



Flag Football Rules

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Contact Information

League Coordinator Kelsey Albair (208)-608-7653, kalbair@cityofboise.org

Rec Specialist Dan Goodale (208)-608-7654, dgoodale@cityofboise.org

Customer Service (208)-608-7640, Sports@cityofboise.org

USSOA Official's Coordinator – Gary Bassett, (208) 573-6524 idahousssa@aol.com

Websites:

Boise Parks & Recreation website: www.cityofboise.org/parks

Facilities Use/Regulations:

1. No children will be allowed in the playing area. Only the players, coaches, and scorekeepers will be allowed in playing area (liability and safety reasons).
2. No pets are allowed in the football playing area of Ann Morrison. This includes warm-up areas and spectator areas due to safety and sanitary reasons. Violators will be required to put the pet in their car or remove it from the park.
3. Please use trash and recycling receptacles.
4. No glass containers are allowed at any park or school facility.
5. Field lighting will be turned off no later than 10:55 p.m. due to City Ordinance.
6. No non-motorized scooters, skateboards, bicycles, or roller blades are allowed at Ann Morrison Park due to safety concerns.
7. Do not park in the No Parking zones. Cars will be towed at the owner's expense.
8. Music played on or in the vicinity of playing fields must be played a reasonable volume and may not disturb the surrounding community members.
9. Smoking is prohibited, except in specified areas.

League Structure:

The goal of Boise Parks & Recreation adult sports programs is to provide opportunities for physical exercise and socialization through healthy and constructive use of leisure time. Please remember that regardless of the league or caliber of competition, the main objective of the program is fun and good sportsmanship.

REFUND POLICY

Entry fees will not be refunded after the registration deadline. Non-resident player fees will not be refunded. If a team withdraws prior to the registration deadline, a full refund, minus a \$15.00 processing fee, will be granted

LEAGUE CLASSIFICATION

1. Teams are classified by the Program Coordinators. Classifications are based on the following criteria: League standings from previous years, teams registering in each division, number of teams returning and the caliber of the players on the team. Mid/lower teams that have upper division men on their roster may be moved up one or more divisions. Teams are not guaranteed the division they request.
2. Changing divisions after league begins can only be done by switching with another team. Boise Parks and Recreation will work with the team captain to find a team that is willing to switch. Teams with a winning record may be moved up at the discretion of the Program Directors.

RESCHEDULED/CANCELED/RAINOUT GAMES

1. If no officials arrive for a game, the game may be played if captains agree and there is a volunteer to officiate the game, or it will be rescheduled. Both coaches are required to sign the score book as proof of agreement. (Refunds will not be given.) Home team is responsible to call the score into the Boise Parks & Recreation Center the next day.
2. All games which are declared a no Game because of poor weather conditions, unplayable fields (officials' decision), or officials not showing up will be rescheduled the next working day. Teams must notify the sports teams– 208-608-7651 or e-mail sports@cityofboise.org before 10:00 a.m. the next working day as to any dates that could be a conflict for future reschedule dates. The league coordinator may cancel games at his/her discretion. Messages can be left at 208-608-7654 or 208-608-7653.
3. Rained out games will be replayed the next available day and time. Teams should be prepared to play that same week.
4. If it has been raining for a few days prior but has stopped, be sure to call and double-check that the fields are playable.
5. A decision will be made at 3:00 p.m. as to whether the games will be canceled. It is the team manager's responsibility to call in at 208-231-0001.
6. If rain occurs after 3:00 p.m. and the games are canceled, our rainout app will have the updated information and will notify you if you have selected that option. Game cancellations after 5pm will be at the official's discretion.

