offensive centre being uncovered.
- Each defensive linemen must cover one offensive player
- Pressure can be applied by a maximum of 4 players all positioned at the line of scrimmage at the snap of the ball
- Pass defense will be Man to Man coverage

Offense

- No unbalanced line
- Minimum of 2 running backs
- No formation with 3 receivers to one side of centre (trips)
- No pre-snap movement by eligible receivers or running backs
- Running Backs can now run a pass route from the backfield
- No cut blocking allowed across the entire offensive front
- At least one pass attempt in every three (3) plays



Learn to Train Stage of Development - U13

Defense

- 4 Defensive linemen are mandatory
- Static front with offensive centre being uncovered
- Each defense linemen must cover one offensive player
- Pressure can be applied by a maximum of 5 players, who must come from a position in the box
- Pass defense is Man to Man coverage

Offense

- No unbalanced line
- No formation without a running back
- No cut blocks allowed across the entire offensive front
- Running Backs can run pass routes from the backfield
- Formations with three (3) receivers to one side (trips) now allowed
- At least one pass attempt in every three (3) plays



Summary of Penalties

References:

- O – Official's Signal
- R – Rule
- S – Section
- A – Article
- P – Page

	O	R	S	A	P
Loss of 5 Yards (5 Metres)					
No Huddle after team time-out	21	1	5	4	5
Improper Equipment	24	1	11	1	10
Illegal Removal of Helmet	21	1	11	2	11
Alleged need for equipment, etc.	21	7	1	5	41
Imitation Ball	21	1	11	2	11
No Mouthguard	24	1	11	3	12
Creating Doubt (Wingline or Backfield)	21	4	1	4	21
Illegal Motion of Ball by Center	21	4	2	1	21
Misleading Tactics	21	4	2	2	22
a) Attempt to draw offside					
b) Team B voicing signals to draw offside					
Offside	20	4	2	3	22
a) Encroaching on Neutral Zone					
b) Contact offside					
c) Quick Scrimmage, defense offside					
d) Defensive Signal Caller not on own side of Neutral Zone					
Time Count prior to 3-minute warning	23	4	2	4	22
Illegal Scrimmage					
a) Less than 7 players on wingline	21	4	3	2	23
b) Improper numbering & position	21	4	3	3	23
c) Motion after 3 or 4 point stance	21	4	3	4	23
d) Wingline in motion prior to snap	21	4	3	4	23
e) One second pause by wingline players	21	4	3	4	23
Tandem Buck	21	4	6	3	25
Illegal Kick-Off					
a) Kick-off less than 10 yards (10 metres)	22	5	2	3	27
b) Kick-off out of bounds at sideline	22	5	2	3	27
c) Offside on kick-off	20	5	2	4	28
Pyramiding	21	5	3	5	30
Loss of 10 Yards (10 Metres)					
Team Appearing Late on Field	35	1	3	5	3
Comments for benefit of Officials	35	1	4	3	4
Unauthorized Delay of game	35	1	7	2	7
Player voluntarily leaves field and returns	29	1	10	8	10



	O	R	S	A	P
No Mouthguard (deliberate)	35	1	11	3	12
Illegal Substitution	29	1	12	2	13
a) Sub leaves on wrong side of field					
b) Sub enters after Team A breaks huddle					
c) Sleeper Play					
d) Messenger Players					
Excess Number of Players	32	1	12	3	13
Illegal Use of Sideline Privileges	29	1	13	1	13
Interference by unauthorized persons	36	1	13	4	14
Illegal number and entry of non-players	29	1	13	5	14
Time Count Violation after 3 minute warning	23	4	2	4	22
Holding Hands & Locking Arms	25	4	6	4	25
Interference on Kicker	36	5	5	1	32
Illegal Use of Hands, kicking team	25	5	5	3	33
Forward pass thrown from beyond LS	28	6	3	4	35
Second forward pass on same down	28	6	4	2	37
Ineligible Receivers					
Touches or catches pass	28	6	4	5	37
Downfield before pass thrown	31	6	4	5	37
Illegal Contact with Eligible Receiver	27	6	4	10	39
Holding or Encircling	25	7	1	1	41
Illegal Use of Hands & Arms	25	7	1	1	41
Illegal Block	26	7	1	2	41
Tripping	33	7	1	3	41
Contacting the kicker	33	7	1	4	41
Objectionable Conduct	35	7	4		46
Action to delay game	35	7	4		46
Illegal Interference in end zone – loose ball	36	8	4	2	49
Illegal Interference in end zone – loose ball	36	9	3		53
Loss of 15 Yards (15 Metres)					
Restraining Zone Foul on Kick or Return Kick	37	5	4	1	30
Kick touched by Offside Player after kick crosses LS	37	5	4	1	30
Pass Interference	36	6	4	10	39
Unnecessary Roughness	38				
Blocking from Rear (clipping)	38 & 47	7	3	15	45
a) Piling On	38 & 41	7	3	1	43
b) Tackling out of bounds	38	7	3	1	43
c) Contacting Passer	38 & 39	7	3	2	43
d) Contacting the Kicker	38 & 40	7	3	3	43
e) Contacting Place-Kick Holder	38 & 40	7	3	4	43
f) Grasping the face-mask	38 & 42	7	3	5	43
g) Head Tackling in open field	38	7	3	6	43



	O	R	S	A	P
h) Clotheslining	38	7	3	6	43
i) Spearing	38 & 45	7	3	7	43
j) Butt Blocking, Butt Tackling	38 & 45	7	3	8	44
k) Illegal use of hands & arms in a U.R. manner	38	7	3	9	44
i) Contact with fist, heel of hand or elbow					
ii) Cocking the blocking arm					
iii) Elbow Smash					
iv) Turning Body to add Force					
v) Contact with clasped hands					
vi) Striking opponent above shoulders					
l) Crack-back blocking	38 & 44	7	3	10	44
m) Delayed Knee Block	38	7	3	11	44
n) Protection center on scrimmage kick play	38	7	3	12	44
o) Horse collar	38 & 43	7	3	13	44
p) Hand to Face	38 & 46	7	3	14	44
q) Blindside Block	38 & 48	7	3	17	46
Blocking Below Waist					
a) After change of Possession	30 & 38	7	3	19	46
b) Kick offs	30 & 38	7	3	19	46
c) After recovery of blocked kick	30 & 38	7	3	19	46
d) Kicks from Scrimmage	30 & 38	7	3	19	46
e) Return Kicks	30 & 38	7	3	19	46
f) By kicking team	30 & 38	7	3	19	46
g) After Recovery of own Kick	30 & 38	7	3	19	46
h) After intercepted pass	30 & 38	7	3	19	46
(Unnecessary Roughness by Team B – 15 plus an automatic 1D)					
Loss of 25 Yards (25 Metres) & Disqualification					
Deliberate charging of Kicker, Passer or Receiver	50	7	2	1	41
Striking opponent with fist, heel of hand, knee, elbow or kicking	50	7	2	2	41
Butt Blocking, Butt Tackling or Spearing calculated to injure	50	7	2	3	41
Face Masking, calculated to injure	50	7	2	4	42
Any flagrant act of roughness or unfair play	50	7	2	5	42
Targeting	49 & 50	7	2	6	42
Loss of Down					
Time Count on 1D & 2D after 3-minute warning	23	4	2	4	22
Offside Pass	17	6	3	3	35
Forward Pass Striking an ineligible receiver	28	6	4	7	38
Deliberate Grounding by Passer	19	6	4	8	38
Team A penalty on own 1 yard (1 metre) line		8	3	4	46
Applicable Penalty Signal					



	O	R	S	A	P
No Distance Penalty					
No mouthguard warning	18	1	11	3	11
Improper registration		1	12	1	12
Restraining zone violation					
– short kick into group of players		5	4	2	31



Officials' Signals



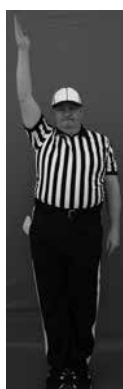
- 1 Touchdown, Field Goal or 2pt Convert**
Both arms extended above head



- 2 Safety Touch**
Hands together above head



- 3 Rouge or 1 pt convert**
One arm extended above head with 1 finger up



- 4 Time In**
Full arm circles



- 5 Time Out**
Criss-cross arms above head



- 6 Reset 20 second clock**
Run hand down fore-arm



- 7 First Down Awarded**
Stand parallel to ball with arm extended



- 8 First Down Repeated**
1 finger up



- 9 Second Down**
2 fingers up



- 10 Third Down**
3 fingers up



- 11 Request for Measurement**
Bring in motion with arms



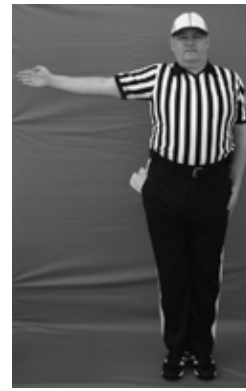
- 12 Penalty Declined**
Crossing arms in front



13 No penalty
Throw flag to ground and crossing arms in front



14 Forward Pass completed behind LOS
Extend arm above head



15 Lateral pass
Extend arm back parallel to ground



16 Incomplete Pass
Crossing arms at shoulder height



17 Offside Pass
Horizontal arc at shoulder height



18 No Mouthguard Warning
One hand behind head



19 Grounding
One arm pointing to ground other makes a passing motion



20 Offside
Move hands into waist



21 Procedure
Rote hands in circular motion



22 Illegal kickoff
Rote hands in circular motion with leg making kicking motion



23 Time Count
Extend arm parallel to ground and move in a circular motion



24 Improper Equipment
Both hands behind head





25 Holding

Grab wrist at shoulder height



26 Illegal Block

Grasping wrist and pushing forward from shoulder



27 Illegal Contact

One arm extended with open hand



**28 Illegal Forward pass
Ineligible receiver**

Both arms extend sideways



29 Illegal Substitution

Hand patting top of head



30 Blocking below the waist

Both fist striking the knees



31 Ineligible Receiver Downfield

Hands touching shoulders



32 Too Many Players

Both hands patting head



33 Contacting the Kicker

Raising leg in kicking motion and touching with hand



34 Tripping

Crossing one foot in front of the other



35 Objectionable Conduct

Waving hand behind back



36 Illegal interference

Both arms pushing away from shoulders with open hands



37 No yards

Arms folded at shoulder height



38 Unnecessary Roughness

Extended arm sideways with closed fist



39 Roughing the passer

Move arm in passing motion



40 Roughing the kicker

Swing leg in a kicking motion



41 Piling On

Moving hands in a chop-ping motion



42 Face Mask

Grasping motion at face level



43 Horse collar

Grabbing collar with hand



44 Crack back

Striking thigh with open hand





45 Spearing, Head leading Tackle, Head leading Block

Driving fist of one hand into palm of the other



46 Hands to the Face

Open palm of hand touching side of face



47 Block from the Rear

Striking Back of knee



48 Blind Side Block

Two closed fists coming together chest high



49 Targeting

Closed fist to the temple



50 Rough Play Disqualification

Chopping left wrist

The Canadian Amateur Rule Book for Tackle Football



CANADA

Case Book

Foreword

This Case Book contains rulings for play situations under the Canadian Rule Book for Tackle Football.
Additional rulings on play situations, or information on those included, may be obtained from the Editor:

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Published by:

Football Canada
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For information contact the Editor.

“The official who, through the influence of their presence, causes players to avoid rule violations has attained the perfect relationship to the game.”

T. H. Shouldice

June, 1969

Metric

Metric measurements have been introduced as an option since the 1982 Rule Book. The Case Book has not been changed to include the Metric options but it should be understood that the Case Situations may be read in either Metric or Imperial as appropriate.

Play Numbering

Plays are numbered serially and refer to the Section and Article that is being clarified. For example, under Rule 1, the number 5-1-2 refers to Section 5, Article 1, Play number 2. In the event there are no articles within a section a “0” is used as a placeholder in the second position. So for example, in Rule 9, Section 3 has no articles and the first sample play is numbered 3-0-1.

The bracketed numbers at the end of the ruling denote the Rule, Section, and Article which applies e.g. at the end of 5-1-2, the number (1-5-1-e) refers to Rule 1 Section 5 Article 1 (e).

In addition, in the Rule Book for Amateur Football, articles “starred” denote that there is at least one Case Book play for reference purposes.

C.F.O.A.

The Canadian Football Officials’ Association was formed in 1969 with the general objective of improving the quality of the officiating for the benefit of the game of Canadian football.

The Rules’ Committee for Amateur Football officially approved the Case Book as an official document with regard to rules. This means that the interpretations and rulings for all play situations have been approved and accepted by the Rules’ Committee and are official. Questionable points may be referred to the Editor.

By the use of this Case Book, a common interpretation of various plays will be used throughout Canada. That should be beneficial to football teams, and to officials as well. The use of the Case Book as a supplement to the Rule Book during clinics and for study during the season is a very valuable aid in the improvement of rule knowledge and understanding.

J. T. Gurney

June. 1983



Canadian Football Officials' Association Membership

Prince Edward Island:	Prince Edward Island Football Officials' Association
Nova Scotia:	Nova Scotia Football Officials' Association
New Brunswick:	New Brunswick Football Officials' Association
Quebec:	Quebec Football Officials' Association (APAFQ)
Ontario:	Ontario Football Officials' Association Brantford Football Officials' Association Bay of Quinte Football Officials' Association Chatham-Kent FOA Durham-York Football Officials' Association Eastern Ontario Tackle Football Officials' Association Georgian Bay Football Officials' Association Hamilton Football Officials' Association Kawartha Football Officials' Association Kingston Football Officials' Association Lakeshore Football Officials' Association London Football Officials' Association North Bay and District Football Officials' Association Sarnia Football Officials' Association Sault Ste. Marie Football Officials' Association St. Thomas Football Referees' Association Sudbury Football Officials' Association Toronto Football Officials' Association Waterloo-Wellington Football Officials' Association Windsor Football Officials' Association
Manitoba:	Manitoba Football Officials' Association Manitoba Football Referee's Association
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Alberta:	Calgary Football Officials' Association Central Alberta Football Officials' Association Edmonton Football Officials' Association Mighty Peace Football Officials' Association Southern Alberta Football Officials' Association
British Columbia:	British Columbia Football Officials' Association Lower Mainland FOA

Information on the Association may be obtained from the Secretary-Treasurer:



Rule 1 – Conduct of the Game

- 8-1-6 **Play:** A1 punts. Receiver B1 (a) drops to their knees before the ball reaches him/her and makes the catch while he/she is kneeling, or (b) catches the ball while standing, takes one step to their right and drops to one knee.
Ruling: In both (a) and (b) play is dead at the point when the player's knee touches the ground. (1-8-1h)
- 10-8-1 **Play:** A1 punt. The ball bounces near B1. While trying to recover the ball B1 runs out of bounds. B1 turns to come back in bounds, reaches over the sideline, and falls on the ball while their feet are still out of bounds.
Ruling: B1 must remain out of the play since he/she has gone out of bounds by misjudgment (1-10-8). When he/she touches the ball he/she causes the ball to become dead because it has gone out of bounds (1-10-1-a). Team B ball with a 10-yard penalty for illegal participation (1-10-8).
- 10-8-4 **Play:** A1 kicks off. B1 backs up to catch the ball and inadvertently steps out of bounds (a) in flight on its original trajectory and returns to the field of play to catch the ball or (b) after the ball has bounced off the ground or (c) just after he catches the ball.
Ruling: In (a) and (b) Team B ball with a 10-yard penalty for illegal participation. In (c) Team B ball at the out-of-bounds point. (1-10-8).
- 11-1-1 **Play:** On 2D and 10, Team A substitute 4 players – A7, A8, A9 and A10. As they line up for the snap the Referee notes that none of these players are wearing tailbone protectors. He/she whistles the play dead before the snap.
Ruling: L5 to Team A – 2D and 15. All 4 players must be removed with immediate substitution so the game is not delayed. Each of the players may enter the game legally only after they are properly equipped. (1-11-1)

Rule 4 – Scrimmage

- 2-2-1 **Play:** QB A1 sets Team A, voices "ready" and then leaves their position. Halfback A2 begins to call the rest of the signals receives the snap and throws a FP to A1. Lineman B1 (a) does not move (b) goes offside when A1 moves away from the centre.
Ruling: a) Legal Play. If B1 does not go offside there is no penalty to either team.
b) Penalty either for offside by Team B or misleading tactics by A1. If A1 makes a quick movement away from the centre without the ball being snapped, the foul is against A1. If any other action by A1 is judged by the Referee to be an attempt to draw Team B offside, the foul is against A1. The intent of A1 may be judged in several ways – did A1 leave their position quickly as if he/ she had possession of the ball; had A1 used a similar formation where the snap had been made on "ready" to precondition Team B to this type of snap, etc. (4-2-2, 4-2-3)
- 2-2-2 **Play:** QB A1 sets Team A and takes their position behind guard A52 with their hands under A52. Realizing the mistake and withdraws their hands to move behind centre A41. Wide defensive end B72 sees the movement by A1 as he/she withdraws from behind A52 and breaks across the LS.
Ruling: Penalty either for offside by Team B or misleading tactics by A1. If A1 makes a quick movement away from the centre without the ball being snapped, the foul is against A1. If any other action by A1 is judged by the Referee to be an attempt to draw Team B offside, the foul is against A1. The intent of A1 may be judged in several ways – did A1 leave their position quickly as if he/ she had possession of the ball; had A1 used a similar formation where the snap had been made on "ready" to precondition Team B to this type of snap, etc. (4-2-2, 4-2-3) Rule 6 – Passing
- 3-5-4 **Play:** Team A punt into the Team B end zone. Receiver B1 advances the ball, fumbles it from the end zone across the goal line where it (a) touches B2 at the B 3-yard line and goes out of bounds, or (b) is recovered by B2 at the Team B 3-yard line.
Ruling: In each case the ball is awarded to Team B since any player can legally recover a fumbled ball. (6-3-5-1). To rule as a rouge on this play, the offside pass must be the type of pass that would be subject to penalty (6-3-8-2) or be fumbled directly out of bounds (1-10-7).



- 3-8-4 **Play:** Team A 2D and 10 from A40. A32 runs the ball to the A45 seeing he is going to be tackled throws the ball forward to the A50, where B50 recovers and runs the ball back to the A30 B50 is hit hard so that the ball is fumbled, A12 recovers the fumble and runs it all the way for a touchdown.
Ruling: Team B option let play stand or return the ball back to the point of the offside pass by Team A with downs continuing. (6-3-1, 6-3-2).
- 3-8-5 **Comment:** It is important to remember that a Team can not end up with a situation better than the spot they make an offside pass from.
- 4-5-2 **Comment:** Team A players may block downfield prior to the ball being caught in the following situations:
1. A pass completed to an eligible receiver behind the LS.
 2. A pass dropped by an eligible receiver behind the LS.
 3. A pass overthrown to an eligible receiver behind the LS which lands beyond the LS.
 4. A pass tipped by an eligible Team A receiver behind the LS and is caught by an eligible receiver beyond the LS (6-4-5-d)
- 4-7-1 **Play:** Team A 1D and 10 on the Team A30-yard line. A1 throws a forward pass that strikes ineligible A50 on the back of the helmet and rebounds to (a) eligible A2 or (b) linebacker B28. The ball is blown dead at the Team A50-yard line.
Ruling: (a) Live ball. (6-4-5) (b) Interception by B, who has the option of retaining possession at PBD. (6-4-5)
- 4-9-13 **Play:** End A82 is made ineligible because A27 steps up on the line before the snap. A82 goes downfield on the forward pass and B1 interferes with him/her while the ball is in the air.
Ruling: A82 was made ineligible to go downfield and to catch the pass by the action of A27 even though this was unknown to A82. We would therefore have a dual foul Team A for an ineligible receiver downfield and Team B for Interference (6-4-9b, 8-6-3, 6-4-4)
- 4-10-10 **Play:** A85 runs a "down and out" pattern. As he/she makes their cut he/she pushes off B80 and makes a catch about 10 yards laterally from the point of contact.
Ruling: If the contact was caused by A85 there are 2 situations: (1) If the ball is not in the air at the time of the contact A85 is guilty of illegal block blocking downfield (6-4-9-a) or (2) If the ball is in the air A85 is guilty of pass interference. (6-4-10-a-note3)

Rule 7 — Fouls and Penalties

- 1-2-2 **Play:** Nose guard B42 is blocked from the rear on the LS by (a) guard A52 (b) flanker A26, who was outside the end when the ball was snapped (c) fullback A25 who was 4 yards behind the LS when the ball was snapped.
Ruling: (a) Legal block if it occurs between offensive tight ends within 2 yards on either side of the LS and the contact is above the knee. In (b) and (c) illegal block – neither A26 nor A25 were in the 4-yard area when the ball was snapped. (7-1-2)
- 3-10-1 **Comment:** Crack-Back Blocking. There are 4 elements in this rule – position, direction of motion, zone and point of contact. By asking the following questions about each element it can easily be determined whether the block is legal or illegal.
Position – Is the player:
- (a) positioned (standing or in motion) 3 or more yards outside the block below the waist area when the ball is snapped or
 - (b) initially positioned 3 or more yards outside the block below the waist area but has moved to less than 3 yards from the area when the ball is snapped or
 - (c) initially positioned less than 3 yards from the block below the waist area but moves to a position 3 or more yards outside the area and then moves back to less than 3 yards from the close line play area, either before or after the snap of the ball.
- Motion** – Does the player move toward the point from which the ball was snapped (that is the definition of "moving in the direction of the ball")?

Grey shaded type denotes a change from the last case book based on the new changes or clarifications for 2021-2022.



Rule 1 – Conduct of the Game

Section 1: The Field

1-8-1 **Play:** Team A has the ball, 3D. A1 punts the ball and it lands on Team B's 3-yard line, rolls to the goal line, hits the flag on goal line at the corner, rolls into end zone and out of bounds.

Ruling: The flags are located in bounds therefore Team A would score 1 point. (1-1-8)

1-9-1 **Play:** The officials arrive at a game site to find that the goal posts have not been padded.