OPTIONS FOR RESCHEDULING GAMES (NOT WEATHER RELATED)

1. Teams must notify program coordinators of their intent to re-schedule a game (3) three days prior to game date. Program coordinators will work on a new date/time with team captains involved in the reschedule to get their approval. Each team must verify with the Boise Parks & Recreation officials and confirm that they have received the correct information.
2. Day-of cancellations: Teams must notify program coordinators and captains of opposing team by phone if they are unable to field a team for a scheduled game. Day-of cancellations are not eligible for a reschedule.
3. Each team will be allowed only one (1) emergency reschedules during the season. Notice that a game needs to be rescheduled must be given to Boise Parks and Recreation officials at least (3) three business days in advance of the game that is to be rescheduled. Any reschedule request that does not meet the deadline will result in a forfeit. If a team has already used its

emergency reschedule, any additional games that are rescheduled will result in a \$35 charge to the team per game. Reschedules are subject to field availability. Note: Changes not only affect your team, but your opponents, spectators, and the officials scheduled to work the game.

FORFEITS

Illegitimate Forfeit - When a team fails to notify Boise Parks & Recreation at least 24 hours in advance of the game time that they will be unable to field a team and no players show up for the game. A team that has two illegitimate forfeits in a season will not be eligible for the league tournament and may be disqualified from remaining league play.

Regular Forfeit - Any forfeit, other than described above, where a team fails to field at least six players at game time, fails to maintain the required number of players to continue a game once started or provides 24 hours prior notice to Boise Parks & Recreation in the event they cannot field a team for a game. Any team that has three regular forfeits in a season will not be eligible for the league tournament.

A team forfeiting in the league tournament due to an illegal player shall be placed last in the order of finish and lose all eligibility to receive any tournament awards.

LEAGUE STANDINGS AND AWARDS

Final league standings will be determined by team won-loss records. When two or more teams in the same division finish with identical records, the following tie-breaker steps will be used in order:

1. Head-to-Head competition
2. Least points allowed over season
3. Most points scored over season
4. Coin flip

When three or more teams are involved, if two teams remain tied after the third or other teams are eliminated during any step, tiebreaker reverts to step 1.

The first-place team in each division will receive a team trophy/plaque.

LEAGUE TOURNAMENT

The league tournament is held immediately following the end of league play and is single elimination. The entry fee is due by the 15th of October. Divisions may be combined depending on the number of teams registered. Tournament brackets are seeded based on final league standings (best vs. worst). The champion of each tournament division will receive a team trophy/plaque and individual player awards.

IMPORTANT DATES AND DEADLINES

2nd Monday of league play – Last day players can transfer to another team.

October 15th – Last day to add players to league roster.

October 15th – Last day to register for league tournament.

Protests – Must be reported verbally to head official before completion of applicable game and in writing to the City Recreation Office, 110 Scout Lane, within 48 hours or two (2) business days from the day of the game.

Player Eligibility:

- A. Team Roster:** Each player on a team must have their name (first & last) on the roster – minimum of ten (10) players required. Players must be at least 16 years old by the start of the season. Rosters will be frozen after the first Friday in October. No team may add players after that point, unless hardship conditions exist.
- B. Player Eligibility:** Any player not on the team's roster is ineligible to participate for said team. Use of an ineligible player constitutes grounds for the team forfeiting said game(s). A protest of player eligibility must be made to the head official before the game is completed. The head official shall notify the opposing team captain of the player being protested. The name of the player in question must be noted on the scorecard. The game shall be completed under protest.

A player can participate on more than one team, but not within the same division (unless divisions are combined) and no more than one division below their highest (two divisions maximum).

- C. Required Players for Play:** The game shall be played by and between two (2) teams consisting of eight (8) players each. A team must have a minimum of six (6) players present at the start of a game to avoid forfeiting. A team starting with six (6) players may increase to eight (8), if additional players arrive, or go down to five (5) players for any reason, other than player ejection, and continue play. If a team loses a player due to ejection and does not have an eligible substitute, it will forfeit at that point. When a game is declared a forfeit at game time, it shall be officiated as a practice game, providing there are twelve (12) players between the two teams.
- D. Speaking Captains:** Prior to the start of the game, the head official will ask each team to designate speaking captains (each team may have an offensive and defensive captain). Said player(s) shall be the team's sole representative(s) during the entire game and can only be changed if said player is disqualified from the game. Captains shall make all team decisions, including timeouts and choices on penalty situations. A speaking captains' initial decision is irrevocable. Captains are responsible for knowledge of rules and conduct of their players and fans.
- E. Substitutions:** Substitutes may only enter during dead ball periods. Entering substitutes must be on their own side of the line-of-scrimmage prior to the snap. Departing substitutes must leave the field of play prior to the snap. *PENALTY: Illegal Substitution - 5 yards/previous spot*

Equipment/Uniforms:

- A. Game Ball:** Each team shall provide their own game ball. It shall be NFHS, NCAA or NFL official size (NO "Youth" or "Junior") and be properly inflated. The head official will have final approval on legality.

B. Flag Belts: Each team shall provide their own flag belts, which MUST BE "TRIPLE THREAT" BRAND (or equal) WITH THREE YELLOW, RED, BLUE, OR GREEN FLAGS. Each player on the field must wear a flag belt attached snugly around his waist with clasp in front and flags positioned on both sides and in rear. Flag belts shall not be tied or illegally fastened in any way.

C. Uniforms: Team jerseys must be matching in color. Jerseys must be tucked in the shorts/pants at all times when on the playing field and shall not cover any portion of the flag belt. Shorts/Pants must not have any belt loops, belt (other than flag belt) or open pockets and must contrast the flag color (cannot be yellow).

D. Illegal Equipment: The following shall be considered illegal equipment:

1. Flag belt not TRIPLE THREAT brand (or equal) with APPROVED COLOR flags
2. Flag belt with flags not sewn permanently in place
3. Flag belt improperly fastened ^[1]
4. Jersey covering any portion of the flag belt
5. Shorts/Pants with belt loops, belt (other than flag belt), open pockets or yellow in color
6. Metal cleats ^[2]
7. Exposed jewelry of any kind (earring, necklace, ring, wristwatch, etc.)
8. Sunglasses (except prescription)
9. Headgear (except of soft material – bandanna, beanie cap, etc.)
10. Leg/knee brace made of hard materials, unless fully padded.
11. Pads or braces worn above the waist
12. Casts or splints
13. Non-approved gloves (must be NFHS/NCAA/NFL certified)
14. Stick-um or other substances similar in nature
15. Game ball of non-regulation size or inflation ^[3]

PENALTIES: Illegal Equipment - 5 yards/spot of foul/ loss of down.

Any player found having illegal equipment shall be removed from the game until said equipment is removed from his person.

^[1] *If, in the judgment of the officials, a player's flag belt is tied or illegally fastened, the player is ejected, the play is nullified, and a 15-yard penalty will be assessed from the previous spot with loss of down.*

^[2] *Player is ejected.*

^[3] *If an illegal ball is discovered prior to the team's first snap, it shall be removed and replaced with a legal one. If an illegal ball is used for one or more plays, possession will be reversed at the spot of the previous snap prior to discovery.*

E. Mouth guards are recommended for all players, but not mandatory.

Rules of the Game:

LINE OF SCRIMMAGE, PLAY FROM SCRIMMAGE

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

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

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

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

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

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

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

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

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

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

BALL IN PLAY, DEAD BALL

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

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

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

Loose Ball – A live ball that is not in player possession, ie., any kick or pass.

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

Muff (Applicable on snaps and punt returns) – The touching of a loose ball by a player in an unsuccessful attempt to obtain possession. A muffed ball that has touched the ground can be advanced by the offensive/receiving team, but only downed by the defensive/kicking team. A punted ball that is muffed by a player on the receiving team, but has not touched the ground, can be intercepted, but not advanced, by the kicking team. A snapped ball which is muffed by an offensive player but has not touched the ground can be intercepted and advanced. A snapped ball that goes over or beside the intended offensive player without being touched shall be treated as a muff and considered live. Play may continue on a muff, if in the official's judgment, a defender is not in close proximity. If a defensive player is considered too close, a muffed ball will be declared dead. Any ball intentionally muffed forward is illegal batting.