Ruling: The officials should not work the game until appropriate padding has been provided. In the event of player injury the officials may be held liable for allowing the game to proceed in contravention of a rule designed for safety. All Provincial Associations and Officials' Associations should notify their leagues of the mandatory requirement and that game officials have been instructed that they are not to work games unless the rules are enforced. (1-1-9) Cases for Rule 1 – Conduct of the Game

Section 3: The Game

3-6-1 **Play:** During the first half of an overtime period, Team A scrimmage as 1D on the Team B 35-yard line. They attempt a forward pass that is intercepted by B27 at the B 15-yard line. B27 runs the ball back to the B 30-yard line where the player fumbles and the ball is recovered by A42 who runs to the B 8-yard line where they are tackled and downed.

Ruling: A-1D-Goal at B8

3-6-2 **Play:** During the first half of an overtime period, Team A scrimmage as 1D on the Team B 35-yard line. They attempt a forward pass that is intercepted by B27 at the B 15-yard line. B27 runs the ball back to the B 30-yard line where he/she fumbles and the ball is recovered by A42 who runs the ball in to the end zone for a touchdown.

Ruling: A touchdown is scored. After the Team A convert attempt Team B will scrimmage the ball at the 35-yard line to start their half of the first overtime period. (1-3-6)

3-6-3 **Play:** During the first half of an overtime period, Team A scrimmage as 1D on the Team B 35-yard line. They attempt a forward pass that is intercepted by B27 at the B 15-yard line. B27 runs the ball the length of the field and scores a touchdown.

Ruling: The game is over. Team A lost possession on their attempt and Team B's defense has scored the winning points. (1-3-6)

3-6-4 **Play:** Team A score a touchdown on their possession during the first half of an overtime period. They attempt a 2-point convert by a forward pass. B32 intercepts the pass and starts to run toward the Team A goal area.

Ruling: The play should be blown dead as soon as Team B takes possession. Other than for the exceptions noted in Rule 1-3-6, normal rules of Amateur Football apply

3-6-5 **Play:** During the first series of an overtime period Team A attempt a field goal which is blocked by Team B. Team A recover the kick that never crossed the line of scrimmage and run for a touchdown.

Ruling: Six points for Team A and Team B begins its series of the overtime period after the Team A convert attempt. (1-3-6, 5-3-1)

3-6-6 **Play:** During the first series of a period, B10 intercepts a forward pass on their own 3-yard line and runs back in to their own end zone to evade a potential tackler. He/she is tackled in the end zone.

Ruling: Score two points for Team A. Team A's series is over. Team B will put the ball in play as 1D and 10 on the 35-yard line at the same end of the field. (1-3-6)

3-6-7 **Play:** During the first half of an overtime period Team A attempt a field goal from the B 32-yard line. During the play A67 is called for Unnecessary Roughness. The field goal is good.

Ruling: Team B option: (a) apply the UR from PLS and have Team A replay the down from the B 47-yard line or (b) allow the FG to stand and start their series from the B 20 -yard line. (1-3-6, 8-5-1, 8-5-4, 9-4-2-(e))

3-6-8 **Play:** During the first half of an overtime period Team A attempt a field goal which is wide. B7 return kicks the ball out of the end zone to an A player in the field of play. B16 is guilty of No Yards and the ball is downed in A possession in the field of play.

Ruling: A 1D 10 after No yards penalty is applied.



- 3-6-10 **Play:** During the first half of an overtime period Team A scrimmage on the Team B 35-yard line as 1D. On the play the Team A ball carrier fumbles the ball, it is touched by B23 and recovered by A27 at the Team B 33-yard line. Following the recovery of the fumbled ball, A27 runs the ball in for a touchdown but A53 is called for holding while the ball is at the Team B 28-yard line.
Ruling: Even though the ball has been loose and recovered by Team A, there has been no change of possession since the touching by B does not constitute possession. Normal rules of football apply. Team B are very unlikely to allow the touchdown to stand so the penalty will be applied at PLS (yards were not gained at PBH of the foul) resulting in Team A 1DR at the Team B 45-yard line.
- 3-6-11 **Play:** During the first half of an overtime period Team A scrimmage on the Team B 35-yard line as 1D. On the play the Team A ball carrier fumbles the ball, and it is recovered by a B player who runs it back for a touchdown. During the touchdown run, Team B is penalized for holding.
Ruling: Team B has not legally scored. The penalty nullifies the score. Team A have lost possession so Team B will scrimmage as 1D at the appropriate 35-yard line to start the second half of the overtime period.
- 3-6-12 **Play:** After the game has ended in a tie, with overtime required, B1 commits UR.
Ruling: This is a dead ball foul so the regular game is over. The penalty will be applied against B1's team on the first series of the first overtime period. (8-5-11)

Section 5: Timing

- 5-1-1 **Play:** After the 3-minute warning Team A has 3D on the Team B 5-yard line. A1 scores but A52 is offside. What are Team B's options regarding ball positioning and the start of the clock?
Ruling: Team B option: decline the penalty and allow the score; or accept the penalty and allow Team A 3DR. Team B may wish to decline the 5 yard penalty because it gives Team A a better angle for a field goal. This is permissible on any play. In this case Team B may accept the penalty and the yardage – Team A 3DR on the Team B 10-yard line, clock starts on the snap, or Team B may accept the penalty and decline the yardage – Team A 3DR on the Team B 5-yard line, clock will start on the snap. (1-5-1-h, 1-5-1-i, 8-1-4)
- 5-1-2 **Play:** After the 3-minute warning has been given in a period an inadvertent whistle is blown. When should the clock start on the next play?
Ruling: The clock will start in the same way as if the whistle had been correct as follows:
 If the ball is in possession of a player and the team chose to continue play from point ball held the clock will start on the Referee's signal. If the team chooses to replay the complete play the clock will start in the same manner as it did for that play (1-5-1-e, 1-8-1 note 4 (1)).
- 5-1-3 **Play:** After the 3-minute warning Team A are 2D and 5 on the Team A 35-yard line. A51 breaks their stance before the snap and the play is whistled dead.
Ruling: Option to Team B: (1) L5, Team A 2D on the A 30 yard line, clock will start on the snap; (2) Decline the yardage, Team A 2D on the A 35 yard line, clock will start on the snap; (3) Decline the penalty, Team A 2d on the A35 yard line, clock will start on the signal of Referee when he/she leaves the ball, providing previous play started on the ready(1-5-1-1)
- 5-2-1 **Play:** On the last play of the game Team A concede a safety touch or has a safety touch scored against them. Does Team B have a choice regarding a kickoff or has the game ended with the 2 point score?
Ruling: Game is over if playing time expired before whistle blew to signal the score. It is not a foul to concede or have a safety touch scored against a team. (1-5-2-g)
- 5-4-1 **Play:** Team A calls a time out. After 30 seconds Team A captain indicates he/she wishes to resume play.
Ruling: Unless Team B indicates that they are also ready for play the Referee will allow the time out to continue for the full time and then begin play. (1-5-4)
- 5-4-2 **Play:** Captain A1 is given an option on a penalty and wishes to confer with the coach before deciding.
Ruling: This is legal provided Team A calls one of the two time outs they are allowed in each half. There is no restriction on the purpose for which a time out is called. (1-5-4)
- 5-4-3 **Play:** After a time out A75 stays on the playing field near their bench sideline. Team A (a) runs for 1D (b) throws a pass to A25 on the opposite sideline from the Team A bench.
Ruling: While neither play in (a) and (b) is a sleeper play and would be legal under 1-12-2-d, A75 is violating Rule 1-5-4 which requires a player to return to their huddle after a time out or coaches' conference. Team A is called for IP. (1-5-4)



- 5-4-4 **Comment:** If Team A has not been using a huddle during the game after a time out it is not necessary for all players to form a huddle to conform to 1-5-4. However all Team A players must come well back into the field away from their bench area before assuming their positions for the next play to conform to the intent of the rule and avoid deceiving tactics. (1-5-4)
- 5-6-1 **Comment:** In any situation on the last play of the game where the ball is whistled dead before it is put into play the penalty shall be applied and the play repeated. There is no option to the offending team of refusing the penalty (except the yardage) to end the half. They cannot accept the play since a play has not taken place. The ball must have been put into play for this option to be given. (1-5-6)
- 5-6-2 **Play:** On the last play of the game Team A fail to get their field goal kicker into the game. QB A1 takes over 20 seconds and the Referee whistles the play dead. The field goal kicker A2 now substitutes.
Ruling: Although A1 has taken advantage of the rule to accomplish the substitution of A2 there is no option to Team B to refuse the penalty and end the game, however B may refuse the distance penalty. The penalty is applied and Team A will put the ball into play. (1-5-6, 4-2-4)
- 5-6-3 **Play:** On the last play of the game (a) Team A goes offside and makes contact or (b) Team B goes offside and makes contact. The play is whistled dead immediately.
Ruling: In both (a) and (b) the non-offending team has 3 options: (1) accept the penalty L5 and the clock starts on the snap; (2) decline the yardage and have the clock start on the snap; (3) Decline the penalty and have the clock start on the signal of the Referee as he/she leaves the ball, providing previous play started on the ready (1-5-6 and 1-5-1)
- 5-6-4 **Play:** Last play of game, Team A attempts a field goal from Team B's 45-yard line that is wide. B1 punts the ball out of the Team B end zone. A2 receives the ball on the Team B 20-yard line and punts it back into the end zone and out of bounds. During the sequence a holding penalty is called on A3. If the holding occurs:
1. While the ball is in the possession of B1 in the Team B end zone:
Ruling: Team B option: allow 1 point score to Team A and the game is over; or accept the penalty for Team A holding, giving Team B the ball with penalty applied from the 10 yard line 1 play (1-5-6, 8-4-4).
 2. While the ball is in the air on the return kick by B1:
Ruling: Team B option: allow 1 point score to Team A and the game is over; or accept the penalty for the Team A holding, giving Team A the ball L10 from point of possession and 1 play to take place. (1-5-6, 5-5-1-a-2)
 3. While the ball is in possession of A2 at the Team B 20-yard line and the infraction occurs in the Team B end zone or at the Team B 5-yard line:
Ruling: Team B option: allow 1 point score to Team A and the game is over; or accept the penalty for the Team A holding, giving Team A the ball with L10, therefore Team A has a down at the Team B 30-yard line. (1-5-6, 8-2-3)
 4. While the ball is in the air on the return kick by A2 and the infraction is in the Team B end zone or at the Team B 5-yard line:
Ruling: Team B option: allow 1 point score to Team A and the game is over; or accept the penalty for Team A holding, giving Team B the ball with penalty applied from the 10 yard line 1 play. (1-5-6, 5-5-1).
- 5-6-5 **Play:** On the last play of a half A1 punts into the Team B end zone. B2 holds tackler A2 in the end zone to allow punt receiver B1 to advance the ball to the B 10-yard line.
Ruling: Option to Team A: (1) accept the penalty and a rouge (1 point) and allow Team B one play at the B 35-yard line; (2) accept the penalty and a rouge (1 point) and terminate the quarter; (3) decline the penalty, no score and terminate the quarter where the ball was dead at the B 20- yard line. (1-5-6, 8-4-1-(b)-1, 3-2-4).
- 5-6-6 **Comment:** On the last play of the game, where a penalty occurs which awards the ball, such as Illegal Interference on a loose ball, the ball is awarded to the non-offending team and they are entitled to one play unless the penalty is declined. (1-5-6)



- 5-6-7 **Play:** Last play of the game, Team A on 3D fail to gain yards and commits Unnecessary Roughness, Objectionable Conduct or Rough Play (a) before or (b) after the whistle.
Ruling: In (a) if B chooses to accept the penalty they will have one play, or they can choose to end game and applied at the beginning of the overtime if there is one. In (b) the game is over, and the penalty is applied at the beginning of the overtime if there is one. (1-5-6).
- 5-6-8 **Play:** Last play of the game. Team A ball carrier gains 40 yards to the B 10-yard line, sees that he/she is going to be tackled and commits UR on tackler B1. Is the UR penalty mandatory and if so, does Team A get another play.
Ruling: The UR penalty is only mandatory to the extent that a non-offending team does not have to choose an option of play or penalty. Team B may refuse the UR penalty in order to terminate the game or B may accept the UR penalty and allow Team A another play. (1-5-6, 8-1-4)
- 5-6-9 **Play:** On the last play of the half A1 scores a touchdown. B1 is called for UR (a) during the play or (b) after the play but before the convert.
Ruling: Team A has 3 choices in the application of the penalty in either (a) or (b), The penalty may be applied on the convert with the ball being placed on the 1 yard line; or the penalty may be applied on a kick off by Team A that will be the last play of the half; or Team A may choose to have the penalty applied on the opening play of the 2nd half. (1-5-6)
- 5-6-10 **Comment:** The question has been raised – why would Team A wish to have another play in the first half in order to have the penalty applied then. Wind conditions along with the penalty and a good kick off player might give them the opportunity to score a single point on the play without the concern of a long run back. This situation might not be available to Team A to start the 2nd half. The application of the penalty on the convert provides more incentive for a 2 point conversion since the attempt can be made from the 1 yard line.
- 5-6-11 **Play:** Last play of (a) 1st quarter, (b) 2nd quarter, or (c) 4th quarter. A1 kneels to ground the ball and is called a second time for No Mouthguard.
Ruling: In each case the quarter is over. In (a) the penalty is applied on the opening play of the 2nd quarter. In (b) the penalty is applied on the opening kick off of the 3rd quarter. In (c) the penalty is applied on the opening kick off for the 1st overtime or it is not applied at all if there is no overtime. (1-11-3, 1-5-6)

Section 6: Possession

- 6-4-1 **Play:** Team A has 2D and 10 on the Team A 35-yard line. A1 fumbles the ball, B1 dribbles the ball and A2 recovers on the Team A 20-yard line.
Ruling: The continuity of downs has been broken by the Team B dribble so Team A will have a 1D at the PBD if Team A retain possession. (1-6-4, 9-4-2)

Section 7: Live Ball

- 7-1-1 **Play:** A1 punts from the A 5-yard line. Team B block the kick into the Team A goal post.
Ruling: The ball remains alive and in play since it has touched a player before touching the goal post. (1-7-1-i)
- 7-2-1 **Play:** A75 has gone off the field bleeding. Team A requests the 2-minute time out. A75 returns after 1 1/2 minutes. B18 requests the full 2 minutes be taken.
Ruling: No. The rule states a maximum of 2 minutes for the player involved. When the player or their team is ready to resume the Referee will resume play. (1-7-2)
- 7-2-2 **Play:** A56 goes down with a knee injury. The Team A coach requests the 2-minute time out.
Ruling: Team A may use a regular time out if they wish. However, the maximum 2-minute time out is exclusively for bleeding or blood saturated equipment. (1-7-2)
- 7-2-3 **Comment:** Should an official sustain a wound that is bleeding or have blood saturate some portion of their uniform the official must remain out of the game until such time as the bleeding has been treated or the uniform has been cleansed. If necessary, the remaining members of the crew will adjust in their absence.



Section 8: Dead Ball

- 8-1-1 **Play:** Ball carrier A1 slips or is contacted by B1 so that he/she falls on top of prone A2. No part of A1 other than their hands or feet touches the ground. A1 rises from the body of A2 and advances the ball.
Ruling: The ball should be whistled dead when A1 falls on top of A2 (1-8-1-i).
- 8-1-2 **Play:** Ball carrier A1 is attempting to score from the 1-yard line. The line players of both teams pile up in front of him/her so that as he/she attempts to advance he/she falls on the pile of bodies and momentum carries them into the end zone.
Ruling: Touchdown. This play differs from Play 8-1-1 in that A1 is not lying on top of a prone player but is still in motion on a group of bodies. In this case the necessity to protect A1 is not present. Where short yardage type plays are involved this situation may often happen and it would not be justifiable to take away a score or a 1D in such circumstances. (1-8-1-h)
- 8-1-3 **Play:** A1 is the holder for a FG. He/she receives the ball with one knee on the ground and then (a) throws a pass to A2 while still on one knee, or (b) stands up to throw a pass to A2, or (c) fumbles the ball as he/she attempts to place it, recovers it and runs for a 1D, or (d) fumbles the ball as he/she attempts to place it, recovers it and sets it up for the FG.
Ruling: (a) Illegal play – the ball is alive with A's knee on the ground only for the attempted FG. When A1 throws the pass he/she makes the ball dead at that same instant and the play should be whistled dead at the point of the pass where the knee was down. (b) Legal play – A1 can throw a pass as long as their knee is off the ground, even a small amount, so that it is not touching the ground. (c) and (d) Legal play provided A1 recovers the ball without again touching the ground with any part of their body other than their hands and feet. In (d) he/she may again go to one knee to hold the ball for the FG. (1-8-1-h-1)
- 8-1-4 **Play:** Team A attempt a field goal. The snap is high and holder A, who is on one knee, stands up to catch it and drops to their knee again to hold the ball for the kick.
Ruling: Legal play. Holder A may be on one knee, both knees, or crouched with neither knee on the ground and, after receiving the ball, go to one or both knees to hold for the place kick. (1-8-1)
- 8-1-5 **Play:** Team A attempts a field goal. The snap is high and holder A stands up to catch it, fumbles the attempted catch and falls on it. He/she then (a) sets it up for a field goal try or (b) attempts to run the ball.
Ruling: The ball is dead when A falls on it for the purpose of recovery. It should be whistled dead immediately to prevent any further action. If a player has to fall on a ball to recover it he/she is in a vulnerable position in attempting to get up and therefore should be protected by whistling the play dead. If Team A can make the recovery without falling on the ball then a field goal attempt can be made. However, if the recovery is made with any part of the body other than the hands or feet touching the ground a running or passing play is not allowed. (1-8-1)
- 8-1-6 **Play:** A1 punts. Receiver B1 (a) drops to their knees before the ball reaches him/her and makes the catch while he/she is kneeling, or (b) catches the ball while standing, takes one step to their right and drops to one knee.
Ruling: In both (a) and (b) play is dead at the point when the player's knee touches the ground. (1-8-1h)
- 8-1-7 **Play:** The ball is loose as a result of a snap from centre without being touched by another player. An inadvertent whistle is blown.
Ruling: Team A retains possession at PLS DR (1-8-1 note 4-2).
- 8-1-8 **Play:** Team B attempt to receive a punt but fumble the catch and the ball goes loose. The Back Umpire blows the whistle in error.
Ruling: Although B was not in possession of the ball treat the attempted catch as if possession had been gained and then lost. B option B 1D and 10 at point of fumble of the catch or repeat complete play from PLS (1-8-1 note 4-2).
- 8-1-9 **Play:** Team A attempt a FG. The ball is fumbled and, while it is rolling loose, A1 kicks the ball from the ground and it goes over the cross bar between the posts. The Back Umpire, who thinks it was a good FG attempt, whistles the play dead.
Ruling: The ball has been whistled dead in the end zone. Team B option: allow Team A 1 point and Team B 1D at the B 35-yard line or PLS if the attempt was made from outside the 35-yard line; or Team A PLS DR. (1-8-1 note 4-3)



8-1-10 **Play:** On the last play of the game an attempted field goal goes wide into the end zone. While the ball is in flight the whistle is blown in error.

Ruling: Team B option: allow 1 point to Team A; or repeat the down by Team A at the PLS. Although this was the last play of the game and no foul occurred, the official's error could have serious effect on the outcome. Team B may be seriously affected by a 1 point score against them while Team A may have lost the chance to score 1 point. Note if the ball goes directly out of bounds in flight the whistle had no bearing therefore A would receive 1 point and game is over. (1-8-1 note 3, 6 & 7)

8-1-11 **Play:** B1 receives a Team A punt in the Team B end zone. He/she carries the ball out of the end zone to the Team B 2-yard line where he/she is blocked heavily by A64 and knocked back into the Team B end zone (a) where he/she immediately falls to the ground (b) recovers their balance, breaks to their left and is subsequently tackled in the end zone (c) retains their balance and runs the ball out of the end zone and is tackled on the Team B 4-yard line.

Ruling: In (a) Rule as ball dead at the B 2-yard line (point of forward progress). Team B 1D and 10 at the B-20 yard line. (b) Safety Touch (c) Team B 1D at the B 4-yard line. (1-8-1 -NOTE 3, 5-4-2g).

Section 9: End Zone

9-1-1 **Comment:** Rule 1 Section 9 Article 1. By definition, if any part of the ball is on, over or behind the plane of the goal line, the ball is in the end zone, regardless of the direction traveled. Also by definition, the goal posts on the goal line are considered part of the end zone. (1-9-1)

9-1-2 **Play:** Goal posts are located on the goal line with padding that extends about 3 inches into the field of play. If A1 touches the padding of the B goal post with the ball has a touchdown been scored?

Ruling: Yes. Padding is a part of the goal post. (1-9-1)

Section 10: Out of Bounds

10-1-1 **Play:** Ball carrier A1, running near the sideline, touches tackler B1 who is standing on the sideline (a) with their arm to ward off B1, or (b) with the ball.

Ruling: (a) The ball is still in bounds. The touching of player B1 by A1 does not cause A1 to be out of bounds. (1-10-1-b "... except ... another player who is out of bounds ...") (b) The ball is out of bounds because of touching a player who is out of bounds. (1-10-1-a)

10-1-2 **Play:** Team A's ball carrier fumbles the ball near the sideline. He/she falls and while he/she is lying across the sideline he/she recovers the ball that is in bounds. A player of Team B was the last man to touch it prior to the recovery.

Ruling: Ball goes to Team B. Since the Team A player is out of bounds he/she cannot legally take possession of the ball. Team B was last to touch ball prior to this illegal recovery. (1-10-1, 1-10-5)

10-1-3 **Play:** A loose ball bounces in bounds at the Team A 40-yard line and crosses the sideline in the air. B1 leaps from in bounds and bats the ball back in bounds before the ball or B1 touches the ground or any object out of bounds. The ball lands at the Team A 45-yard line in bounds and B1 then lands out of bounds.

Ruling: The ball has not been out of bounds and is alive and in play. (1-10-1)

10-2-1 **Play:** Ball carrier A1 is trying to make a 1D and dives forward as he/she goes out of bounds. He/she (a) lands on the boundary line with the ball on the 45-yard line and their feet on the 44-yard line or (b) crosses the boundary line in the air, with the ball at the 45-yard line and their feet drag across the boundary line at the 44-yard line.

Ruling: The ball is awarded to A at the point where the ball, not the player, crossed the line. In each case the correct spot is the 45-yard line. (1-10-2)

10-2-2 **Play:** Team A kick off. The ball goes 12 yards and has crossed the sideline in the air when A1 leaps from in bounds and (a) bats the ball to out of bounds, or (b) catches the ball and lands out of bounds, or (c) bats the ball so it lands in bounds.

Ruling: The ball is still in bounds until it touches OB. A1 retains in-bounds status until he/she touches OB. In (a) possession to A for last touching the ball before it went OB. In (b) possession to A for carrying the ball OB. In (c) the ball is alive and in play. (1-10-2, 1-10-5)

10-3-1 **Play:** A1 fumbles the ball from the B 2-yard line into the Team B end zone. B1 kicks the ball out of bounds in the end zone.

Ruling: No score. Team B, 1D at the B 20-yard line. (1-10-3-b)



- 10-3-2 **Play:** A loose ball is dribbled by B1 from the A 2-yard line across the A goal line and out of bounds in the end zone.
Ruling: Team B score 1 point. Team A 1D and 10 at the A 35-yard line. “Last touched” rule does not apply to a kicked ball. (1-10-3, 3-2-4)
- 10-5-1 **Play:** Team A 3D and 5 at the A 40-yard line. A1 gains 1 yard, fumbles, and the ball goes OB without touching any other player at the A 48-yard line.
Ruling: Team B, 1D at the Team A 41-yard line. The ball is first returned to Team A at the A 41, which is the point of last touching, since this is the closest point to the goal line of the team entitled to possession – Team A. Now the decision is made about 1D. Team A has not made 1D at that point. The continuity of downs is broken and the ball is awarded to Team B at the A 41-yard line. (1-10-5)
- 10-5-2 **Play:** Ball carrier A1 fumbles the ball at the B 5-yard line. It strikes B1 at the B 2-yard line and rolls into the end zone and out of bounds.
Ruling: No score. The ball is awarded to Team B at the B 2-yard line – the point of last touching on the field of play. It is not a safety touch because Team A is responsible for the ball going into the B end zone. (1-10-5, 3-2-3)
- 10-6-1 **Play:** Ball carrier A1 fumbles the ball at the B 2-yard line into the B end zone. Offside A2 (a) recovers the ball in the end zone or (b) touches it in the end zone and it goes OB.
Ruling: In (a) Offside players may legally recover a fumble so touchdown to Team A. (6-3-5-1) In (b) the ball goes to Team A at the B 2-yard line and downs continue. (1-10-6-b)
- 10-6-2 **Play:** On 1, 2 or 3D Team B block an A punt. The ball is rolling dead on the A 2-yard line. B1 dives at the ball and knocks it into the A end zone where it (a) goes directly OB, or (b) is touched by A1 and then goes OB.
Ruling: No score because the ball did not go into the end zone as a direct result of the blocked kick. In (a) the ball is returned to Team B at the A2 yard line, 1D and goal In (b) the ball is awarded to Team A at the A 20 yard line. (1-10-6, 5-3-4b)
- 10-7-1 **Play:** On 1D, 2D, or 3D ball carrier A1, in their own end zone, fumbles the ball over the goal line to out of bounds at the A 3-yard line.
Ruling: Team B option: on 1D or 2D accept 2 points for safety touch or allow Team A to scrimmage at the 3-yard line, downs continue. On 3D, a safety touch (2 points) is scored or Team B have the option of accepting the ball 1D at the Team A 3-yard line. (1-10-7)
- 10-7-2 **Play:** On (a) 2D and 10 to go or (b) 3D and 10 to go from the A 1-yard line ball carrier A1, in their own end zone, fumbles the ball over the goal line and out of bounds at the A 12-yard line.
Ruling: In (a) Team B option: accept 2 points for safety touch or allow Team A to scrimmage at the 12-yard line, 1D. In (b) Team B option: accept the 2 points for safety touch or take possession of ball as Team B 1D at the Team A 12-yard line. (1-10-7-b)
- 10-8-1 **Play:** A1 punt. The ball bounces near B1. While trying to recover the ball B1 runs out of bounds. B1 turns to come back in bounds, reaches over the sideline, and falls on the ball while their feet are still out of bounds.
Ruling: B1 must remain out of the play since he/she has gone out of bounds by misjudgment (1-10-8). When he/she touches the ball he/she causes the ball to become dead because it has gone out of bounds (1-10-1-a). Team B ball with a 10-yard penalty for illegal participation (1-10-8).
- 10-8-2 **Play:** A1 punt. B1 touches the ball, A2 touches the ball, and B1, while trying to recover the ball, runs out of bounds. B1 turns to come back in bounds, reaches over the sideline, and falls on the ball while their feet are still out of bounds.
Ruling: B1 must remain out of the play since he/she has gone out of bounds by misjudgment (1-10-8). When he/she touches the ball he/she causes the ball to become dead because it has gone out of bounds (1-10-1-a). The ball belongs to A at that point (1-10-8).
- 10-8-3 **Play:** The ball is scrimmaged on Team A’s 35-yard line as 1D and a pass play develops. Eligible pass receiver A1 is running downfield along the sideline and unknowingly steps on the sideline for 4 or 5 yards. The pass is thrown and he/she very clearly catches the ball in the field of play and is tackled on Team B 40-yard line.
Ruling: B option: allow play to stand or L10 PLS DR for Team A. (1-10-8)



10-8-4 **Play:** A1 kicks off. B1 backs up to catch the ball and inadvertently steps out of bounds (a) in flight on its original trajectory and returns to the field of play to catch the ball or (b) after the ball has bounced off the ground or (c) just after he catches the ball.

Ruling: In (a) and (b) Team B ball with a 10-yard penalty for illegal participation. In (c) Team B ball at the out-of-bounds point. (1-10-8).

10-8-5 **Play:** A1 kicks off. A72 goes out of bounds to avoid being block gets down field and jumps on the ball.

Ruling: A72 has gone out of bounds and should remain out of play. A72 is called for illegal participation. Team A ball with a 10-yard penalty being applied. (1-10-8)

Section 11: Uniform & Equipment

11-1-0 **Comment:** Equipment designed to protect the player and reduce the risk of injuries has been clearly specified by the rules. Officials should immediately remove any player who is not properly equipped and not permit their re-entry until the situation has been corrected. Officials should be aware that no agreement between coaches or players will absolve them from liability in case of injury to a player who is allowed to play knowingly without the specific equipment. The coach is responsible for ensuring that their players are properly dressed. It is not intended that the officials should check all players before the game but at any time before or during the game, if illegal or inadequate equipment is noticed, the player must be removed until properly equipped. To ignore the inadequate or illegal equipment may place the official in jeopardy of liability in case of player injury. (1-11-1)

11-1-1 **Play:** On 2D and 10, Team A substitute 4 players – A7, A8, A9 and A10. As they line up for the snap the Referee notes that none of these players are wearing tailbone protectors. He/she whistles the play dead before the snap.

Ruling: L5 to Team A – 2D and 15. All 4 players must be removed with immediate substitution so the game is not delayed. Each of the players may enter the game legally only after they are properly equipped. (1-11-1)

11-3-1 **Comment:** The mandatory requirement of wearing a mouthguard is for the protection of the player. It has been definitely proven, through experience that a properly fitted mouthguard, worn correctly, will eliminate both tooth and mouth damage and prevent cerebral concussion. Coaches and team administrators should not try to avoid the use of the mouthguard by claiming breathing problems or mouth deformity and by obtaining a medical or dental certificate to allow the player to play without a mouthguard. This is not in the spirit of the rule and a coach should not jeopardize the safety of the athlete unless it is definitely a medical or dental necessity. Officials' Associations should exert their influence on league convenors to adhere to all rules in the rule book that are designed to protect the player and avoid injury – specifically, mouthguards, footwear, mandatory equipment and playing and coaching tactics. Officials should also call the infraction when it is discovered, not wait for someone to call the infraction to their attention.

11-5-1 **Comment:** This rule requirement is to place the responsibility for proper equipment for the players on the Head Coach. Officials, particularly the Referee and Umpire, should ensure that this certification is provided during the pre-game conference with each coach. If formal score sheets, including player lists, are provided it is acceptable if the Head Coach initials or signs the score sheet as evidence of such certification. Failure to obtain this certification may place the officials in a jeopardy position from a liability standpoint. (1-11-5)

Section 12: Players and Substitutes

12-2-1 **Comment:** Rule 1-12-2 states that a player must leave the field by the most direct route and must go off on the side on which their bench is located. Here judgment is necessary to prevent such an infraction from occurring. The officials should not allow a player to leave the field on the opposite side from the bench. The official should avoid penalties for this type of infraction wherever possible through preventive action. (1-12-2)



Section 13: Non Players

13-3-1 **Play:** When may a player or players have a conference with the coaches?

Ruling: During any official time out. This includes a team time out (1-5-4) or occasions when the clock is stopped by the officials for an injury, a measurement for 1D, etc, when a significant time delay occurs. (1-13-3)

13-5-1 **Play:** The game clock is stopped when the Referee calls for a measurement. A1 drops to one knee and asks for the trainer. The trainer is signaled to come in and checks A1 while the measurement is being taken. The trainer OKs A1 and leaves the field before the measurement is complete.

Ruling: A1 must leave the game for minimum 3 plays. The safety of the players is the important factor.



Rule 2 — Officials

Section 1: Designation of Officials

- 1-3-1 **Comment:** The Rules' Committee has given formal recognition to varying sizes of officiating crews by including 3, 4, 5, 6 and 7 member crews in the Rule Book. The use of different numbers of officials is dependent on a number of factors – the availability of the requisite number of trained officials, the level of football being played and the financial ability of the league. For this reason, the number of officials to be used in a league should be in accordance with the needs of the league, especially in the 5 and 6 official crews. In the C.J.F.L. (Junior) and U Sport of football, the game has developed to the stage where less than 5 officials cannot provide adequate coverage and the use of 6 – 7 officials is beneficial. However, financial considerations must be kept in mind and only by agreement with the leagues should the numbers be increased. The CFOA/Football Canada training manual provides information on positioning, mechanics and responsibilities for different sizes of crews. (2-1-3)

Section 3: Referee

- 3-4-1 **Comment:** The Rule Book places the prime responsibility for the count of downs and control of the Downsbox and distance chain on the Referee with assistance from the Down Judge. (2-3-4) (2-6-4) This does not remove the responsibility from the other field officials to ensure that the down is correct and that the distance chain is placed correctly. (2-2-1) It is recommended that the following procedure should be used for moving the distance chain, the Downsbox, and for changing the Downsbox number displayed.

The Referee – After each play the Referee shall signal the number of the next down and he/she shall visually check to assure that the Downsbox number indicates the correct number of the next down. Each time the distance chain should be moved the Referee shall signal it to be moved and he/she shall check to assure that it is stationed in the proper location before he/she signals "Time In" for the next play.

The Down Judge – After each play he/she shall repeat the Referee's signal of the number of the next down and shall check to assure that the Downsbox is placed in the proper location and that the Downsbox number indicates the correct number of the next down. If the Down Judge does not agree with the down number as signalled by the Referee the Down Judge must immediately check with the Referee to assure that any disagreement is solved before the ball is again put into play. Only on signal from the Referee shall the Down Judge direct the distance chain to be moved and he/she then shall check to assure that it is stationed in the proper location.

Downsbox Official – Only on signal from the Referee and the Down Judge will the Downsbox Official change the location of the Downsbox and/or the number of the next down. If the Downsbox Official does not agree with the down number as signalled by the Referee and/or the Down Judge the Downsbox Official must immediately report any disagreement to the Referee before the ball is next put into play.

Yardstick Official – will move the distance chain only on signal from the Referee and the Down Judge.

All Field Officials – Prior to every down, check to assure that the Downsbox is displaying the correct number of the next down. If you are in disagreement immediately check with the Referee before the ball is again put into play.

When there is even a remote possibility of a Measurement being required – When the ball becomes dead and there is a possibility of a measurement being required DO NOT MOVE THE BALL from where it becomes dead until the Referee checks to see if yards have been gained.

- 3-9-1 **Play:** Punter A1 kicks the ball directly out of bounds.

Ruling: The Referee is responsible for marking a ball that leaves the field in flight on a punt. For this reason it is recommended that the Referee's position on a punt should be on the wide side of the kicker in order to line up the kicker and ball if it is punted directly out of bounds. (2-3-9)

Rule 3 — Scoring

Section 2: Definition

- 2-1-1 **Play:** Pass receiver A2 leaps to receive a pass at the Team B 3-yard line, gains possession in the air, crosses the Team B goal line in the air with the ball and lands on the end zone sideline 2 yards behind the goal line.
Ruling: Incomplete pass – no score. Although the ball has crossed the plane of the goal line in the air the player has not established an in-bounds position to complete the pass and keep the ball alive. The same ruling would apply if the player was already in the end zone, leaped to gain possession of the pass in the air, and landed on the deadline. To score on a pass play, the pass must be legally completed which means the player must establish an in-bounds position. (3-2-1)
- 2-1-2 **Play:** Pass receiver A1, in the Team B end zone, leaps to receive a forward pass while moving toward the Team B goal line. Before he/she crosses the goal line in the air he/she clearly gets possession of the ball. A1 then lands (a) on the field of play at the Team B 1-yard line or (b) on the sideline on the 1.
Ruling: A1 has gained possession of the ball in the Team B end zone so a touchdown is awarded provided the forward pass is complete. In (a) the pass is complete – touchdown scores. In (b) incomplete pass since A1 did not come down in bounds – no score. (3-2-1, 6-4-7)
- 2-2-1 **Play:** Team A attempt a field goal. The ball contacts (a) A1 or (b) B1, before it crosses the LS; or (c) B2 or (d) A2 after it crosses the LS. The ball continues in flight over the cross bar between the goal posts.
Ruling: Field goal scored in (a), (b) and (c). In (d) a restraining zone foul by A2 has occurred. (3-2-2, 5-4-1)
- 2-2-2 **Play:** A2 is running with the ball. He/she drop kicks the ball over Team B crossbar and between the uprights.
Ruling: Field Goal scored. (3-2-2)
- 2-2-3 **Play:** A1 attempts a field goal. The ball crosses the bar but is blown back into the field of play.
Ruling: Field Goal scored. As soon as the ball crosses the bar, between the posts, a score has been made and the ball is dead. (3-2-2)
- 2-3-1 **Play:** Team A punt from their own 3-yard line and the kick is blocked in the field of play by either B1 or A2. The ball bounces into the end zone and goes dead in the end zone in possession of A1.
Ruling: A Safety Touch is scored – 2 points to Team B. Option to Team B – Team B will scrimmage at the Team B 35 -yard line or kick off from the Team B 35-yard line or Team A will kick off from the Team A 35-yard line. (3-2-3, 5-3-4-a)
- 2-3-2 **Play:** (a) QB A1 or (b) punt receiver B1 or A2, receiving a return punt in their own end zone, attempts to advance the ball out of the end zone and is tackled at the goal line. The ball goes dead with part of the ball lying on the goal line and part of it ahead of the goal line.
Ruling: (a) Safety Touch. (b) Rouge. By definition the ball is in the end zone if it is touching the goal line or plane of the goal line (1-9-1). The forward point of the ball is significant only in the determination of 1D and not in determining its position with respect to the end zone. (3-2-3, 3-2-4)
- 2-3-3 **Play:** A1 kicks from their own end zone. The ball hits the goal post assembly and rebounds to go dead in Team A possession in the end zone.
Ruling: Safety Touch. (3-2-3)
- 2-3-4 **Play:** Team A 2D on the Team A 15-yard line. A1 tries to pass but, while being sacked, fumbles the ball at the Team A 5-yard line. The ball rolls into the end zone where (a) A2 falls on the ball (b) A2 kicks the ball over the end zone sideline.
Ruling: In (a) Safety Touch to Team B (2 points). Team A caused the ball to go into their own end zone even though the contact by Team B during the sack caused the fumble (3-2-3). In (b) Safety Touch – A2 kicking the ball out of bounds in the end zone is the same as falling on the ball. (3-2-3, 1-10-3-b)
- 2-4-1 **Play:** A1 fumbles the ball into the Team B end zone. B1 touches it, then A2 touches it and the ball goes out of bounds.
Ruling: No score. The ball is awarded to A1 at the point of fumble. (3-2-4, 1-10-6)



- 2-4-2 **Play:** Punter A1 punts into a short end zone. The ball (a) strikes the ground in the end zone and bounces out of bounds in the end zone (b) strikes receiver B1 and bounces out of bounds in the end zone (c) lands outside the end zone without touching the ground or a player within bounds.
Ruling: In (a), (b) and (c) Team A has scored a rouge, Team B 1D at the B 35 -yard line. (3-2-4)
- 2-4-3 **Play:** A1 fumbles the ball at the Team B 5-yard line. It hits B1 at the B 2-yard line and then goes into the Team B end zone and out of bounds.
Ruling: No score. The ball is awarded to Team B at the 2-yard line. (3-2-4, 1-10-5)
- 2-4-4 **Play:** A1 fumbles the ball at the Team A 2-yard line. It hits B1 at the Team A 3- yard line, rebounds into the Team A end zone, and goes dead in Team A possession.
Ruling: No score. Ball is awarded to Team A at the Team A 20-yard line. The ball has not been kicked into the Team A end zone by Team B. Treatment is the same as a fumble into the end zone. (3-2-4, 1-10-6)
- 2-4-5 **Play:** B1 receives a punt, fumbles the ball from the end zone over the goal line where it hits A1, rebounds into the end zone and goes dead in B possession.
Ruling: No score. The ball is awarded to Team B at the B 20-yard line. The ball has not been kicked into the end zone by A1. Therefore it is treated in the same way as a fumble, or a batted ball by A1. (3-2-4, 1-10-6)
- 2-4-6 **Play:** Ball carrier A1 fumbles the ball at the Team A 5-yard line. B1 kicks the ball into the end zone where onside B1 touches it before it goes OB.
Ruling: Rouge – the ball was kicked into the Team A end zone. Team A 1D at the Team A 35- yard line. (3-2-4, 6-3-5)
- 2-4-7 **Play:** Ball carrier A1 fumbles the ball at the Team A 5-yard line. B1 dribbles the ball into the end zone where offside B2 (a) touches it before it goes OB or (b) recovers the ball.
Ruling: Team A option: (a) allow a rouge to Team B and take possession as 1D@ A 35 or accept penalty no score and Team A 1D @ A 20. (b) Accept penalty Team A 1D@A20 or allow team B to score a touchdown. (5-6-c)
- 2-4-8 **Play:** A1 punts the ball into the Team B end zone. Onside A2 bats the ball out of bounds in the end zone.
Ruling: A rouge (1 point) has been scored by Team A. Team B will then have 1D at the Team B 35-yard line. (3-2-4)
- 2-4-9 **Play:** On 3D Team A attempt a field goal from the Team B 20-yard line. They fumble the snap and it rolls free on the ground. The kicker, in desperation, kicks the loose ball and it rolls over the line of scrimmage and into the end zone. One of Team A is very clearly within the 5-yard restraining zone when a Team B man falls on the ball.
Ruling: No penalty for restraining zone violation on the dribbled ball. A rouge has been scored by Team A. (3-2-4, 5-4-1)
- 2-4-10 **Play:** B1 receives a punt at the Team B 3-yard line while moving quickly toward the Team B goal line. Their momentum carries them into the Team B end zone where they is ultimately tackled by A2.
Ruling: A rouge is scored. Possession is considered to be obtained in the end zone when the momentum of B1 causes him/her to enter the end zone. (3-2-4)
- 2-4-11 **Play:** B1 receives a punt at the Team B 3-yard line. He/she begins to run sideways and turns into the end zone where he/she is ultimately tackled by A2.
Ruling: Safety Touch. The momentum of B1 while making the catch was not the cause of B1 entering the end zone. (3-2-4)
- 2-4-12 **Play:** B1 attempts to catch a punt in the field of play. They fumble the ball and it rolls into their end zone where it goes dead in Team B possession.
Ruling: Rouge is scored – 1 point. The ball is considered to have been kicked into the end zone. (3-2-4)
- 2-4-13 **Play:** Team A punt into Team B end zone. B1 returns the punt, it strikes the goal post assembly and then goes dead in the Team B end zone in Team B legal possession.
Ruling: Rouge is scored – 1 point since Team A kicked the ball into the end zone. (3-2-4)



- 2-5-0 **Comment:** The change in penalty application on converts has been initiated to prevent intentional fouls, primarily by the defences, that were normally declined by Team A on successful converts. Offside where Team B attempt to time a rush and fail often results in very heavy contact since Team A linemen are unprepared. However, such contact does not fit into the UR category and hence can go unpenalized. Holding, Offside and other such fouls that are declined often lead to situations of retaliation to the detriment of the play.
- It was felt that, to be equitable, all penalties by either team should be treated in the same way in order to eliminate the intentional aspect.
- 2-5-1 **Play:** When does a convert end?
Ruling: A convert ends when the ball becomes dead as follows: (3-2-5)
- a) Kick
 - when the ball crosses the bar
 - when the kick is unsuccessful
 - b) Ball Fumbled or Dribbled
 - when possession of the ball is obtained by Team A and the ball goes dead or possession is gained by Team B or the ball goes out of bounds
 - c) On Team A Running Play
 - when the ball goes dead in possession of Team A outside the goal line
 - when the ball in possession of an Team A player is in the end zone or touches the plane of the goal line to score the successful convert
 - when possession is obtained by Team B, such as an intercepted pass
 - when the ball goes dead because of an incomplete pass
- 2-5-2 **Play:** On a successful convert by Team A from the Team B 5-yard line A1 is called for offside and A2 is called for UR a) during the play or b) after the play is completed.
Ruling:
- a) Team B option:
 - 1) decline the score, apply the penalties (5 + 15) and repeat the convert;
 - 2) decline the score, apply the offside, repeat the convert at 10, apply the UR on the kick off;
 - 3) decline the score, repeat convert at PLS, apply the penalties (5 + 15) on the kick off; or
 - 4) allow the score, and apply the penalties (5 + 15) on the kick off.
(3-2-5, 8-5-1, 8-5-9, 8-6-12)
 - b) Team B option:
 - 1) allow score, apply the penalties (5 + 15) on the kick off;
 - 2) decline score, apply the penalty (L5) and retry the convert, apply the UR on the kick off; or
 - 3) decline score, retry the convert, and apply the penalties (5 + 15) on the kick off.
(3-2-5, 8-5-1, 8-5-9, 8-6-12)
- 2-5-3 **Play:** Team A attempt a convert from the 5-yard line. During the convert (a) A1 or (b) B1 is called for Objectionable Conduct, or No Mouthguard for the 2nd time.
Ruling: Objectionable Conduct or No Mouthguard fouls are administered as per 7-4 and 1-11-3. Neither type of foul changes the result of the play and the distance penalty is applied at the point where the ball would have been put into play if no foul had occurred. In either (a) or (b) the play stands and it will not be repeated. The penalty will be applied on the subsequent kick off. (3-2-5)