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

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

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

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

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

DOWN, LINE TO GAIN

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

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

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

Line to Gain – The yard-line which the offensive team must reach in order to earn a new series of downs. From the spot of the ball on a first down, the line-to-gain is the yard-line marking the beginning of the next 20-yard interval on the playing field (ie. own 20-yard line, 40-yard line or opponents 20-yard line). When the spot of the ball on a first down is inside the defensive team's 20-yard line, the line-to-gain is the goal-line. *Example: On first down, the spot of the ball for team A is on their 25-yard line. The line to gain would be team A's 40-yard line.* When the ball is declared dead, the forward most point of the ball at the spot shall determine advancement. When any part of the ball breaks the line-to-gain or goal-line, the offense shall be awarded a new series of downs or touchdown, respectively.

OFFENSIVE BLOCKING, DEFENSIVE RUSHING

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

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

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

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

RUNNER, RUNNING PLAY, DE-FLAGGING

Runner/Ball Carrier – The player in possession of a live ball. A runner must attempt to avoid contact at all times (including after a spin move). A runner may not lower his head or shoulder into an opponent. If a runner falls to the ground, he is NOT considered down and may get up, unless touched by a defensive player while on the ground. A runner may place the ball on the ground to maintain his balance as long as he maintains control and possession of the ball.

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

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

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

De-flagging – The act of an opponent removing a runner's flag belt and thus, ending a down and creating a dead ball. Raking the flag belt to de-flag a runner is legal. The defensive player

does not have to have the flag belt in their hand for the runner to be considered de-flagged. If a runner's flag belt inadvertently falls off, a defensive player must touch him to create a dead ball.

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

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

Diving – The act of a player intentionally and suddenly dropping, falling, or plunging headfirst. Contact created with an opponent by a diving runner or defensive player may be deemed charging or tackling, respectively.

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

PASS, PASSER, RECEIVING

Forward Pass – It is a forward pass if:

- (a) the ball initially moves forward (to a point nearer the opponent's goal-line) after leaving the passer's hands; or
- (b) the ball first strikes the ground, a player, an official or anything else at a point that is nearer the opponent's goal-line than the point at which the ball left the passer's hand; or

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

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

Handing the Ball – The act of transferring player possession of the ball from one teammate to another without passing or kicking it. A forward handoff occurs when the ball is handed (regardless of the direction of the movement of the ball) to a player who is in advance of a teammate from whose hands he takes or receives it. Handing the ball forward to a teammate beyond the line of scrimmage is illegal.

Intentional Grounding – The illegal act of throwing a pass in an area that does not have a receiver in close proximity to avoid a loss of yardage. Intentional grounding to stop the clock is legal if the passer throws the ball directly to the ground immediately upon receiving the snap.

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

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

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

Interception – An interception is made when a pass (forward or backward) is caught in-bounds by an opponent of the passer.

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

Pass Interference – Any act by a player more than one yard beyond the line of scrimmage that hinders the progress of an eligible receiver's opportunity to catch the ball. Pass interference can only occur when a forward pass is thrown from behind the line of scrimmage.

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

FREE KICK, TOUCHBACK, SAFETY

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

Touchback – When the ball becomes dead on or behind a team's own goal-line, provided the impetus came from an opponent and it is not a touchdown. After a touchback, the ball will be spotted on the offensive team's 20-yard line.

Safety – When the ball becomes dead on or behind a team's own goal-line, provided the impetus came from a player of that team and it is not a touchdown. After a safety, the team on offense when the safety occurred will punt the ball from their 10-yard line to the opposing team.

Momentum – When a player receives a punt or makes an interception behind his team's 5-yard line and his original momentum carries him into the end zone, the ball will be placed at the point of reception.

Fair Catch – Fair catches are not allowed.

FOULS, SPOTS OF ENFORCEMENT

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

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

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

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

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

Spot of Enforcement (or Basic Spot) – The spot at which a penalty is enforced.