Rule 4 — Scrimmage

Section 2: Method of Scrimmage

- 2-1-1 **Play:** Team A attempt to punt on 3D on the A 40-yard line. The ball slips from the hands of the centre and rolls 3 yards back of the line of scrimmage: a) The centre turns and falls on the ball or b) picks up the ball and laterals it back to kicker A1 who punts the ball.
Ruling: Both (a) & (b) constitute illegal action by the centre since another player has not been in possession of the ball prior to the centre handling it a second time. Team B option to accept L5 or the play. (4-2-1)
- 2-1-2 **Play:** The centre of Team A snaps the ball back between their legs but doesn't release the ball, holding it between their legs. The QB fakes taking the ball. The centre stands still and a halfback takes the ball from the centre and advances the ball.
Ruling: Legal play. There is no limit to the time that the centre holds the ball before another player takes it to complete the "snap" process. (4-2-1)
- 2-1-3 **Play:** The centre of Team A snaps the ball back between their legs but doesn't release the ball, holding it between their legs. The QB fakes taking the ball. The centre, still holding the ball, moves forward or backward or laterally before the halfback takes the ball.
Ruling: Illegal. The centre has become a ball carrier without completing the snap and should be flagged for Illegal Procedure. (4-2-1)
- 2-2-1 **Play:** QB A1 sets Team A, voices "ready" and then leaves their position. Halfback A2 begins to call the rest of the signals receives the snap and throws a FP to A1. Lineman B1 (a) does not move (b) goes offside when A1 moves away from the centre.
Ruling: a) Legal Play. If B1 does not go offside there is no penalty to either team.
 b) Penalty either for offside by Team B or misleading tactics by A1. If A1 makes a quick movement away from the centre without the ball being snapped, the foul is against A1. If any other action by A1 is judged by the Referee to be an attempt to draw Team B offside, the foul is against A1. The intent of A1 may be judged in several ways – did A1 leave their position quickly as if he/ she had possession of the ball; had A1 used a similar formation where the snap had been made on "ready" to precondition Team B to this type of snap, etc. (4-2-2, 4-2-3)
- 2-2-2 **Play:** QB A1 sets Team A and takes their position behind guard A52 with their hands under A52. Realizing the mistake and withdraws their hands to move behind centre A41. Wide defensive end B72 sees the movement by A1 as he/she withdraws from behind A52 and breaks across the LS.
Ruling: Penalty either for offside by Team B or misleading tactics by A1. If A1 makes a quick movement away from the centre without the ball being snapped, the foul is against A1. If any other action by A1 is judged by the Referee to be an attempt to draw Team B offside, the foul is against A1. The intent of A1 may be judged in several ways – did A1 leave their position quickly as if he/ she had possession of the ball; had A1 used a similar formation where the snap had been made on "ready" to precondition Team B to this type of snap, etc. (4-2-2, 4-2-3)
- 2-4-1 **Comment:** Team A exceeds the 20-seconds in putting the ball in play. This is a whistle play. To administer otherwise, e.g. to flag the play after the snap, might lead to other infractions by either team and result in dual and/or double penalties. Also, unless the clock is stopped by the whistle and signal of the Referee, additional time would be wasted. (4-2-4)
- 2-4-2 **Play:** There is 30 seconds left in the game with Team A 3rd down and 10 and the clock is running when the Referee blows the whistle. After 15 seconds, Team A substitutes their punting unit onto the field.
Ruling: Referee will stop time and Team A is allowed to substitute as per the substitution rules. However, Team A only receives the remaining 5 seconds to snap the ball.
- 2-4-3 **Play:** Time is blown in and with 1 second left on the play clock, the game is stopped for a Team B injury.
Ruling: Team A is allowed a fresh 20 seconds in order to put the ball into play.



- 2-4-4 **Play:** With 60 seconds left in the game with Team A 3rd down and 10 and the clock is running when the Referee blows the whistle. Team A plans to run the play clock down to 1 second and then take a time out. When the Referee blows the whistle, the game clock starts but the play clock does not.
Ruling: The Referee is to reset the game clock to 60 seconds and the play clock to 20 seconds and then restart the process.

Section 3: Requirements for Legal Scrimmage

- 3-1-1 **Play:** A85 reports in as an ineligible receiver and lines up at right guard on a 2D and 4. The Play is stopped. A85 stays in at the same position for the next play.
Ruling: Legal play. Inappropriately numbered players must report in to the Referee on every play, as the play has not occurred player is recognized as still reported. Note that players can now report for a play, a series or a game. (4-3-1).
- 3-1-2 **Play:** Team A sends in three inappropriately numbered players on a short yardage play. They report to the Referee.
Ruling: Legal Play. There is no limit to the number of inappropriately numbered players who may report in for a play. (4-3-1)
- 3-2-1 **Play:** Team A has 10 players on the field. They line up with (a) 6 personnel on the line (b) 5 personnel on the line (c) 4 personnel on the line.
Ruling: Legal in (a) and (b) illegal in (c). The reduction in line players cannot be greater than the number of players short. NOTE: The player reduction can be any of the seven line-players (5 ineligible 2 eligible). (4-3-2).
- 3-3-1 **Comment:** Rule 4 Section 3 Article 3. This rule states that on all scrimmage plays at least 5 interior line players must be identified as ineligible receivers and that one player must be identified as an eligible receiver at each end of the line.
Please note that there are no restrictions to exceeding these limits nor is there any restriction on the numbering of the backfield. The restriction may come with the eligibility to receive a pass.
To exaggerate, look at the following:
- | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|-----------|
| 45 | 25 | 65 | 55 | 75 | 54 | 64 | 24 | 84 | Line |
| | 61 | 12 | 62 | | | | | | Backfield |
- This formation is legal. It has 5 interior linemen identified as ineligible receivers 65, 55, 75, 54, 64 It has an eligible receiver at each end of the line 45 and 84 but 25 and 24, although wearing eligible receiver numbers are ineligible pass receivers because of position in the line; and 61 and 62 although in the backfield are ineligible pass receivers because of numbering.
- 3-3-2 **Play:** Team A line up with A64 in the backfield. A2 takes a long snap from the centre and hands the ball forward to A64 who is 2 yards behind the LS. A64 gains 30 yards on the play.
Ruling: Legal play. The hand off pass from A2 to A64 is legal (6-2) and A64 may be a ball carrier. (4-3-3, 4-3-1)
- 3-3-3 **Play:** Formation:
- | | | | | | | | | |
|----|----|----|----|----|----|----|----|--|
| 87 | 83 | 55 | 75 | 54 | 64 | 74 | | |
| | | | | 26 | | | 30 | |
| | | 23 | | 28 | | 29 | | |
- A passing play develops as follows: as signals are being called, A87 moves back into the backfield and A30 moves up on the line. The ball is then snapped.
Ruling: Legal play. The shift created a proper alignment with five ineligible in the middle and an eligible receiver at each end of the line. (4-3-3)
- 3-4-1 **Comment:** Section 3 Article 4. This rule also states that a line player, AFTER assuming a 3- or 4-point stance, may not move. It does NOT state that a line player must take such a stance. A 2-point stance is legal and a line player may move in this stance, provided he/she is stationary for 1 full second immediately prior to the snap. Exception 4.3.2 (B)



- 3-4-2 **Play:** Centre A42 goes over the ball and places their hands on the ball ready for the snap. As the QB comes up behind him/her A42 takes their hands off the ball to stand up and speak to the QB. Is this illegal procedure?
Ruling: The centre may break their stance under such a situation provided that the player takes their hands off the ball in a way that is not designed to mislead the other team in order to draw Team B offside. (4-3-4)
- 3-4-3 **Play:** Tackle A62 comes up to the line of scrimmage in a 2-point stance. Just at the count of 3, as the ball is being snapped, he/she drops into a 3-point stance and drives forward across the line.
Ruling: Illegal procedure. A62 did not maintain a stationary position for 1 full second just prior to the ball being snapped – L 5. (4-3-4)
- 3-4-4 **Play:** On a punt, in order to snap the ball the distance required, the centre “bobs” their rear as part of the snapping motion.
Ruling: The centre is allowed some movement during the snap. (4-3-4) If the motion as described is part of the action of snapping the ball and is done each time, it is legal. If the centre makes the bobbing motion and does not snap the ball and Team B go offside, it should be interpreted as misleading tactics designed to draw the defense offside. (4-2-2)

Section 5: Interference

- 5-1-1 **Play:** Blocker A1 has their hands cupped with elbows outside their shoulders and forearms parallel to the ground in a legal position. As he/she makes the block he/she changes the position of their arms to perpendicular to the ground and contacts B1.
Ruling: Legal block. (4-5-1)
- 5-1-2 **Play:** In blocking, A52 positions their hands so that their forearms are perpendicular to the ground with their elbows at their sides. The player drives their closed hands into B1 in making the block.
Ruling: The block is illegal – driving the hands into B1 in a punching manner is illegal. If the action of delivering the blow is overly severe it may also be ruled as Unnecessary Roughness. (4-5-1)
- 5-1-3 **Play:** Blocker A1 sets their hands and forearms in a legal position to block and as B1, in an upright position, attempts to penetrate the block (a) A1 contacts B1 above the shoulders with their forearm or (b) as B1 ducks, A1 contacts B1 above the shoulders.
Ruling: In (a) the block is illegal. The contact was made above the shoulders with B1 in a normal upright position. In (b) the responsibility for contact is on B1 since he/she ducked to avoid the block that would have contacted B1 legally if he/she had not taken the evasive action. (4-5-1-f)
- 5-1-4 **Play:** Blocker A1 contacts B1 across the LS with their hands (a) while their arms are parallel to the ground, their forearms extended at about 45 degrees from their body (a half extension) and the palms of their hands toward B1 or (b) in a striking action when extending their arms to the half extension.
Ruling: Legal block in (a). In (b) any striking action is illegal. (4-5-1)
- 5-1-5 **Play:** On a “drive block” the final arm position is concave with the hands slightly behind the arms and elbows forming a “hollow” in front of the body.
Ruling: Legal position. The hands may be ahead of, even with or slightly behind the elbows in making contact for the block. (4-5-1)
- 5-1-6 **Play:** Blocker A51 makes the initial block across the LS with their arms extended to a half extension away from their body. The contact drives B50 back so that the arms of A51 extend to a full extension. A51 recoils, the contact is broken and A51 (a) pulls back their arms and makes another block with their arms at a half extension, or (b) does not pull their arms back and blocks B50 with their arms still fully extended.
Ruling: The block is legal. The extension of the arms of A51 is a normal reflex action as B50 is driven back. In (a) the block is again legal since the initial contact is made with the arms at a half extension. In (b) the block is legal. The arms may be fully extended. (4-5-1)
- 5-1-7 **Play:** In pass blocking behind the LS Team A Linemen have their arms in the “A” position with hands cupped or closed and arms extended only a half extension in blocking, or hands open with palms facing the opponent.
Ruling: Legal block. (4-5-1)



- 5-1-8 **Play:** Tackle A65 retreats from the LS and stops to contact B1 with their arms fully extended and their palms forward.
Ruling: Legal block. (4-5-1)
- 5-1-9 **Play:** Defensive B1 gets past tackle A65 to rush the passer. A65 pursues B1 and blocks him/her from side as he/she moves toward B1 (a) with hands and arms parallel to the ground and hands closed or (b) with arms at full extension and palms facing B1 or (c) with arms at full extension and hands closed.
Ruling: In (a), (b) and (c), legal block. (4-5-1)
- 5-1-10 **Play:** Defensive player B1 evades contact by tackle A65 who has dropped back to protect the passer. A65 extends the arm fully to their right to prevent B1 from passing him/her.
Ruling: Illegal use of hands. This is hooking. There is also the danger that such a tactic could lead to clotheslining if the arm made contact above the shoulders. (4-5-1)
- 5-1-11 **Play:** Defensive player B1 crosses the LS in a wide sweep to avoid blockers and rush the QB. Tackle A65 turns and runs back toward the passer to protect him/her. A65 gets into position between B1 and the QB and then blocks B1 with palms open and arms extended.
Ruling: Legal block. (4-5-1)
- 5-1-12 **Play:** Team A run a sweep to the right. A26 blocks behind the line of scrimmage while moving forward ahead of the ball carrier with their arms fully extended, hands open and palms facing B65.
Ruling: Legal block. (4-5-1)
- 5-1-13 **Play:** On a punt, B12 catches the ball and starts to advance. B18 and B19 interfere with Team A tacklers by blocking ahead of B12 with arms extended, hands open and palms facing the Team A tacklers.
Ruling: Legal Blocking. (4-5-1)

Section 6: Miscellaneous

- 6-2-1 **Comment:** Rule 4 Section 6 Article 2 Measurements. The Rule Book states that the ball shall be rotated so that its long axis is parallel to the sideline and that a touchdown cannot be scored as a result of such rotation.
- For measurement purposes, the important part of the ball is the forward point. The rotation of a ball that is not parallel to the sideline should NOT move the nose of the ball beyond the forward point of the ball when it is whistled dead.
- For example, the ball goes dead lying parallel to the goal line with the side of the ball as the most forward point on the inside edge of the Team A 45-yard line. Proper rotation of the ball will put the nose of the ball at the inside edge of the Team A 45-yard line. Improper rotation around the centre of the ball could gain 5 to 5½ inches, or half the length, that might be enough to gain a first down.
- The proper procedure as outlined in paragraph 2 will ensure that an unintentional advantage is not given to a team.



Rule 5 — Kicking

Section 1: Definitions

- 1-1 **Play:** Team A on (a) 2D or (b) 3D attempt a punt by A1 who is positioned about 3 yards behind the centre in what appears to be a normal scrimmage formation.
Ruling: Quick kick formation – A1 does not get the normal protection provided to a kicker nor is he/she protected from interference before he/she has crossed the LS. (5-1-(g), 5-5-1-(b), 7-1-5-(b))

Section 2: Kick Off

- 2-3-1 **Play:** Team A kick off less than 10 yards. A1 touches the ball, B1 touches it, A2 recovers and advances the ball to the Team B 25-yard line where he/she fumbles. B2 recovers the fumble and runs the ball to the Team A 10-yard line.
Ruling: Option is to Team B to allow the play to stand and decline the penalty for the infraction by Team A or to accept the penalty and have Team A repeat the kick off with L5 from previous line of kick off, take possession at point A1 touched the ball or take possession of the ball at the point of illegal recovery by A. (5-2-3-a).
- 2-5-1 **Play:** On a kick off Team B is called for holding on the B 40-yard line before gaining possession in the end zone. B1 returns the ball to the Team B 6-yard line.
Ruling: Team A option – accept penalty from B 10 – Team B 1D at B 5; or decline penalty and Team B 1D at the 6-yard line. (5-2-5-b-2)
- 2-5-2 **Play:** On a short kick off (a) B1 – a member of the receiving team – interferes above the waist with A1 who is attempting to recover the ball or (b) A1 – a member of the kicking team – interferes with B1 who is attempting to recover the ball.
Ruling: (a) Legal interference by B1 since he/she is a member of the receiving team. (5-2-5-a) (b) Illegal interference by A1 – a member of the kicking team. Possession awarded to Team B at point of foul or option. (5-2-5-c)
- 2-5-3 **Play:** On a short kick off that is dropping toward the east side of the field a member of the kicking team, A1, interferes with B1 (a) near the area to which the ball will drop or (b) on the opposite side of the field from the ball. A2 recovers the ball.
Ruling: In (a) award the ball to Team B at PF. In (b) Team A retains possession. Since the foul had no bearing on the attempt to recover the ball there should be no infraction unless the interference was UR or RP. (5-2-5-c)
- 2-5-4 **Play:** Team A kick off. B1 obtains possession, advances the ball and fumbles. A2 recovers the fumble and is advancing the ball when A3 blocks B2 below the waist.
Ruling: Illegal block. Blocking by either team is restricted to at or above the waist during the entire play until it is whistled dead, regardless of how possession is gained. (5-2-5, 5-5-1, 5-5-2, 7-3-19, 9-2-1)

Section 3: Blocked Kick

- 3-1-1 **Play:** Team A punt from the Team B 30-yard line. B1 touches the ball before it crosses the line of scrimmage and the ball continues across the line of scrimmage to strike the goal post in flight.
Ruling: The ball is dead with the touching by Team B disregarded. (5-3-1)
- 3-2-1 **Play:** B2 blocks a punt and A1 recovers the ball. A2 blocks B3 below the waist as A1 advances the ball.
Ruling: Illegal play. (7-3-19)
- 3-2-2 **Play:** B1 blocks a Team A punt and recovers the ball. B2 then blocks A1 below the waist.
Ruling: Illegal block. On any play on which there is a change of possession both teams are restricted to blocking at or above the waist on any player except the ball carrier. (5-3-2, 7-3-19)
- 3-4-1 **Comment:** Rule 5 Section 3 Article 4. The intent of this rule is to give adequate credit to the B Team for blocking the Team A kick provided there is no foul by Team B on the play.
 Under the definition of a safety touch – Rule 3-2-3 – the rule states that a safety touch is scored “as a DIRECT result of a kick being blocked in the field of play.”
 When the ball is touched after the blocked kick and before the ball is in the end zone, judgment is required by the official to determine the cause of the ball entering the end zone.
 If it is apparent that the ball would have gone into the end zone without being touched by B the safety touch definition is satisfied and 2 points can result.



If the official judges that Team B deflected or directed the ball into the end zone and that the ball would not have entered the end zone if Team B had not touched it, then the ball did not enter “as a DIRECT result” of the blocked kick and no score is indicated. The last touching by Team B will be treated as an offside pass. (5-3-4-c, 5-3-4-d, 1-10-6)

If Team B kick the ball into the E.Z. it may result in:

- a) Recovered by A
 - dead in E.Z. – rouge to B
 - dead on Field of Play – 1D to A.
- b) Recovered by Team B in the E.Z.
 - illegally by offside player – 1st D to Team A at the A20.

3-4-2 **Play:** Team A punt on 3D at the Team A 5-yard line. B1 blocks the kick at the Team A 3-yard line and (a) the ball goes directly into the end zone or (b) onside B2 touches the ball at the Team A 2-yard line and it goes into the end zone. A1 recovers the ball that goes dead in the Team A end zone.

Ruling: In both a) and b) Team B 2 points for safety touch.

Section 4: Kick from Scrimmage and Return Kick (Punt, Place or Drop Kick)

4-1-1 **Play:** Team A is 2D and 10 on the Team B 50-yard line. A1 throws a FP to A2 at the Team B 45-yard line. A2 catches the pass, turns and punts the ball to the Team B 5-yard line.

Ruling: Legal play. A2, or any onside player, may legally recover the ball. It will be 1D for Team A if the original 10 yards have been gained since this play does not break the continuity of downs unless the yardage is gained. Offside players to A2 must allow Team B receivers 5 yards to recover the ball. (5-4-1, 9-4-2)

4-1-2 **Play:** On the last play of a half A1 punts from Team B 30-yard line into the Team B end zone. B1 return kicks the punt. Lineman B42 catches the punt at the Team B 30-yard line and advances the ball to the Team B 43-yard line where it goes dead in Team B possession.

Ruling: Restraining zone foul against B42 at the Team B 30-yard line. Team A option – accept the penalty that gives Team A 1D at the Team B 15 -yard line and 1 play or decline the penalty which terminates the period. (5-4-1)

4-1-3 **Play:** A1 punts, B1 deflects the ball toward the sideline; it then crosses the line of scrimmage and offside A2 falls on the ball 3 yards in advance of PLS. No other player is within 5 yards of the ball.

Ruling: Restraining zone foul against A2 for touching the ball first. (5-4-1-a) This should not be whistled dead as a short kick since it did not drop into a group of players as covered in 5-4-2-a. (5-4-1-a, 5-3-1, 5-4-2-a)

4-1-4 **Play:** On a punt which bounces A47 stands directly over B7 waiting for B7 to field the ball.

Ruling: This is a 15 yard penalty. If he/she contact B7 with any severity UR or RP may be added to the 15 yards for NY. (5-4-2-c)

4-2-1 **Play:** A1 punts into the Team B end zone. B1 attempts to make a return kick that does not leave the end zone. Offside B2 falls on the ball in the end zone to prevent A2, who is attempting to gain possession, from scoring a touchdown.

Ruling: Restraining zone foul. Team A option: accept 1 point and Team B 1D at B 35; or Team A possession 1D at the B 10-yard line. (5-4-2-b)

4-2-2 **Play:** A1 punts. The ball is lying still on the B 40-yard line and no B player is within the 5-yard zone. Offside A2 is within 2 yards of the ball when A1 enters the 5-yard zone and recovers the ball.

Ruling: Legal play. Even if there was a Team B player within the five yards at the time A1 touches the ball, providing that A2 was not interfering with the B player preventing him/her from recovering the ball.

4-2-3 **Play:** A1 punts to the 30-yard line where B1 return kicks. The return kick is short and the ball drops into a group of Team A and Team B players about 15 yards ahead of B1 at the 45-yard line.

Ruling: The nearest official will whistle the play dead and the ball will be awarded to Team A at the 45-yard line without penalty for the restraining zone foul. (5-4-2-a)

4-2-4 **Play:** A9 quick kicks with A39 and A26 both onside. The ball crosses the line of scrimmage and is rolling loose at the Team A 50-yard line. A39 – a member of the kicking team – blocks B1 who is attempting to recover the punt and A26 recovers the ball.

Ruling: Illegal interference by A39. Team B will be 1D at PF. (5-4-2-d)



- 4-2-5 **Play:** A1 punts. The ball lands 30 yards across the LS and bounces back towards the Team A players who are following the kick downfield. Receiver B1 catches the ball with A2 and A3 within the restraining zone. A2 and A3 were caught within the restraining zone by the ball bouncing back and (a) are trying to withdraw from the zone or (b) move ahead to make the tackle.

Ruling: (a) and (b) 5 yard No Yard Penalty (5-4-1-b)

Section 5: Interference on Kick from Scrimmage or Return Kick

- 5-1-1 **Play:** Team A, 3D and 10 at the Team A 30-yard line, punt. The ball has been kicked, is in the air and crosses the LS when – (a) B1 blocks the kicker before he/she crosses the line of scrimmage or (b) B2 blocks lineman A46 below the waist at the Team A 40-yard line or (c) B3 commits UR on A52 at the Team A 40-yard line.
- Ruling:** (a) and (b) Ball is “in flight.” Penalty will be applied at PP L10 Team B 1D and 10. (c) Ball is “in flight.” The UR penalty may be applied at PP or PBD at the option of Team A. (5-5-1-a-Note 1)
- 5-1-2 **COMMENT:** Only the kicker is entitled to protection behind the LS. Onside players are excluded from the protection of 5-5-1-b.
- 5-1-3 **Play:** The centre is unable to snap the ball far enough for a punt. The QB takes the hand off from the centre and laterals the ball back to the kicker who maintains a normal kicking position.
- Ruling:** The kicker is entitled to the normal protection as in any other punt. If he/she leaves the normal kicking position the normal ruling applies. (5-5-1-b, 7-1-5, 7-3-3)
- 5-1-4 **Play:** Punter A1 shanks a punt that does not cross the LS. B1 blocks A1 above the waist about 10 yards from the ball before the ball is recovered by B2.
- Ruling:** Interference during a loose ball. It is not a punt since the ball did not cross the LS – therefore the kicker does not get any protection from being blocked up to the LS. But if the B1 block was to prevent A1 from recovery it is Illegal Interference and the ball is awarded to Team A as 1D. If B1 is carrying out a normal blocking assignment, without any idea of the ball location, then no foul has occurred. The judgment of the official is critical in this type of a situation. For example, if A1 was 10 yards from the ball and B2 was 1 yard away, ready to recover, no foul should be called because there was no effect on the ball recovery. (5-5-1-b, 9-3-a)
- 5-1-5 **Play:** Team A punt. Defensive back B1 blocks tackle A52 5 yards across the line of scrimmage by making initial contact above the waist and their momentum, combined with the reaction of A52, causes him/her to slide down the body of A52 so that this final contact is below the waist of A52.
- Ruling:** Legal block. The initial contact was above the waist and the subsequent action was part of the same block. An official must see the whole play from its inception to ensure that he/she rules on the entire action and not on the final position of the players. (5-5-1, 4-5-1)
- 5-1-6 **Play:** Team A punt. Defensive back B1 blocks tackle A52 5 yards across the line of scrimmage. He/she makes initial contact above the waist, loses the contact and then blocks A52 with a diving block below the waist
- Ruling:** Illegal block. This is in effect 2 separate blocks with the first one above the waist and legal and a new block whose initial contact was below the waist and illegal. (5-5-1, 4-5-1, 7-3-19)
- 5-1-7 **Play:** Team A punt. Defensive back B1 blocks tackle A52 5 yards across the line of scrimmage. He/she attempts to block above the waist but contacts the hands of A52 who is attempting to ward off the block and the block is completed below the waist.
- Ruling:** Legal block. A player who contacts the hands of the defensive player first, or is caused by defensive action to block below the waist when the attempt was initiated above the waist, shall not be penalized. (5-5-1)
- 5-1-8 **Play:** On special plays (short yardage, converts, etc.) is it legal for players lined up in a tight end position to block at or below the Waist?
- Ruling:** Yes, if the contact is in the defined area as per rule. (7-3-19)
- 5-1-9 **Play:** Is it permissible to have players line up in close proximity behind the “line” player’s then block at or below the waist in this area?
- Ruling:** Yes, provided that the player(s) is lined up in the zone at the time of the snap and the block takes place in the zone. The zone is defined as tight end to tight end 2-yards on the defensive side of the line of scrimmage extending back to the initial position of the quarterback or kicker. (7-3-19)



- 5-1-10 **Play:** Are players permitted to use a “pop and drop” blocking technique anywhere on the playing field?
Ruling: Yes, provided that the first contact is above the waist and contact is maintained throughout the entire blocking procedure. A player may not make initial contact above the waist, release and then make contact below the waist – this would be two separate blocks, the second being illegal unless it meets the criteria as set out in. (7-3-19)
- 5-3-1 **Play:** B1 receives a Team A punt or intercepts a Team A forward pass. A2 attempts to break up the interference for B1 by blocking B2 and B3, who are ahead of B1, below the waist.
Ruling: Illegal block by A2. After any change of possession any blocking to assist the ball carrier or any attempt to “strip” the blocking from the ball carrier must be made at or above the waist. (5-5-3, 7-3-19)
- 5-4-1 **Play:** On 3D and 20 at the Team A 35-yard line, A1 punts and recovers the ball legally at the Team A 45-yard line and advances it. A52 holds or blocks below the waist (a) with the ball at the Team A 50-yard line. Ball goes dead at the Team A 52-yard line (b) with the ball at the Team A 50-yard line. Ball goes dead at the Team B 50 -yard line (c) with the ball at the B 40-yard line. Ball goes dead at the Team B 35-yard line.
Ruling: (a) Team A must gain yards to retain possession (9-4-2-f). Because DNG-LB PBD. Team B 1D at Team A 52-yard line. (b) DG after the foul so L10 PLS DR. Team A 3D at Team A 25-yard line. (c) DG before foul. Team B option: L10 PBH-Team A 1D at Team B 50, or Team A 1D PBD -Team A 1D at Team B 35-yard line. (5-5-1-a-Note 2, 5-5-5)
- 5-5-1 **Play:** Team A punt into the Team B end zone and while the ball is in flight A2 blocks B2 below the waist. The ball is caught in the Team B end zone by B1 and goes dead on the B 2-yard line.
Ruling: In flight fouls are applied at PPG. In this case the PPG is in the Team b end zone so the point of penalty application is the Team b 10 yard line. Since Team B legally advanced the ball out of the Team B End Zone they can have point ball dead classed as the B20, Team B option to apply penalty from PPG 1D at B25 or PDB 1D at B35. (5-5-1, 7-3-19)



Rule 6 — Passing

Section 1: Lateral or Onside Pass

1-0-1 **Play:** Team A scrimmage, 2D and 1 on the Team B 50-yard line. A1 throws a lateral pass from the B 51-yard line that lands on the B 52 -yard line, takes a reverse bounce and goes OB on the B 48-yard line.

Ruling: Team A 3D and 2 at the B 51-yard line. The ball goes to the OB point or the POP, whichever is closer to the Team A dead line. (6-1)

Section 2: Hand Off Pass

2-0-1 **Play:** Guard A50 retreats after the snap on a scrimmage play and QB A1 hands the ball forward to him/her 3 yards behind the Line of Scrimmage.

Ruling: This is a legal hand-off pass that meets the definition of Rule 6 Section 2 since: (1) it occurs on a scrimmage play; (2) the ball is handed from A1 to A50, behind the LS; (3) A50 is not occupying the position of a lineman that, by definition, is a player within 1 yard of the LS. (6-2, 4-1-4)

Section 3: Offside Pass

3-3-1 **Play:** A1 throws a forward pass to A2. A2 tips the ball at the Team A 30-yard line in an offside direction to ineligible receiver A62 who catches it at the Team A 34-yard line.

Ruling: Offside pass to A62. If Team A retains possession the forward pass is ruled complete at Team A's 30-yard line.(6-3-3-3).

3-4-1 **Play:** A1 throws a forward pass to A2. A2 tips the ball at the Team A 30-yard line to eligible receiver A3 who catches it at the (a) Team A 28-yard line (b) Team A 35-yard line.

Ruling: Legal play in either case. Completed forward pass at either point and A3 may advance the ball without penalty. (6-3-4-2)

3-4-2 **Play:** Pass thrown by A1 across the line of scrimmage. B1 deflects the ball in an offside direction to B2 who catches it.

Ruling: Completed pass. (6-3-4-3)

3-4-3 **Play:** On the last play of the 2nd period, Team A is 3D and 5 and attempt a forward pass. Passer A1 (a) crosses LS and throws a forward pass incomplete or (b) intentionally grounds the ball.

Ruling: If Team B accepts the penalty 1 more play will take place. In (a) the application results in Team A L10 and 3DR. In (b) the penalty on 3D is LB at POP so Team B 1D at POP. If the penalty is declined the period is over. (6-3-4-4, 6-4-8)

3-5-1 **Play:** On last play of the game A1 fumbles the ball forward from the B 3-yard line into the Team B end zone where (a) B1 recovers the ball and is downed in the end zone or (b) offside A2 recovers the ball in the end zone.

Ruling: In (a) there is no score and the game is over. The play is ruled as an Intercepted Pass in the end zone (6-4-11-a). In (b) a touchdown is scored by A2. Following the convert the game is over. Any player may recover a fumble without penalty. (6-3-5-1)

3-5-2 **Comment:** An offside pass is determined by the direction in which the ball is propelled and by point of termination (6-1)(6-3-1) Under certain specific conditions although the ball has gone forward it will not be deemed as an offside pass. These are:

- a) From a fumble as covered in 6-3-4-5
- b) By blocking a kick as covered in 6-3-4-6
- c) By deflecting a forward pass as covered in 6-3-3, 6-3-4-2
- d) By non-offending team recovering as covered 6-3-4-7
- e) By blocking a lateral or offside pass as covered in 6-3-4-5

It is legal for the non-offending team to recover the offside pass. There is an option to the non-offending team to accept the play or, accept the penalty for the offside pass, leaving possession with the team making the pass at point of origin. (6-3-5-5)

3-5-3 **Play:** On a running play, A1 throws a lateral pass to A2 (a) behind the line of scrimmage or (b) after crossing the line of scrimmage. B1 breaks between A1 and A2 and knocks the ball down in their attempt to catch it. The ball bounces forward and is recovered by B1, onside B2 or offside B3.

Ruling: Legal recovery in any case and B1, B2 or B3 may advance the ball without penalty. (6-3-5-1)



- 3-5-4 **Play:** Team A punt into the Team B end zone. Receiver B1 advances the ball, fumbles it from the end zone across the goal line where it (a) touches B2 at the B 3-yard line and goes out of bounds, or (b) is recovered by B2 at the Team B 3-yard line.
Ruling: In each case the ball is awarded to Team B since any player can legally recover a fumbled ball. (6-3-5-1). To rule as a rouge on this play, the offside pass must be the type of pass that would be subject to penalty (6-3-8-2) or be fumbled directly out of bounds (1-10-7).
- 3-8-1 **Play:** Team A 3D and 25 on Team A 30-yard line. Punter A is trapped, begins to run the ball, crosses the LS, sees he/she is about to be tackled at the Team A 40-yard line and throws the ball forward to the Team B 20-yard line where B1 falls on it.
Ruling: Team B may take possession of the ball at the B 20 yard line or accept the penalty for the offside pass. The ball is returned to Team A at the point of origin of the offside pass- the Team A40 yard line. Since Team A has not made 1D, the ball reverts to Team B at that point (6-3-7)
- 3-8-2 **Play:** A1 punts into the Team B end zone (a) during the 1st quarter (b) on last play of the game. B1 receives the ball and throws the ball out of the end zone to the B 12-yard line where A2 falls on the ball.
Ruling: Options to Team A in each situation. In (a) accept the penalty for the offside pass made by Team B in the end zone, score 1 point and Team b 1D at B35 yard line, or allow the play to stand with Team A 1D and 10 on the Team B 12 yard line. In (b) accept the penalty for the offside pass in the end zone and score 1 point or allow the play to stand. In either case the game is over (6-3-7, 6-3-8)
- 3-8-3 **Play:** Team A punt into the Team B end zone on the last play of the game. B1 receives the ball, sees that he/she cannot get out of the end zone and (a) fumbles the ball forward across the goal line or (b) throws the ball forward where it is recovered by B2 or A2.
Ruling: (a) possession to the team recovering the ball and the game is over. (b) Team A score 1 point and the game is over (6-3-7, 6-3-8)
- 3-8-4 **Play:** Team A 2D and 10 from A40. A32 runs the ball to the A45 seeing he is going to be tackled throws the ball forward to the A50, where B50 recovers and runs the ball back to the A30 B50 is hit hard so that the ball is fumbled, A12 recovers the fumble and runs it all the way for a touchdown.
Ruling: Team B option let play stand or return the ball back to the point of the offside pass by Team A with downs continuing. (6-3-1, 6-3-2).
- 3-8-5 **Comment:** It is important to remember that a Team can not end up with a situation better then the spot they make an offside pass from.
- 3-9-1 **Play:** Team A throw a forward pass into the Team B end zone. B1 leaps to intercept the ball in the end zone, tips it in an offside direction and offside B2 catches it before it touches the ground (a) in the end zone (b) outside the end zone at the B 1-yard line.
Ruling: Intercepted pass in the end zone in (a) and at the Team B 1-yard line in (b). The ball is alive and in play. If Team B retains possession it will be Team B 1D at the PBD or at the 20-yard line in (a) with no score and Team B ball at the PBD in (b). (6-3-8-2-b)
- 3-9-2 **Play:** Team A has the ball on their 4-yard line. On 3D with 7 yards to go Team A snap the ball to the kicker who fumbles it in the end zone. While the ball is loose and lying on the ground the kicker kicks the ball to the 3-yard line where it is recovered by lineman A42 of Team A. It has not been touched by any other player of either side.
Ruling: As Team A42 is an offside player it would be Team B ball 1d @ A3 (5-6)

Section 4: Forward Pass

- 4-1-1 **Comment:** A forward pass by definition is one thrown from behind the LS toward the opponent's dead line. It can be thrown in any manner (overhand, underhand, shovelled, etc.) and it is still a Forward Pass if it originates behind the LS. (6-4-1)
- 4-1-2 **Play:** Team A scrimmage at the Team A 35-yard line, 1D. Passer A1 crosses the line of scrimmage to the Team A 37-yard line inadvertently or deliberately and then retreats to the Team A 32-yard line. He/she then throws a forward pass to eligible receiver A2 at the Team A 50- yard line.
Ruling: Completed pass thrown by a player from behind the line of scrimmage. (6-4-1)



- 4-2-1 **Play:** QB A1 throws what is intended to be a lateral pass to A2 but it is a forward pass. A2 then throws a forward pass to A3.
Ruling: Illegal forward pass. Option to B, L10 and DR, or allow the play to stand. In the event of an incomplete pass or a very short gain Team B may decline the penalty in order to use the down. (6-4-2)
- 4-4-1 **Play:** A player wearing the number of an eligible pass receiver, positioned as the outside man on the scrimmage line, snaps the ball.
Ruling: Legal play. The player is also an eligible receiver. (6-4-4)
- 4-4-2 **Play:** Team A throws a forward pass that is touched by a Team B player before it crosses the line of scrimmage.
Ruling: Only the original eligible receivers may complete the pass. (6-4-4-e)
- 4-4-3 **Play:** Team A throws a forward pass that is touched by a Team B player after it crosses the line of scrimmage.
Ruling: All Team A players, including previously ineligible receivers, may legally complete the pass. (6-4-4-e)
- 4-5-1 **Play:** Ineligible receiver A52 makes initial contact with a Team B player in the neutral zone, maintains the contact downfield and then loses the contact 5 yards in advance in the neutral zone.
Ruling: Legal play. A52 shall not be penalized as an ineligible receiver downfield, provided he/she does not proceed further downfield until the pass is thrown, nor participate further in the play until the pass has been touched by a receiver for either team. (6-4-5-b)
- 4-5-2 **Comment:** Team A players may block downfield prior to the ball being caught in the following situations:
1. A pass completed to an eligible receiver behind the LS.
 2. A pass dropped by an eligible receiver behind the LS.
 3. A pass overthrown to an eligible receiver behind the LS which lands beyond the LS.
 4. A pass tipped by an eligible Team A receiver behind the LS and is caught by an eligible receiver beyond the LS (6-4-5-d)
- 4-7-1 **Play:** Team A 1D and 10 on the Team A 30-yard line. A1 throws a forward pass that strikes ineligible A50 on the back of the helmet and rebounds to (a) eligible A2 or (b) linebacker B28. The ball is blown dead at the Team A 50-yard line.
Ruling: (a) Live ball. (6-4-5) (b) Interception by B, who has the option of retaining possession at PBD. (6-4-5)
- 4-8-1 **Play:** On 2D and 10 at Team A 30-yard line, QB A1 throws a FP to A2 on the Team A 28-yard line. A2 prepares to throw a 2nd forward pass, sees no receiver and deliberately throws the ball out of bounds at the Team A 35-yard line.
Ruling: Illegal FP. Team B option: accept the penalty for the illegal FP, Team A 2DR and 20 at Team A 20-yard line or let play stand 3D and 10 A30. (6-4-2, 6-4-8-a).
- 4-9-1 **Comment:** Forward Pass Interference is one of the most difficult judgment calls for an official. There are a number of criteria that can be used to help to establish whether or not a foul has been committed and by which player.
1. Every eligible receiver is entitled to the opportunity to complete the pass legally. This includes both offense and defense.
 2. Every player has the right to take a position on the field or take a line of motion provided that he/she does not interfere with an opponent who has the same position or line of motion.
 3. The responsibility for causing contact is on the player who attempts to take the position or line of motion too late to allow the opponent to stop or change direction.
 4. A player who attempts to play the ball from an unfavourable position places himself in jeopardy unless he/she contacts the ball before he/she contacts the opponent.
 5. It is the responsibility of offensive pass receivers to avoid contact with defensive players during a forward pass. The offensive player is guilty of pass interference if he/she causes the contact that interferes in any way with the defensive player. This applies particularly during the so-called "pick" plays where intentional interference is used to prevent adequate coverage by the defense. (6-4-9)



6. Interference on a forward pass occurs (a) only after the pass is thrown (b) in the target area and (c) if the pass is deemed catchable.
7. During an obvious passing play illegal contact that occurs before the ball is thrown will not be penalized as Illegal Interference on a forward pass but will be penalized for Illegal Contact With An Eligible Receiver. This penalty will be called whether the ball is thrown or not and may be charged against either the defence or the offence.
- 4-9-2 **Play:** With the ball in the air receiver A1 is running a path straight down the field. Defender B1 is backing up in front of him/her and then stops directly in the path of A1 so that contact results.
Ruling: Each player is entitled to their position on the field provided that he/she takes it in sufficient time to allow another player who is moving towards that position or in that path to stop or change direction without contact.
If B1 stops in the path of A1 so quickly that A1 has no chance to stop then B1 is guilty of interference if contact occurs.
If B1 stops in the path of A1 so that A1 could stop if he/she knew B1 was there the onus of responsibility is on A1. As an eligible receiver A1 must expect to be closely guarded and must be aware of such defensive tactics. If A1 moves close enough to B1 to threaten the position of B1, B1 may use their hands to protect their position prior to the ball being thrown. (6-4-9-a, b and c)
- 4-9-3 **Play:** Receivers A1 and A2 run a criss-cross pattern so that A2 crosses behind A1. A1 contacts defensive back B2 who is trying to cover A2 to whom the pass is thrown.
Ruling: If the contact by A1 could have been avoided, he/she is responsible. Illegal Interference by A1. (6-4-9)
- 4-9-4 **Play:** Receivers A1 and A2 run a criss-cross pattern so that A2 crosses behind A1. A1 stops to allow A2 to cross behind him/her to catch the pass so closely in front of B2 that contact is unavoidable.
Ruling: A1 caused the contact by stopping in the path of B2 so that B2 could not stop or change direction. Illegal Interference by A1. (6-4-9)
- 4-9-5 **Play:** Receiver A1 runs straight down the field and stops at the Team A 40-yard line. A2 cuts laterally to the Team A 39-yard line behind A1. The ball is thrown to A2. Defender B2, who is on the Team A 44-yard line, attempts to cover A2 and to do so has to go around A1.
Ruling: Legal position by A1, who stopped at the Team A 40 -yard line, without contacting or interfering with B2 who is at the Team A 44-yard line. A1 may legally maintain the position when A2 cuts to the Team A 39-yard line. (6-4-9)
- 4-9-6 **Play:** A1 is running an obvious pass pattern when defensive back B1 uses their hands or body to knock A1 over. A1 was not threatening the position of B1. The QB subsequently runs with the ball or is sacked behind the line of scrimmage.
Ruling: Illegal play by B1 – and should be ruled and signaled as Illegal Contact With An Eligible Receiver. Since a pass has not been thrown pass interference cannot be called although “an eligible receiver has been contacted before the ball was touched by the receiver.”(6-4-9-b, 6-4-10-b)
It is obvious that if these tactics were allowed every Team A receiver could be knocked over and a pass would seldom be completed.
- 4-9-7 **Play:** Team A completes a forward pass behind the line of scrimmage. What interference is legal by Team A?
Ruling: Blocking is legal provided it is at or above the waist. (6-4-9, 7-3-19)
- 4-9-8 **Play:** Defensive Back B1 runs stride for stride with eligible receiver A75 without looking at the ball. By watching the eyes of A75, B1 judges when the ball is in flight and while still running (a) turns their head toward the ball and brings their arms up to try to intercept or knock the ball down or, (b) without looking back toward the ball thrusts their hands forward across the hands of A75 when he/she judges that A75 is about to attempt the catch.
Ruling: In (a) Legal Play, provided that B1 does not raise their arms before he/she turns their face toward the ball (that would be screening) and provided that B1 does not cause illegal contact because of this “shadowing” tactics on A75. Skilful tactics on the part of the defense should not be unjustly penalized and should be recognized, as well, as skilful tactics by the offense to get open. In (b) this is a form of Illegal Interference in that he/she has prevented the receiver from using their hands to attempt to catch the ball. (6-4-9-c and d)



- 4-9-9 **Play:** A2 and B2 are running downfield, shoulder-to-shoulder. The pass is thrown to A2 and both players leap to make the catch with both having an equally favourable position to do so. Heavy contact results between them and both players fall to the ground. The pass is incomplete.
Ruling: Both players were in an equally good position to attempt to make the catch and both were playing the ball. Even though the contact caused both players to be knocked over, such contact is legal. No penalty should be called. (6-4-9-c)
- 4-9-10 **Play:** Team A, 2D and 10 on the Team A 30-yard line, attempt a FP. A2 and A3 are running to the right behind the LS within 3 yards of each other. A1 throws the FP towards A2 who is on the Team A 27-yard line and B1 blocks A3 while the ball is in the air.
Ruling: Legal play. Team B players may interfere behind the LS with Team A players who are protecting the passer but not with the Team A player to whom the pass is thrown. Any interference with A2 in this attempt to catch the pass would be illegal. (6-4-9-b)
- 4-9-11 **Play:** Team A throw a forward pass that is completed behind the line of scrimmage. Is it legal for Linemen of Team A to block downfield across the line of scrimmage, before completion of the pass?
Ruling: Yes. (6-4-5-(d))
- 4-9-12 **Play:** Ineligible receiver A64 is downfield illegally and the forward pass is thrown to him/her. Before he/she touches the ball B1 contacts A64.
Ruling: Illegal interference applies only against an eligible receiver. A64 may be penalized for being downfield illegally or as an ineligible receiver of a forward pass if he/she is the first player to touch the ball in an attempt to catch the ball (6-4-9-b, 6-4-5).
- 4-9-13 **Play:** End A82 is made ineligible because A27 steps up on the line before the snap. A82 goes downfield on the forward pass and B1 interferes with him/her while the ball is in the air.
Ruling: A82 was made ineligible to go downfield and to catch the pass by the action of A27 even though this was unknown to A82. We would therefore have a dual foul Team A for an ineligible receiver downfield and Team B for Interference (6-4-9b, 8-6-3, 6-4-4)
- 4-9-14 **Play:** A1 throws a forward pass to A2 that is tipped by rushing Line Player B42 just as A1 releases the ball. The ball continues in its flight toward A2. B2 contacts A2 before he/she can attempt to catch the ball.
Ruling: Illegal interference by B2. When a pass rusher tips the ball just after it is thrown, interference is still illegal. (6-4-4-e, 6-4-9)
- 4-9-15 **Play:** Receiver A84 and defender B20 are moving downfield on a pass play. The pass is thrown short and A84 slows up to be in position. B20 is between A84 and the passer. There is no contact between A84 and B20 but the under thrown ball strikes B20 in the back.
Ruling: B20 is entitled to their position on the field. There was no interference from contact and screening requires some type of positive action such as raising the arms or hands while not looking for the ball. If B20 moved in such a way to prevent A84 from moving to the ball, interference could be called. In this play there was no deliberate action by B20 and with the ball striking him/her on the back, there should be no call. (6-4-9)
- 4-10-1 **Play:** A1 prepares to throw a forward pass. Defensive Back B1 pushes eligible receiver A2 to the ground at the B 30-yard line. A1 then throws the ball toward the B 30-yard line where it strikes the ground. A2 is still lying on the ground.
Ruling: Illegal contact with an eligible receiver. L10 to Team B and Team A has the down repeated or 1D if the penalty gains the necessary distance. (6-4-10-b)
- 4-10-2 **Play:** Team A throws a FP to the B 30-yard line hash mark. Receiver A2 and defensive B2 are (a) on the B 30 -yard line hash mark (b) running in full stride at the B 35-yard line hash mark, or (c) running in full stride at the B 45-yard line hash mark – as the ball is coming down at the B 30-yard line. B2 pushes A2, after which the ball strikes the ground.
Ruling: In (a) and (b) Illegal Interference on a Forward Pass. Team A 1D plus 15, if applicable, from PLS. (6-4-10), (c) Ball was not catchable so no foul. (6-4-10-a Note 1)



- 4-10-3 **Play:** Team A, 3D and 10 on the Team A 15-yard line, throw a forward pass. A2 interferes with B2 in the target area at the (a) Team A 25-yard line (b) Team A 40-yard line. B2 intercepts the pass and the ball goes dead at the Team A 20-yard line.
Ruling: Option to Team B – decline the penalty and have Team B 1D at Team A 20-yard line or accept the penalty, L15 DR. Team A 3D at the Team A 1-yard line. (6-4-10-Penalty-Note 1)
- 4-10-4 **Play:** Team A, 2D and 10 on the Team A 40-yard line, throw a long forward pass. A2 interferes with B2 at the Team B 10-yard line and the pass (a) is incomplete (b) is completed by A2 or (c) is completed by B1.
Ruling: In (a) option to Team B – accept penalty Team A 2DR and 25, or decline penalty and Team A 3D and 10. In (b) option to Team B – accept the penalty resulting in Team A 2D and 25 at the Team A 25-yard line, or allow the play to stand with Team A 1D at PBD (not a likely choice). In (c) option to Team B – Team A 2D at the Team A 25-yard line or Team B 1D at PBD. (6-4-10)
- 4-10-5 **Play:** On 2D and 10 at the Team A 45 -yard line, Team A attempt a forward pass behind the line of scrimmage. There is Illegal Interference at the A 40 -yard line by (a) B1 against A1 or (b) A1 against B1.
Ruling: In (a) Team A is awarded 1D at the PLS. In (b) L15 DR from PLS, Team A 2D and 25 at A 30-yard line. (6-4-10)
- 4-10-6 **Play:** A1 throws a forward pass on 2D at the A 12 -yard line from their own end zone, to A2 on the A 5-yard line. B1 is about to intercept the pass when A2 interferes with him/her and the pass goes incomplete.
Ruling: Option to Team B – L15 from PLS and DR – Team A 2D on 1-yard line or decline penalty and have Team A 3D at the PLS (the Team A 12-yard line). (6-4-10-Penalty-Note 1 and 2)
- 4-10-7 **Play:** Team A, 2D and 10, on the A 30-yard line, throw a forward pass. B2 interferes with A2 at the (a) A 38 -yard line (b) A 50-yard line (c) B 40-yard line.
Ruling: In (a) Team A 1D and 10 at the A 38 -yard line. In (b) and (c) Team A is awarded 15 from PLS and 1D. In both cases, Team A will have 1D and 10 at the A 45-yard line. (6-4-10-Penalty -2b)
- 4-10-8 **Play:** A1 throws a pass that is too far for A2 to reach. After the ball has passed A2 defender B2 pushes A2 roughly from behind causing him/her to fall.
Ruling: Depending on the severity of the push Unnecessary Roughness should be called. This is not pass interference (6-4-10-a note 1)
- 4-10-9 **Play:** On 2D A1 throws a forward pass from the Team A end zone to A2 in the Team A end zone. B1 is about to intercept the pass when A2 interferes with him/her in the end zone and the pass goes incomplete.
Ruling: Option to Team B – accept a safety touch – or decline the penalty and have Team A 3D at the PLS. (6-4-10, 8-4-1)
- 4-10-10 **Play:** A85 runs a “down and out” pattern. As he/she makes their cut he/she pushes off B80 and makes a catch about 10 yards laterally from the point of contact.
Ruling: If the contact was caused by A85 there are 2 situations: (1) If the ball is not in the air at the time of the contact A85 is guilty of illegal block blocking downfield (6-4-9-a) or (2) If the ball is in the air A85 is guilty of pass interference. (6-4-10-a-note3)
- 4-11-1 **Play:** On 1D and 10 at the Team B 20-yard line, A1 throws a forward pass into the Team B end zone that is intercepted by B1. B2 is called for blocking from rear and B1 is downed (a) in the end zone, or (b) at the 6-yard line.
Ruling: No score. In (a) penalty will be applied from the 20 yard line, Team B 1D at the B 5 yard line. In (b) Team A option –apply penalty from Team B20 Team B 1D at the B5 yard line or apply from point ball dead B 1D at the B1 yard line. (6-4-11-c-3)
- 4-11-2 **Play:** B1 intercepts a FP in the Team B end zone. While the ball is in the Team B end zone A1 commits UR on B2 (a) in the Team B end zone or (b) at the B 5-yard line. The ball goes dead (1) in the end zone, (2) at the B 4-yard line or (3) at the B 20-yard line.
Ruling: 1D for Team B with a penalty of 15 in either (a) or (b). In (1) and (2) the penalty is applied from the B20-yard line with Team B 1D at the B 35-yard line. In (3) it will be Team B 1D at the B 35-yard line. (6-4-11-c)



Rule 7 — Fouls and Penalties

Section 1: Illegal Tactics

- 1-2-1 **Play:** Guard A57 is attempting to block B1 5 yards across the LS when B2 (a) pushes A57 from behind with extended arms or (b) blocks A57 from rear.
Ruling: Illegal play by B2 in each situation. In (a) L10 PLS and in (b) L15 PLS, PBH or PBD – option to Team A in each case. The rule state, “Blocking an opponent” and does not differentiate between offense and defense. (7-1-2, 7-3-15)
- 1-2-2 **Play:** Nose guard B42 is blocked from the rear on the LS by (a) guard A52 (b) flanker A26, who was outside the end when the ball was snapped (c) fullback A25 who was 4 yards behind the LS when the ball was snapped.
Ruling: (a) Legal block if it occurs between offensive tight ends within 2 yards on either side of the LS and the contact is above the knee. In (b) and (c) illegal block – neither A26 nor A25 were in the 4-yard area when the ball was snapped. (7-1-2)
- 1-3-1 **Play:** On a punt A2 is attempting to tackle receiver B1 when he/she is pushed from behind by B2.
Ruling: Pushing from the rear is illegal use of hands not blocking from the rear. The penalty is L10 for the illegal block. (7-1-3)
- 1-4-1 **Play:** A1 attempts a punt on 3D and 15 at the A 40-yard line. B1 attempts to block the punt, misses the ball, and this momentum carries him/her into the kicker who is knocked off balance.
Ruling: Contacting the kicker – L10 PLS. If the penalty is accepted by Team A it will result in 3D and 5 at the A 50 -yard line. In determining whether the flag is for Contacting or Roughing the Kicker, the criteria used is whether the contact is the product of misjudgement or could have been avoided. If the kicker is hit in a manner that warrants a flag, it is contact as a minimum – how he/she is hit determines whether or not it will be applied as Unnecessary Roughness or Rough Play. (7-1-4)
- 1-5-1 **Play:** Team A line up in field goal formation. Holder A22 runs toward the bench calling for a kicking tee. As he/she nears the bench the ball is snapped and a forward pass is thrown to A22.
Ruling: Illegal tactics to deceive opponents. While deception is an inherent part of the game of football, it is to be confined to legal types of formations, player skills in ball handling and play designs that deceive the opponents as to the direction or location of the ball. (7-1-5)
- 1-5-2 **Play:** Team A line up for a play and the coach from the sideline calls the backs to the sideline as if a time out were being called. The ball is snapped and a pass is thrown to one of these backs near the sideline.
Ruling: Illegal Tactics (7-1-5)

Section 2: Rough Play

- 2-4-1 **Play:** B2 grasps the facemask of ball carrier A2, swings him/her around using the facemask as a lever to throw A2 heavily to the ground.
Ruling: Rough play. Disqualification and 25 yard penalty. (7-2-4)
- 2-5-1 **Play:** QB A1 drops back to pass. Blocker A2 takes a step backward maintaining a squared off position to protect the passer. Rusher B1 crosses the line and forcefully drives into the head of A2 with their body. A2 does not drive forward but maintains their position.
Ruling: Illegal B1 is to be penalized for Rough Play Targeting. Diving or forcefully contacting the head of an opponent is to be avoided. (7-2-5)
- 2-7-1 **Play:** A26 fakes a play through the line and then veers off their line of motion to deliberately charge into the Umpire.
Ruling: A26 should be disqualified for physical abuse of the official – L25. (7-2-7)



Section 3: Unnecessary Roughness

- 3-1-1 **Play:** Ball carrier A1 slips and falls to the ground. Before the official can blow the whistle B2 throws themselves heavily on A1.
Ruling: Piling on by B2. Even if the whistle has not been blown, players are expected to know that the ball is dead in this situation and to avoid heavy contact. If B2 stopped and merely held A1 down to ensure that he/she did not get up and run because the official had missed the contact with the ground there would be no call. The danger of player injury in such situations takes precedence over the whistle being blown in the obvious case where the ball is dead. (7-3-1)
- 3-2-1 **Play:** A1 throws a pass. B1 is in the air to block the pass, misses it, and lands on A1 as he/she comes down. B1 does not use their forearms to punish the passer.
Ruling: Legal play. The Referee must judge whether the contact by B1 is part of their action to block the pass and hence is unavoidable when he/she lands, or if B1 uses their arms, body, etc. to add unnecessary power to the severity of the contact – to “shake up” the passer – that is Unnecessary Roughness. (7-3-2)
- 3-7-1 **Comment:** Spearing may occur before the whistle or after the whistle. The fact that a player has committed themselves before the whistle has no bearing on the Spearing actions. Spearing is dangerous to both players and should not be condoned by officials or coaches. It is the responsibility of both to eliminate this tactic. The use of the helmet is illegal whether the player committed themselves before or after the whistle. (7-3-7)
- 3-8-1 **Comment:** Head Leading Blocking, Head Leading Tackling, Spearing
 All of these infractions are similar in nature in that all of them involve the use of the helmet as the primary or sole point of force in the contact with an opponent. Spearing is normally applied to the action against a player who is unable to protect themselves; Head leading blocking and Head Leading tackling are applicable to action against any player.
 The use of the top or front of the helmet, to deliver a blow to an opponent is an act that puts the player in danger of serious injury since the player’s neck is either in the position of acute flexion or hyperextension when the force is applied and it is under these circumstances that fractures of the vertebrae occur. (7-3-8)
 The use of the head to lead in blocking or tackling is necessary and legal when it is used to centre on an opponent, maintain balance and observation and then counteract the movements of an opponent. If the head hits the opponent first, follows through and is followed by shoulder, arm or body contact, the head action should NOT be construed as illegal.
 In the same way, a ball carrier running with the head down through the line may unavoidably strike an opponent in their path and follow through with their body to gain more yardage. This should also be ruled as legal.
 A ball carrier is forbidden to use their head or helmet as the prime point of force in breaking a tackle. Coaches are reminded of the danger to their ball carrier in using such tactics and should not teach techniques that may lead to injury. As noted above, this does not prevent the short yardage type of play where the head is not used deliberately. However, when the ball carrier is aware of opponents in their path and uses the head or helmet in order to prevent or break a tackle, a foul for head leading tactics should be called.
 The head may slide to the side and the primary force of the block or tackle is the shoulder and arms. The use of the top or front portion of the helmet to butt or ram an opponent is illegal and dangerous and should be called strictly. The following plays will illustrate the principles that should be used to decide the legality of the action.
- 3-8-2 **Play:** Ball carrier A1 attempts to score from the Team B 3-yard line. He/she takes the hand off from the QB and (a) drives into the line with head down striking B62 with the helmet and driving him/her back into the end zone or (b) runs toward the line with head up, turns toward an opening, sees B62 moving up to tackle and lowers the head to contact B62 with the helmet.
Ruling: In (a) legal play. A1 did not intentionally use the helmet to contact B62. In (b) the use of the helmet was intentionally. A1 could see B62 preparing to make the tackle and used the helmet to prevent it. A Head Leading Block foul must be called. (7-3-8)



- 3-8-3 **Play:** Ball carrier A1 gains 8 yards and sees B24 preparing to make a tackle. The player drops their head and rams B24 (a) with the helmet or (b) with the shoulder into the chest of B24 and the helmet at the side of B24.
Ruling: In (a) rule as a Head Leading Block. A1 used the helmet as the prime point of force to break a tackle. In (b) this is a legal play. The prime point of force is the shoulder of A1. The helmet maybe touching the side of B24 but the force is applied to the chest of B24 by the shoulder of A1. (7-3-8)
- 3-8-4 **Play:** Interior lineman A1 contacts defensive B1 by (a) driving the crown of the helmet into B1's number or (b) driving the shoulder into B1 so the helmet is contacting the side of B1's body or (c) attempting to block B1 with the shoulder but because of a defensive slant by B1 the primary contact is made with the helmet.
Ruling: (a) Illegal – Head leading blocking. (b) Legal block – even though there is contact with the helmet at the side of the body of B1, the helmet was not used as the primary force of the block. (c) Legal block – the official must see the whole play in order to call the play correctly and must be able to read intent on the part of A1 in making a correct judgment. There will be a number of such situations where the blocker attempts a legal block but unintentionally contacts the opponent with the helmet due to the defensive manoeuvre. When this is the case the contact will probably not result in a direct blow. Head Leading blocking is an intentional act that is dangerous to both blocker and opponent. (7-3-8)
- 3-8-5 **Play:** Runner A1 breaks into the open and safety B1 tackles A1 by (a) driving the helmet into A1 and then uses their arms to pull A1 down or (b) wrapping their arms around A1 and simultaneously making contact with A1's body with their helmet.
Ruling: In (a) the action is illegal – Head leading tackle. In (b) the primary point of the force should be the arms and shoulder of B1 and the contact with the helmet is incidental with the tackle. The tackle is legal. However, the official covering the play must be sure that the helmet was not the primary point of force. (7-3-8)
- 3-8-6 **Play:** Runner A1 breaks into the open. B1 keeps their head upright with their eyes on A1's numbers and drives into A1 to make the tackle. (a) The player moves their head at the last moment so that he/she contacts A1 with their shoulder, or (b) the player moves their head at the last moment to attempt a shoulder tackle, but because of a cut by A1 there is contact with the side or top of the helmet of B1.
Ruling: In both (a) and (b) Legal Tackle. In (b) the fact that there was contact with the helmet of B1 was partially caused by the movement of A1 and therefore should not be considered to be an infraction since there was no intent by B1. (7-3-8)
- 3-8-7 **Comment:** As mentioned earlier, officials must use good judgment in their rulings. The plays illustrate the necessity of seeing the whole play in order to judge correctly the cause of the contact by the helmet or the intent and also whether the helmet was the primary point of force.
 Two questions should be asked on each such block. (1) Was it the blocker who led with the helmet and not caused by actions of the opponent? (2) Was the helmet used as the primary point of force against the opponent?
 If both questions are answered YES – the block is illegal. If either question is answered NO – the block is legal. The same principles apply to the action of tackling. (7-3-8)
- 3-10-1 **Comment:** Crack-Back Blocking. There are 4 elements in this rule – position, direction of motion, zone and point of contact. By asking the following questions about each element it can easily be determined whether the block is legal or illegal.
Position – Is the player:
 (a) positioned (standing or in motion) 3 or more yards outside the block below the waist area when the ball is snapped or
 (b) initially positioned 3 or more yards outside the block below the waist area but has moved to less than 3 yards from the area when the ball is snapped or
 (c) initially positioned less than 3 yards from the block below the waist area but moves to a position 3 or more yards outside the area and then moves back to less than 3 yards from the close line play area, either before or after the snap of the ball.
Motion – Does the player move toward the point from which the ball was snapped (that is the definition of "moving in the direction of the ball")?

Zone – Does the block occur on or behind a line 5 yards ahead of the LS in the area from 5 yards ahead of the LS back to the Team A dead line?

Contact – Is the block made below the waist or forcible by the action of the blocker?

If the answer to all 4 questions is YES – the block is illegal. (7-3-10)

The intent is to prevent a blocker who is outside the normal field of vision of a defender, or who leaves the normal field of vision and then returns, from blocking low, thus creating the danger of knee and ankle injury or forcibly.

- 3-10-2 **Play:** Flanker A1 is stationed on the right hash mark, 8 yards outside the right tackle, with the ball snapped at the centre of the field. A1 blocks the corner back between the hash mark and the sideline, 2 yards across the LS, with a rolling cross body block across the front of the knees.
Ruling: Illegal block A1 is to be called for blocking below the waist (7-3-19).
- 3-10-3 **Play:** Flanker back A1 lines up 8 yards outside the tackle. At the count of 1, he/she moves toward the tackle so that at the count of 2 he/she is only 2 yards from the tackle. The ball is snapped and A1 blocks the middle linebacker in the 5 yard restricted area below the waist.
Ruling: Illegal block. All 4 elements receive a yes answer. The position is that in Comment 3-10-1 – position (b) the motion was toward the ball, the block was in the restricted area and the block was below the waist. (7-3-10)
- 3-10-4 **Comment:** Who is responsible for calling “crack-back” blocking violations? The sideline officials have the primary responsibility for the ends and flankers and have this responsibility. The Umpire can assist by spotting the numbers of wide players before the snap and if he/she sees those numbers block below the waist, in the close line play area, or in the restricted 5 yard zone between the tackles, he/she can call the infraction since the motion must have been in the direction of the ball to bring the players between the tackles. (7-3-10)
In addition the Back Umpire and Back Judge should watch the initial movements of the wide receivers and slot backs to assist the side officials.
- 3-10-5 **Play:** Flanker A26 is standing 4 yards outside the tackle when the ball is snapped. B42 rushes the passer and A26 blocks him/her below the waist 6 yards behind the LS.
Ruling: Crack-back block. A26 was more than 3 yards from the Close Line Play area, moved toward the ball, blocked in the restricted area and blocked below the waist. All 4 questions are answered “yes” – the block is illegal. (7-3-10)
- 3-11-1 **Comment:** A blocking technique that has appeared in amateur football has been declared illegal. A “delayed knee block” is a blocking tactic carried out by 2 players. The first blocker will engage the opponent to try to straighten him/her up and hold their attention and their actions. The team mate (2nd blocker) will delay and then block the opponent at or below the knee while he/she is unable to protect themselves. The delayed block occurs while the first blocker is still in contact with the opponent. The delayed knee block restriction does not prohibit double team blocking unless one block is delayed and this block is at or below the knee. The foul is classified as UR because of the injury – causing implication. (7-3-11)
- 3-11-2 **Play:** A1 and A2 combine in blocking B1 as follows: (a) both block B1 simultaneously with A1 making contact above the waist and A2 at the knee. (b) A1 blocks B1 above the waist and while A1 is still contacting B1 A2 makes a delayed block at the knee. (c) A1 blocks B1 above the waist and while A1 is still in contact with B1 A2 makes a delayed block above the waist.
Ruling: Legal Blocks in (a). This is a double team block with no discernible delay between the block by A1 and A2. In (b) the block by A2 is an illegal delayed knee block. In (c) the blocks are legal. (7-3-11)
- 3-19-1 **Play:** Team A are 1D and 10 from the A35-yard line. Slot A85 lines up 6 yards outside of the tight end position on the right side. A85 blocks defensive end B40 below the waist inside the left offensive tackle position. (a) A85 is in full motion but inside the right tight end position at time of block. (b) A85 moves inside the right tight end position and comes to a complete stop prior to the snap of the ball.
Ruling: (a) This is a block below the waist by A85. Team A would be penalized 15-yards. (b) This is a legal play. (7-3-19)



Section 4: Objectionable Conduct

- 4-0-1 **Play:** Team A scores a touchdown and A1, in exuberance, throws the ball high in the air over the deadline.
Ruling: Objectionable Conduct – apply penalty on the convert or the subsequent kick off. (7-4-c)
- 4-0-2 **Play:** A1 attempts a punch at B1 but misses. What procedure should the official follow?
Ruling: There can be no call for UR since there was no contact. The call is Objectionable Conduct. (7-4-f) Under extreme conditions A1 may be disqualified. (7-2-5)
- 4-0-3 **Play:** On the last play of the half Team A score a touchdown. On the unsuccessful convert B1 commits UR and B2 OC. Team A chooses to apply the penalties on the kick off. On the repeated convert B3 commits UR. Team A chooses to apply this penalty also on the kick off.
Ruling: OC is applied after the other penalties. If Team A kick off, it will be from the Team B 25-yard line (Team A 45-yard line + 15 + 15 + 10). If Team B kick off, it will be from the Team B 7½-yard line. (Team B 45 -yard line – 15 – 15 – 10, restricted to half the distance – 7½ yards). (7-4, 5-2-1-a and Note)
- 4-0-4 **Play:** Team A 2D and goal on the Team B 4-yard line. B1 goes offside and the play gains 1 yard. A2 is called for OC after the play is blown dead.
Ruling: Offside penalty moves the ball to Team B 2-yard line and 1D. The OC penalty is now applied. Team A 1D and 10 from Team B 12-yard line. The distance chains are moved as long as the OC occurred before the Referee has whistled time in for the next play. (7-4)
- 4-0-5 **Comment:** Paragraph (d). The purpose of this is to emphasize that officials are NOT to be considered as merely a part of the field but must be given consideration during play.
 It is recognized that there are occasions when an official will get run over during a play. The Umpire particularly will be caught in a line surge and be unable to avoid contact. Other officials may move too late into the path of a player so that the player has no chance to avoid the official.
 At other times, when an official is either stationary or moving and can be easily seen and avoided by a player, the player must not attempt to make a tackle or a block or any other play by “going through” the official. The official has no protective equipment and is in a position vulnerable to injury.
 Avoidable contact, if it occurs, should be penalized by distance penalty and/or disqualification dependent on severity of the contact. (7-4)



Rule 8 — Application of Penalties

Section 1: Definitions

1-4-1 **Play:** Team A punt into the Team B end zone and is called for (a) Restraining zone foul in the end zone or (b) UR in the end zone. The ball goes dead in Team B possession in the end zone.

Ruling: In (a) Team B option: to accept the penalty, no score, Team B 1D at 10 plus 5 or 15 No Yard or decline the penalty and allow 1 point to Team A and Team B 1D at the 35-yard line. In (b) Team B option: accept the penalty, no score, Team B 1D at the 10 plus the UR 15-yard penalty for 1D at the B 25-yard line, or accept the penalty, allow the score, Team B 1D at the 35 plus the UR 15-yard penalty for 1D at the B 50-yard line. (8-1-4-a, 8-4-2-a, 8-5-6-a)

1-4-2 **Comment:** Penalty Applications Without The Necessity Of An Option.

Unnecessary Roughness or Rough Play – the non-offending team normally has a choice of 2 points at which the yardage penalty is applied – PBD or one of PLS DR, PBH, etc.

Objectionable Conduct or No Mouthguard – the non-offending team does not have any choice of the point of application of the penalty. The yardage penalty is applied from the point where the ball would have been put in play if the objectionable conduct or no mouthguard foul had not occurred. Where these types of fouls occur on a touchdown the penalty will be applied on the convert or subsequent kickoff.

The meaning of “without the necessity of an option” is that the non-offending team does not have to make a choice between the penalty or the result of the play but is entitled to both if it so chooses. A non-offending team may always refuse a yardage penalty if it feels that the application of the penalty would affect it adversely. Likewise it may also refuse a penalty on the last play of the period in order to terminate the period. If the foul is UR or RP the non-offending team may choose to have the penalty applied immediately and another play will take place or, have the penalty applied on the first play of the next period in order to terminate the current period.

1-4-3 **Play:** Team A is called for holding and a second time for no mouthguard and gain one yard on 1D.

Ruling: Team B option – accept the holding penalty L10 DR. The 5-yard penalty will then be applied – 1D 25 DR or decline the holding making it 2D and 14 to go. (8-1-4-b)

1-4-4 **Comment:** Rule 8 Section 1 Article 4. When a foul is called what options are available to the non-offending team?

Ruling: On most plays the non-offending team has a choice of two options.

Option 1 – to decline the penalty and accept the play as it terminated.

Option 2 – to accept a yardage penalty and allow the play to be repeated.

In some cases, where specifically stated there is no option such as in 4-1-5 where no play has taken place and in other cases both the play and the penalty may be accepted as in 8-1-4-b for UR, etc.

The intent of the option is to give the non-offending team either the penalty or any advantage that they might gain from possession of the ball or better field position by declining the penalty and allowing play to continue as if no foul had occurred.

1-4-5 **Play:** Team A scrimmage 1D at the A 50-yard line. Passer A1 is chased back to the A 25-yard line where A2 is called for blocking from the rear at the 25-yard line. A1 is downed at the 25-yard line and B1 is called for piling on.

Ruling: Team B option as to where to apply penalties PBD down continue or PLS DR (8-1-4, 8-5-11, 8-6-1)

Section 2: Penalties and Legal Gains

2-4-1 **Play:** A1 punts. With the ball “in flight” B1 holds. The ball hits B2 at the B 30-yard line and (a) bounces forward to the B 35-yard line where B2 recovers it or, (b) bounces backward to the B 25-yard line where B1 or B2 recovers it or, (c) bounces forward to the B 35-yard line where offside B3 recovers it. What is the PP for application of the holding penalty?

Ruling: The PP is the closest point to the goal line of the team entitled to possession of either the point of touching or the point of actual possession. In (a) and (c) the PP is the point of first touching the B 30-yard line. In (b) the PP is the B 25-yard line. (8-2-4, 6-3-1)



2-4-2 **Play:** Same as Play 2-4-1 but Team A recover the ball at the B 35-yard line and advance it to the Team B 20-yard line.

Ruling: Option to Team A to accept the penalty from PP L10 from the B 35-yard line, Team A 1D on Team B's 25-yard line, or take the play at PBD at the Team B 20-yard line and decline the penalty. See Comment 2-4-3 for matrix of penalty application.

2-4-3 **Comment:** Fouls With The Ball "In Flight" – Rule 8-2-4-a and 8-5-4-b

Both of these articles specify that, once the ball is "in flight" on a kick, a foul by either team will be applied at the point of possession by the team that legally gains possession (with the exception of a UR foul against the kicker that may be applied at PLS).

This approach is consistent and logical. If a Team B foul occurs "in flight" and possession is still retained by B, with the penalty applied, it seems reasonable that if a Team A foul occurs "in flight" and possession is legally gained by A, Team A should be allowed to retain possession with the penalty applied. Each team would be treated in the same way on a similar situation and all similar penalties would be subject to the same options and application point.

The following matrix shows the application for the variety of penalty occurrences.

Foul Possession by B Possession by A

1. Holding – Team B (Note 1)	Option to Team A	Option to Team A
	1. L10 PP by Team B – 1D B	1. 1D Team A plus 10 PP
	<i>or</i>	<i>or</i>
	2. Decline penalty – Team B 1D at PBD	2. Decline penalty - Team A 1D at PBD
2. Holding – Team A (Note 1)	Option to Team B	Option to Team B
	1. 1D Team B plus 10 PP	1. L10 PP by Team A-1D A
	<i>or</i>	<i>or</i>
	2. Decline penalty – Team B 1D at PBD	2. Decline penalty - Team A 1D at PBD
3. Unnecessary Roughness – Team B	Option to Team A	Option to Team A
	Team A L15 PP or PBD – 1D to Team B	1D Team A plus 15 PP or PBD
4. Unnecessary Roughness – Team A	Option to Team B	Option to Team B
	1D Team B plus 15 PP or PBD	L15 PP or PBD - 1D to Team A

Note 1: Holding and other fouls, except UR or RP, will be administered in the same way with the appropriate yardage applied. In the case of UR or RP, the yardage will be applied at the appropriate point as selected by the non-offending team.

2-4-4 **Play:** Team A 3D and 10 on the B 30-yard line and punt. With the ball in flight Team A commits UR. B1 gains possession in the end zone and is tackled and held.

Ruling: Team B option: (a) to allow Team A score 1 point and then apply the penalty at the 35-yard line; or (b) accept the penalty at PP. Since this is the end zone the penalty will be applied at the 10-yard line with no score to A. (8-2-4, 5-5-3-Note)

2-4-5 **Play:** Team A is 3D and 20 on the Team B 35-yard line and punt. Team B commits UR after the ball is in flight. The punt receiver is tackled in the end zone.

Ruling: Team A option: (a) accept 1 point and apply penalty at 35-yard line, Team B 1D and 10 on the B20-yard line; or (b) decline the point and apply penalty at the Team B 10-yard line, Team B 1d and 10 on the B1-yard line. (8-2-4, 5-5-1-a-2 and note 2)

2-4-6 **Play:** Team A scrimmage, 1D at the B 1-yard line. QB A1 fumbles the ball, it rolls loose at the B 5-yard line and B1 holds A1 at the B 5-yard line to allow B2 to recover the ball.

Ruling: The foul directly affected recovery of the ball – Team A 1D at the B 5-yard line. The foul is not one for which a distance penalty is applied so Team A gets possession at the PF. (8-2-4-b, 8-3-4)



- 2-5-1 **Play:** On the last play of the 3rd period, Team A on 2D and 8 at the A 30-yard line, gain 5 yards. The ball is whistled dead. B1 piles on.
Ruling: The period ends when the ball is whistled dead with Team A 3D and 3 at the A 35-yard line. The piling on is a dead ball foul and will be administered on the first play of period 4. The teams change ends and Team A will scrimmage 1D and 10 at the A 50-yard line. (8-2-5)

Section 3: Restrictions near Goal Line

- 3-1-1 **Play:** Team A is 2D and 10 on the Team B 15-yard line. Team A is called for offside and Team B is called for holding and UR.
Ruling: Dual foul of which 1 part is a double foul by B. The penalties will be adjusted at the PLS assuming all are accepted. Holding and offside are balanced to put the ball at the B 10-yard line. The UR is then added giving Team A – 1D goal at B1. (8-3-1)
- 3-1-2 **Play:** Team A, 2D and 10 on the Team B 21-yard line, throw a forward pass. B2 interferes with A2 on the B 2-yard line and B2 also commits UR.
Ruling: Double penalty. L15 for the interference moves the ball to the B 6-yard line. The UR penalty is now applied Team A – 1D goal at B1. (8-3-1, 8-6-4)
- 3-4-1 **Play:** Team A, 1D and 10 on their own 1-yard line, is called for holding and the ball goes dead in the end zone.
Ruling: Team B option: accept the penalty of LD and Team A will be 2D and 10 at the Team A 1-yard line; or decline the penalty and accept 2 points for the safety touch. (8-3-4)

Section 4: Fouls in End Zone

- 4-1-1 **Play:** B1 receives a punt in the Team B end zone. B2 (a) holds in the end zone or (b) commits UR on A2 in the end zone. The ball goes dead at the B 4-yard line.
Ruling: Team A option in each case – accept the penalty and score 1 point with the ball put into play at the Team B 35-yard line. In (a) no distance applied – Team B 1D and 10 at the 35-yard line. In (b) the 15-yard penalty is applied – Team B 1D and 10 at the B 20-yard line. The option to Team A is to decline the penalty and let the play stand as it finished – in (a) Team B 1D and 10 on the B 20-yard line; in (b) the penalty is applied (L15) – Team B 1D and 10 on the B 5-yard line. (8-4-1-b, 8-5-6-b)
- 4-1-2 **Play:** Team B fumble a punt in the Team B end zone. While the ball is loose (a) A1 holds B1 to allow A2 to recover; (b) B1 holds A1 to allow B2 to recover.
Ruling: (a) Ball awarded to Team B at B 10-yard line – 1D – no score. (8-4-2-a-3) (b) Team A option: 1D at B 10-yard line – Team B 1D at PBD – accept score if Team A scores on play – accept 1 point and Team B 1D at 35-yard line. (8-4-1-b-5)
- 4-1-3 **Play:** Team A scrambles on their own 5-yard line. A1 is trapped in the end zone and A2 holds B1 in the end zone to allow A1 to get out. B2 tackles A2 at the 5-yard line by the facemask.
Ruling: Option to B. Accept the penalty for Team A holding and a safety touch (2 points). L15 to Team B from the point selected by Team B for the next play. Or decline the penalty with no score that would allow Team A 1D and 10 from the A 20-yard line after the 15-yard penalty from the 5-yard line. (8-4-1)
- 4-2-1 **Play:** A1 fumbles the ball in their own end zone on 2D and 15 from the A 5-yard line. While the ball is loose: (a) A1 holds B1 and allows A2 to recover the ball (b) B1 holds A1 and allows B2 to recover the ball.
Ruling: (a) Option to Team B – accept 2 points or have Team B 1D at the A 5-yard line. (8-4-1-a-4) (b) Team A 1D at the PLS or at the A 10-yard line. (8-4-2-b-2)
- 4-2-2 **Play:** Team A scrimmage (a) on their own 3-yard line, 2D or, (b) on their 12-yard line. QB A1 runs into the end zone and fumbles. B1 holds A2 in their attempt to recover and B2 recovers the ball in the end zone.
Ruling: No score. In (a) Team A will be 1D at the A 10-yard line. In (b) Team A will be 1D at the A 12-yard line. (8-4-2-b-2)
- 4-4-1 **Play:** Team A punt to B1 in the Team B end zone. While the ball is in Team B possession in the end zone, A1 blocks B2 from the rear at the B 5-yard line. The ball goes dead (a) at the B 2-yard line or (b) at the B 25-yard line.
Ruling: In (a) Team B would accept the penalty and 1D at 25-yard line. In (b) Team B would accept the penalty, giving Team B a 1D at the B 40-yard line. (8-4-4)



- 4-4-2 **Play:** Team A 2D and 5 at the A 8-yard line. Passer A1 is in the end zone when B1 (a) holds A2 or (b) commits UR. A1 is sacked at the A 2-yard line.
Ruling: If Team A accepts the penalty it is applied at PLS. In (a) L10 – Team A 1D at the A 18-yard line. In (b) L15 – Team A 1D at the A 23-yard line. The 1D is automatic in this case, regardless of yardage required. (8-4-4)

Section 5: Unnecessary Roughness and Rough Play – Points of Application

- 5-1-1 **Play:** Team A are 2D and 25 at the A 30-yard line. During the play, and before the distance is gained, A2 and B2 are both called for UR and B3 is also called for UR.
Ruling: Dual foul, a part of which is a double foul against B. All penalties are adjusted at PLS. No 1D is awarded for the Team B UR since the Team A foul is also UR. Team A 2D and 10 at the A 45-yard line. (8-5-1, 8-6-2-g)
- 5-1-2 **Play:** Team A kick a successful convert from the 5-yard line. A1 is called for holding and A2 for UR on the play.
Ruling: Option to Team B: accept the double penalty and allow Team A to attempt the convert from the 30-yard line; accept the holding penalty and allow the convert to be repeated L10 PLS and apply UR on the K.O.; allow the convert to be repeated PLS and apply both the holding and the UR on the K.O.; allow the convert to score and apply both the holding and the UR on the KO. This is an unusual situation and actually combines the 3 options available to Team B under 8-5 and 3-2-5. (8-5-1, 3-2-5 and 8-6-4)
- 5-2-1 **Comment:** Applying Unnecessary Roughness and Rough Play Penalties:
 a) YNG – All UR/RP fouls from scrimmage have the following two options:
 (1) L15/L25 PBD downs continue or
 (2) L15/L25 PLS DR.
 (b) After YG or after a change of possession – L15/L25 at PBH or PBD.
 (c) In flight – L15/L25 PPG or PBD.
 The exception to these three generalizations is UR/RP on the kicker/holder on a kick from scrimmage that may be applied at PLS, PPG or PBD.
- 5-6-1 **Play:** Team A punt into the Team B end zone. A2 commits (a) a restraining zone violation or (b) UR in the end zone. The ball goes dead in Team B possession in the end zone.
Ruling: Ruling: Option to Team B, in each case, to allow the score or not. In (a) Team B may accept the penalty and 1D at the 25(if 15yard no yard) 1D at the 15(if 5 yard no yard); or decline the penalty, allow the score and have 1D at the 35-yard line. In (b) Team B may accept the penalty and 1D at the 25 -yard line (10 + 15) or allow the score and have 1D at the 50 (35 + 15). (8-5-6, 8-1-4)
- 5-7-1 **Play:** Team A, 2D and 10 on A 35-yard line, fumble the ball. B1 prevents A1 from recovering the ball at the A 25-yard line by grasping the facemask. Ball goes dead at the Team A 20-yard line in Team A possession.
Ruling: Team A option (a): plus 15 PF, Team A 1D at the A 40-yard line, 10 to go; (b) plus 15 PBD Team A 1D at the A 35-yard line, 10 to go; or (c) decline interference penalty, Team A 1D at the A 50-yard line, 10 to go (apply UR, PLS). (8-5-7)
- 5-7-2 **Play:** Team A 2D and 10 on the A 35 -yard line, fumble the ball. A1 prevents B1 from recovering the ball at the A 24-yard line by grasping the facemask. Ball goes dead at the Team A 20-yard line in Team A possession.
Ruling: Team B option: plus 15 PF Team B 1D and 10 at A 9-yard line; or L15 PBD Team A 3D and 35 at the A 5-yard line. The option of penalty application at the PBD and Team B 1D would only apply if Team B recovered the ball. (8-5-7)
- 5-8-1 **Play:** Team A. 2D and 10 on A 20-yard line, throw a forward pass. B1 commits UR on A2 as part of Illegal Interference on the A 40-yard line.
Ruling: L15 for Illegal Interference plus L15 for UR. The ball is advanced 30 yards, Team A 1D and 10 on the A 50-yard line. (8-5-8)



- 5-8-2 **Play:** On a convert attempt by forward pass B1 commits UR on A2 as part of a pass interference foul. The attempt is (a) successful (b) unsuccessful.
Ruling: Team A has a number of options. In (a) since the 2 points have scored the penalty of 15 for Illegal Interference plus 15 for UR will be applied on the kick off. Assuming Team A will kick off the kick off will be at the Team B 35-yard line. In (b) Team A has the option of applying both penalties on the kick off or the Illegal Interference on the convert and the UR on the kick off, that is:
- 1) Repeat convert at the Team B 5-yard line and kick off at the B 35-yard line (Ill. Int. and UR)
 - 2) Repeat convert at the Team B 1-yard line and kick off at the B 50-yard line (UR). (8-5-8)
- 5-9-1 **Play:** On the last play of half B1 returns a Team A punt for a touchdown. A1 commits RP after the score. Team B decline the yardage penalty on the convert. During the convert, the team scored against (previous A) commits UR.
Ruling: Double penalty, A1 is disqualified and a 25-yard penalty applied on the kick off. An additional 15-yard UR penalty is also applied on the kickoff. Since this occurred after the last play of the half but before the convert is complete the 2 penalties may be applied on a kick off in the 1st half or they may be applied on the opening kick off of the 2nd half.
 The offending team will kick off at their 10-yard line ($45 - 25 - \frac{1}{2}$ distance = 10-yard line) or will receive at their own 15-yard line (line of kick off is 25-yard line ($45 + 25 + 15 = 25$)). This is assuming that Team B does not choose to apply one of the penalties on a repeated convert. (8-5-9-b-1)
- 5-9-2 **Play:** On a successful convert by Team A from the B 5-yard line B1 is called for offside and B2 for UR (a) during the play and (b) after the play.
Ruling: In (a) Team A may accept the score and apply both penalties total 20 yards on the kick off; or may decline the score, accept the offside penalty and repeat the convert at the $2 \frac{1}{2}$ yard line with the UR penalty applied on the kick off; or accept both penalties on the convert and repeat the convert at the 1 yard line. In (b) Team A may accept the score and apply both penalties total 20 yards on the kick off; or may decline the score, accept the offside penalty and repeat the convert at the $2 \frac{1}{2}$ yard line with the UR penalty applied on the kick off (8-5-9)
- 5-10-1 **Play:** The ball is punted by Team A into Team B's end zone. After the ball has been caught legally, B1 blocks A2 above the waist while the ball is still in the end zone. Punt receiver B2 intentionally kneels on the ground in the end zone and, while B2 is kneeling, A3 clearly hits B2 in a manner that is construed as piling on (Dead Ball Foul).
Ruling: The ball is punted into EZ by Team A, setting up a 1-point situation. The block by Team B is legal. The 1-point is then conceded making the ball dead. The piling on penalty is awarded from the 35 -yard line. Team B will put the ball into play at the B 50-yard line. (8-5-10-c)
- 5-11-1 **Play:** Team A, 1D and 10 on the A 40-yard line, gain 15 yards and the play is whistled dead. A1 commits UR on B1 after the whistle (a) before the Downsbox has been moved or (b) after the Downsbox has been moved but before the Referee has whistled time in for the 1D.
Ruling: In both (a) & (b) L15 PBD 1D and 10 at the A 40-yard line. (8-5-11)
- 5-11-2 **Play:** After the game has ended in a tie, with overtime required, B1 commits UR.
Ruling: A 15-yard penalty is applied on the first play of the overtime. (8-5-11)
- 5-11-3 **Play:** Team A, 3D and 5 on the A 30-yard line, gain 3 yards. B2 is called for piling on.
Ruling: Since Team A did not gain yards on the play; Team B takes possession of the ball. The UR by Team B does not return the possession to Team A since piling on is a dead ball foul occurring after possession is lost. L15 to B, Team B 1D at the A 48-yard line. (8-5-11-Note)

Section 6: Dual and Double Fouls

- 6-2-1 **Play:** On a kick off A1 is offside. After receiving the ball, B1 holds with the ball at the B 30-yard line and A2 commits UR with ball at the B 35 -yard line. Ball goes dead at the B 40-yard line.
Ruling: Team B option. (a) Accept the penalty for the Team A offside. All yardage penalties will be adjusted at the original line of kick off. Team A penalty 20 yards, Team B penalty 10 yards Team A re-kick at the A 35-yard line. (b) Refuse the Offside penalty. The Team B Holding penalty and the Team A UR penalty will be adjusted at the B 30 -yard line. Team B 1D and 10 at B 35-yard line. (8-6-2)



- 6-2-2 **Play:** Team A is 1D and 10. Team B is Offside and Team A commit Pass Interference 30 yards in advance of the PLS.
Ruling: On a dual penalty, Pass Interference, more than 15 ahead of the PLS is applied as L15. Balance the penalties at the PLS and Team A will be 1D and 20. (8-6-2, 8-6-3)
- 6-2-3 **Play:** Team A are 3D and 15 on the A 15-yard line. Team A are offside and Team B commits Pass Interference at the A 40-yard line.
Ruling: Balance penalties at PLS Team A, 3DR at 25-yard line. The automatic 1D provision does not apply in this situation. (8-6-2-f, 8-6-3)
- 6-2-4 **Play:** Team A are 2D and 5 at the A 30-yard line. B1 goes offside and A1 intentionally grounds the FP.
Ruling: If both penalties are accepted, L5 for Offside and L10 for Intentional Grounding, are adjusted at the PLS. Team A will be 2DR and 10 at the A 25-yard line. (8-6-2-d, 8-6-3)
- 6-2-5 **Play:** Team A are 2D and 10 at the A 25-yard line. Team B is called for UR. Team A gain 15 yards to the A 40-yard line and Team A hold. The ball goes dead at the A 50-yard line.
Ruling: Team A is entitled to the gain to the A 40-yard line. Balance the Team B UR and the Team A Holding. Team A will be 1D and 10 at the A 45-yard line. (8-6-2-b)
- 6-3-1 **Play:** Team A scrimmage 1D down and 10 on the A 30-yard line. B1 goes offside, A1 gains 25 yards and A2 is called for holding with the ball at the 55-yard line.
Ruling: Dual penalty situation. Team A has first choice. If both penalties are accepted, Team A scrimmage 1D and 15 on the A 25-yard line. (8-6-3). If Team A decline the offside penalty and Team B accepts the holding, Team A will scrimmage 1D and 10 on the A 45-yard line. (L-10 PBH). (8-2-1, 8-6-3)
- 6-3-2 **Play:** The three-minute signal has been given in the fourth quarter. On 2D, Team A is called for Offside and Team B declines the penalty. On the next play, both teams are called for offside. The captain of Team B now requests that the Referee signal time in when the ball is snapped since the previous penalty was against Team A.
Ruling: Team B has no option. Time starts on the snap of the ball. (8-6-3, 1-5-1-h)
- 6-3-3 **Play:** Team A is 2D and 5 yards to go on their own 45-yard line. The QB drops back to throw a forward pass. Team B commits UR along the line. The passer throws the ball and a Team A eligible receiver downfield commits Illegal Interference against Team B while the ball is in the air.
Ruling: In the dual penalty situation, when one of the penalties is “pass interference,” if the pass interference penalty is against Team A, the penalty for this foul shall be the loss of 15 yards. Balance Team A Illegal Interference L15 against Team B UR L15. Team A 1D at A 45-yard line. The automatic 1D provision for the Team B UR also applies since there is no loss of downs for the Team A interference. (8-6-3, 8-6-1)
- 6-3-4 **Play:** Team A, 2D and 5 yards to go on own 45-yard line, attempt a forward pass. Tackle A2 commits UR on the line of scrimmage. B1 commits Illegal Interference on eligible receiver A1 at the 55-yard line.
Ruling: Penalties are balanced and the down repeated with L5 resulting in Team A 2D on their 40-yard line. (8-6-2-d, 8-6-3)
- 6-3-5 **Play:** Team A is 1D and 10 on the Team B 10-yard line. A1 is offside, B1 commits UR and B2 commits RP before the ball is dead.
Ruling: Dual foul situation of which one part is a double foul by B. Penalties are adjusted at the PLS, recognizing that UR and RP are applied in sequence in the restricted area near the goal line. The offside at the LS and the UR 15-yard penalty results in a net gain of 10, restricted to the 5-yard line. Then the RP is applied to the 1 yard line. (8-6-3, 8-3-1)
- 6-3-6 **Play:** Team A on 1D and 10 on the A 30-yard line throw a FP. Team B intercept the pass and Team A are called for holding before the pass is thrown. Team B commits UR after the pass interception with ball at the B 50-yard line.
Ruling: Option to B: balance penalties at the PLS – with Team A 1D and 10 on the A 35-yard line; or decline the penalty and retain possession with L15 from PBH – Team B 1D and 10 at the B 35-yard line. (8-6-3)



- 6-3-7 **Play:** Team A are 2D and 15. B1 commits UR on the line, A1 gains 12 yards and A2 is called for Blocking from the Rear.
Ruling: Team A has the option of applying penalties at PLS 2D and 15 or applying at point ball held when Team A penalty occurs 3D and 3 yards. (8-6-3)
- 6-3-8 **Play:** Team A punt. B1 makes a return punt and the ball rolls loose at the B 40-yard line. Offside B2 kicks the loose ball at the B 40-yard line and A1 holds B3 who is trying to recover the loose ball at the B 50-yard line.
Ruling: Dual foul. Balance the penalties at the point of the first foul (the B 40 -yard line). Team A will be 1D at the B 35-yard line. (8-6-2-d, 8-6-2-e, 8-6-3)
- 6-3-9 **Play:** Team A, 3D and 10 on the B 30-yard line, punt on the last play of game. Team A is offside. B1 returns the punt and it is caught by A2 at the B 15-yard line. Team B is called for a restraining zone foul. The ball goes dead with A2 at the B 10-yard line.
Ruling: Dual penalty. Team B option: (a) adjust the penalties at the PLS – L5 for the Team A offside and L15 for the Team B restraining zone foul. This gives Team A 1D on the B 20-yard line; or (b) Decline the penalty for the Team A offside and Team A will have possession. The L15 will apply for the restraining zone foul at the B 15-yard line. That gives Team A 1D at the B 7½-yard line. In either case Team A will have 1 play. (8-6-3). This play is complicated by the fact that the Team B foul occurs after Team B has actually gained possession and then given it up again so that it is an “in flight” foul for the restraining zone violation by B.
- 6-3-10 **Play:** Team A has 3D and 9 on B’s 27-yard line. Team A punt the ball into B’s end zone. A2 is called for a restraining zone foul in the end zone. B1, who received the punted ball, return kicks it out of the end zone. A3 is at B’s 20-yard line when he/she received the “returned kick”. B2 and B3 are called for a restraining zone foul on the returned kick. A3 is unable to make any run back and the play is ruled dead at B’s 20-yard line.
Ruling: Dual penalty apply from point of first application the B10 yard line balance penalties and it will be B 1D and 10. (8-6-3, 8-4-2-a-2)
- 6-3-11 **Play:** Team A is 3D on their 45-yard line. A player of Team B commits UR against the kicker. Team B receives the ball on their 35-yard line and the ball carrier is held on their own 40-yard line. After the whistle is blown the Umpire calls UR against Team A.
Ruling: Team A option: Apply the penalty for UR against the kicker at the PLS, PP, or at PBD. This will be balanced by the UR penalty against A. (8-6-3, 8-2-3, 6-3-1, 8-2-4-a)
- 6-3-12 **Play:** Team A 3D with 4 yards to go on Team B’s 30-yard line. A kicking formation is set up and the kick is blocked. While the ball is rolling loose on the ground there is simultaneous interference between two opposing players. Team A recovers the ball on the Team B 45-yard line.
Ruling: Cancel the play and repeat the 3D at the B 30-yard line. (8-6-3)
- 6-3-13 **Play:** Team A punt from the A 40-yard line, 3D and 10. B1 is called for (a) Contacting The Kicker or (b) UR on the kicker during their act of kicking. A2 is called for a restraining zone foul on the punt receiver B2 who is downed.
Ruling: This is a dual penalty situation – in (a) if Team A accept the penalty for the Team B infraction, Team A will scrimmage 3D and 15 at the A 35 -yard line; in (b) if Team A accept the penalty for Team B infraction, Team A will scrimmage 1D and 10 at the 40-yard line. Penalty yardages are balanced and the automatic 1D for the Team B UR is applied. (8-6-3)
- 6-3-14 **Play:** Team B intercepts a FP in the Team B end zone. B1 is called for Blocking From The Rear in the end zone and ball carrier B2 is downed at the B 5-yard line by A1 grasping the facemask of B2.
Ruling: Dual penalties. No score. If both are accepted, Team B scrimmage at the B 10-yard line. If Team A refuses the Team B penalty, Team B scrimmage at the 20-yard line (5-yard line + 15 for UR). (8-6-3)
- 6-3-15 **Play:** B1 receives a kick off at the B 20-yard line and advances to the B 25-yard line and throws the ball ahead to B2 at the B 30 -yard line. With the ball at the B 40-yard line, A1 holds and the ball is dead at the B 50-yard line.
Ruling: An offside pass is not a foul so this is not a dual penalty situation. Team A option: return ball to the point of origin of the offside pass (the B 25-yard line) and Team B 1D and 10 at the B 25-yard line. If Team A choose to ignore the offside pass then the Team A holding penalty would be applied at PBH resulting in Team B 1D and 10 at the B 50-yard line. (8-6-3, 8-2-3, 6-3-1)



- 6-3-16 **Play:** B1 receives a punt in the Team B end zone. B2 blocks A1 from the rear at the B 15-yard line. A2 grasps the facemask of B1 at the B 12-yard line.
Ruling: The Team B foul on the field of play with the ball in the end zone does not award a score. The 2 penalties are adjusted at the B 10 -yard line, resulting in Team B 1D and 10 at the B 10-yard line. (8-6-3, 8-4-4-b)
- 6-3-17 **Play:** Last play of half. A1 is holding during the play and B1 piles on.
Ruling: Not a dual penalty. If Team B declines the holding penalty the half is over and the Team B penalty is applied on the opening kick off of 2nd half. If Team B accepts the holding and Team A accepts the Piling On penalty, the penalties are adjusted at the appropriate spot and another play will take place. (8-6-1, 8-6-3)
- 6-3-18 **Play:** Team A is 1D and 10 at their 40-yard line. Team A goes offside and is then chased back to the Team A 5-yard line where B1 is called for Piling On.
Ruling: Not a dual penalty. Option to B: accept the penalty for Team A offside that is balanced by Team B UR at PLS – Team A 1D and 10 at the A 50-yard line (after – L10 to B); or decline the penalty and have a 15 yard penalty for piling applied at PBD that results in Team A 1D at the Team A 20-yard line. Piling On penalty occurs after the ball is dead. The Team B UR gives Team A an automatic 1D since they are still in possession. (8-6-1, 8-6-3)
- 6-3-19 **Play:** Team A scrimmage 1D and 10 at their 20-yard line. B1 commits UR at the LS. Team A gain 15 yards and are called for Holding. The ball goes dead after a gain of 30 yards.
Ruling: Dual penalty. Penalties may be adjusted at PLS or Team A may choose to have the UR penalty adjusted at the PBH at the time of the Team A holding in order to take advantage of distance gained. In that case, the 15-yard and 10-yard penalties would be adjusted at the 35-yard line with 1D to Team A at the A 40-yard line. (8-6-3)
- 6-4-1 **Play:** Team A is 1D and 10 on the B 40-yard line. A1 is offside. B1 commits UR during the play. After the ball goes dead, B2 commits RP.
Ruling: Dual foul followed by a dead ball foul. The dual fouls are adjusted at the PLS – offside L5 and UR L15 – Team A 1D at the B 30-yard line. (8-6-3). Now the RP is administered – B2 is disqualified with L25. Team A 1D at the Team B 5-yard line. (8-6-3, 8-3-1, 8-6-4)
- 6-4-2 **Play:** Team A punt on 3D and 5. A1 commits Illegal Procedure, B2 goes Offside at the opposite end of the line from A1 and A3 commits a restraining zone foul.
Ruling: Dual foul of which part is a double penalty by A. Team B has first option: to accept the Team A Illegal Procedure foul or to decline it; or to accept the Team A restraining zone foul. Then Team A can accept or decline the Team B Offside. Assuming that Team B decline the Illegal Procedure and accepts the restraining zone foul and that Team A accepts the Offside, it will be Team A 3D and 15 after the penalties (L5 and L15) are adjusted at the PLS. This will require a clear explanation to the Team B captain so that he/she does choose the restraining zone foul rather than the Illegal Procedure that would result in 3DR and 5 at the PLS. (8-6-3, 8-6-4)
- 6-4-3 **Play:** Team A are 2D on the A 32-yard line. A1 holds on the line and A2 commits UR at the Team A 45 -yard line. There is no gain on the play.
Ruling: Option to Team B: accept both penalties and it will be Team A 2D at the Team A 7-yard line; or decline the holding penalty to accept the play with no gain and the UR penalty will be applied, Team A 3D on the A 17-yard line. (8-6-4, 8-1-4)
- 6-4-4 **Play:** Team A punt and B1 is called for UR while the ball is in flight. B2 receives the punt and on the run back B3 is called for UR. Ball goes dead in possession of B2.
Ruling: Penalties are applied at PPG or at the PBD at Team A option as there were two consecutive 15-yard penalties. (8-2-4-a, 8-6-4) Application of the yardage may be subject to the restricted penalty rule. (8-3-1, 8-3-2)



- 6-4-5 **Play:** Team A scrimmage at the A 40-yard line. A1 throws a FP; B1 is called for UR against A1. B2 intercepts the FP and B3 is called for blocking from the rear with the ball at the Team B 40-yard line. The ball goes dead in Team B possession at the Team A 45-yard line.
Ruling: Team A option: (a) regain possession of the ball apply both UR penalties from line of scrimmage A 1D and 10 @B40. (b) allow Team B to take possession of the ball and apply both UR penalties Team B 1D and 10 @ B10. (8-6-4)
- 6-4-6 **Play:** B64 goes offside and contacts A63. The play is whistled dead before the snap. Team B had 13 players on the field.
Ruling: Team B penalty for offside only. The excess player penalty cannot be called since the ball was not snapped. This is not a double foul. (8-6-4)



Rule 9 — Miscellaneous

Section 1: Definition

- 1-3-1 **Play:** Team A attempt a field goal which is short. A2, who held the ball on the attempt, recovers the ball on the B 15-yard line.
Ruling: Illegal recovery by A2 who, by rule, is offside on the play. (5-1-c, 9-1-3)
- 1-3-2 **Play:** Team A has punted the ball downfield and it bounces backwards. The kicker A1, coming downfield, clearly enters the 5-yard circle before any of their team mates. A2, who is behind A1 and also inside the 5-yard circle, does not try to withdraw and falls on the ball on the Team B 25-yard line.
Ruling: Team B 1D and 10 on the B 40-yard line. (5-4-1). Players are not put onside by being passed by the kicker. The recovery by offside A2 is illegal and a 15-yard penalty is applied against A2 since A2 made no effort to get out of the play. (9-1-3, 5-4-1-b)
- 1-3-3 **Play:** A1 punts on 3D and 10. B1 blocks the kick directly into the hands of offside A2 who gains 15 yards.
Ruling: Team A will be 1D and 10 at PBD. When a kick is blocked any player may recover it so the recovery is legal. (6-3-5-2) Continuity of downs is broken when A2 gained the yardage for 1D. (9-1-3, 9-4-2-a)
- 1-3-4 **Play:** Team A punt from scrimmage and the ball fails to cross the line of scrimmage. An offside Team A player touches or recovers the ball.
Ruling: Rule as you would for a dribbled ball resulting in Team B possession at point of touch. (9-1-3, 5-6)
- 1-3-5 **Play:** A1 punts on 3D. The ball crosses the LS in the air but is blown back by the wind and is caught by (a) A1 or (b) offside A2 behind the LS.
Ruling: Continuity of downs is not broken. In (a) recovery is legal and Team A must make yards or lose the ball at PBD (9-4-2). In (b) rule as you would for a dribbled ball by Team A resulting in Team B possession at point A2 touches the ball or at PBD (9-1-3,5-6).

Section 3: Interference when Ball not in Possession

- 3-0-1 **Play:** Players A1 and B1 are contending for a loose ball. A1 holds B1 just as he/she reaches the ball. B1 then kicks (dribbles) the ball into touch.
Ruling: The option is to Team B: accept the penalty to A, which gives B possession, 1D at PF; or decline the penalty, which gives A possession, 1D at point where ball is kicked out of bounds. (9-3, 1-10-3)
- 3-0-2 **Play:** The ball is loose on the A 30 -yard line at the hash mark. Holding is committed by (a) A65 or (b) B26 at the A 40-yard line, and is called.
Ruling: Where Illegal Interference such as holding occurs in an area remote from the ball and, in the opinion of the official, the player was unaware that the ball was loose and was not trying to prevent possession being gained no call should be made as the infraction had no bearing on the play. (9-3)
- 3-0-3 **Play:** A1 fumbles the ball behind the LS. Tackle A65, 1 yard in advance of the ball, blocks B6 just across the LS, while the ball is loose.
Ruling: No penalty. Team A blockers, unaware of the fumble, may continue to carry out the normal blocking assignments which they would have legally carried out if the ball had not been fumbled. (9-3)

Section 4: Continuity of Downs

- 4-1-1 **Play:** Team A are 3D and 10 on the A 30-yard line. Punter A1 fumbles the ball and dribbles it from the A 25-yard line to the (a) A 35 -yard line or (b) A 50-yard line, where B1 falls on it.
Ruling: In each case, the continuity of downs is not broken. Since B falls on the ball it becomes Team B ball at the point of possession. (9-4-1, 5-6)



- 4-2-1 **Play:** Team A, 3D and 10 on the A 40-yard line, punt. The punt is poor and lands behind the LS but bounces forward across the LS to the A 43-yard line, where punter A1 (a) recovers the ball and advances it to the A 52-yard line, or (b) recovers the ball and advances it to the A 48-yard line, or (c) recovers the ball on their knees at the A 43-yard line.
- Ruling:** Legal recovery by A1 in each case. In (a) Team A 1D and 10 at the A 52-yard line since A has gained the required distance. In (b) Team B 1D and 10 at the A 48-yard line since A has not gained the required distance. In (c) the ball is dead at the A 43-yard line with distance not gained so Team B will get possession 1D and 10 at the A 43-yard line. (9-4-2)
- 4-2-2 **Play:** A punt by A1 on 2D fails to cross the line of scrimmage and is (a) recovered by onside A2 or (b) touched by B1 and recovered by offside A3.
- Ruling:** Legal recovery by A2 or A3. Continuity of downs is not broken, either by the B1 touching or the ball not crossing the LS. Unless A now gains the required distance it will be A 3D. (9-4-2)
- 4-2-3 **Play:** A ball kicked from scrimmage, fails to cross the line of scrimmage, is legally touched by a Team A player and then goes out of bounds.
- Ruling:** 1.2D – Downs continue at the hash mark at the point where the ball was last touched or at the out of bounds spot. 3D – LB to Team B at either of those two points, whichever is closer to the Team A goal line. (9-4-2, 1-10-5)



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Three Minute Warning ... 2-7-3.....	2	3	6	16
	2	10	3	18
Tie Game Procedure.....	1	3	6	3
Time Count – Huddle.....	4	2	4	22
Time Out – Team Request.....	1	5	4	5
Timekeeper – Duties.....	2	911	2	18
Timing – Time Starts.....	1	5	1	4
– Time Stops.....	1	5	2	4
Touchdown – Awarded.....	1	13	4	13
– Definition	3	2	1	18
– Point Value.....	3	1		19
Tripping	7	1	3	41
Umpire – Duties.....	2	4	2	17
– Positioning	2	4	1	17
Unauthorized Persons – Interference.....	1	13	4	13
Uniforms – Equipment Resembling Ball	1	11	1	10
Unnecessary Roughness	7	3		42
– Against Kicker.....	7	3	3	42
– Against Passer.....	7	3	2	42
– Against Place Kick Holder.....	7	3	4	42
– Penalty Application (See Also Penalties-UR)	8	5	1	48
Unsportsmanlike Conduct	7	4		44
Warning – End of Half Time.....	2	3	8	16
– Mouthguard.....	1	11	3	11
– Three Minute.....	2	3	6	16
Wet Day Procedure.....	1	2	3	2



Canadian Rule Book for Amateur Football

Rule change proposals may be submitted on this form, one rule change per form.

1. Show the Rule, Section and Article for which the change is proposed.
2. Prepare the rule statement as it is in the present rule.
3. Present the rule statement as it is proposed.
4. Give the rationale (reason) for making the change, in terms of problems to overcome, objectives to be achieved, or results expected from the change.

a) Rule: _____ Section: _____ Article: _____ Page #: _____

b) Proposed Statement:

c) Rationale (reason for change):

Signature: _____

Association: _____

Association President's Signature: _____

The Football Canada Rules' Committee will only accept rule change proposals that have been approved and submitted to Football Canada by the President of the local association and / or Provincial officials' association or the CFOA.