- (a) **Previous Spot** – The identical spot where the ball was last put in play.
- (b) **Spot of Foul** – The spot where the foul was committed.
- (c) **Succeeding Spot** – The spot where the ball would next be put in play if no distance penalty were to be enforced.

DISQUALIFIED & EJECTED PLAYER

Disqualified Player – A player removed from the game for a rule violation. A disqualified player is prohibited from playing but can remain in the team area on the sideline.

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

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

Playing Field: The playing field shall be 100 yards long by 50 yards wide and marked in four (4) 20-yard intervals with 10-yard end zones.

Coin Toss: Prior to the start of the game, the head official shall conduct a coin toss with the speaking captains. The caller shall indicate “heads” or “tails” prior to the toss. The winner of the coin toss will have their choice of the following three options:

1. Possession of the ball
2. Defend a goal-line (conceding possession)
3. Defer choice until start of the second half.

The loser of the coin toss shall choose between the two remaining options.

Starting the Game: To start the game, the team taking possession of the ball shall begin on their 20-yard line.

Possession and Advancement: Once a team takes possession of the ball, it will have four (4) consecutive downs to advance it to the line-to-gain in order to earn a new set of four downs. This will continue until the offensive team scores or fails to advance the ball to the next line-to-gain.

The offensive team may pass or run the ball on any down. It may elect to punt only on fourth down. On fourth down, the offensive team must declare its option to go for the first down or punt. Once the declaration is made, the team must use a timeout in order to change it. After a touchdown, the opposing team will take possession at their 20-yard line.

TIMING

A. Length of Game: The length of the game is 44 minutes, divided into two halves of 22 minutes each. A halftime intermission shall last no more than five (5) minutes. In the event the score is tied at the end of two halves, the game is extended by an overtime period(s) as prescribed in Section 4.B. Scheduled game time is forfeit time and there is no grace period.

1. **Game Clock:** The game clock shall run continuously, stopping only for team timeouts, player injury or at the official's discretion, until the last two (2) minutes of each half.
2. **25-Second Play Clock:** Once the ball has been spotted at the line-of-scrimmage and the referee has given the ready-for-play signal, the offensive team shall have 25 seconds to snap the ball.
3. **Delay of Game:** A delay of game penalty shall be called when:
 - a. The offensive team snaps the ball before it is signaled ready-for-play.
 - b. The offensive team fails to snap the ball within 25 seconds of the ready-for-play signal.
 - c. The offensive team fails to kick the ball immediately after receiving the snap on a free kick (punt).
 - d. A player deliberately advances the ball after it has been declared dead, throws an opponent's flag belt, throws/kicks an opponent's ball away from its nearest player, detains an opposing player from joining his team or argues with an official. Judgment and timing issues are solely at the official's discretion.

PENALTY: 5 yards/previous spot

4. Two-Minute Warning: At the point in each half when two (2) minutes remain, or if the ball is live, the point thereafter when it becomes dead, the line judge shall stop the game clock and inform both teams of the two-minute warning.

During the final two (2) minutes of each half the game clock shall stop for the following:

1. Team Timeout (Starts on snap)
2. Change of Possession (Starts on snap)
3. Incomplete Pass (Starts on snap)
4. Play Out-of-Bound (Starts on snap)

5. Touchback (Starts on snap)
6. Score (Starts on snap after the PAT)
7. First Down (Starts on ready-for-play signal)
8. Penalty (Depends on previous play)
9. Official's Timeout (Referee's Discretion)

5. **Mercy Rule:** If a team is ahead by 17 or more points at the two-minute warning in the second half or any time thereafter within regulation, the game clock will continue to run for the remaining amount of time.
6. **Extended Playing Time:** An un-timed down may extend a half when, during the last timed down the game clock expires and one of the following occurs:
 - a. A touchdown is scored and the point(s) after try is attempted as part of the half.
 - b. There was an inadvertent whistle, and the down is to be replayed as part of the half.
 - c. A penalty was accepted by the offense or defense.
 - d. Off-setting penalties.
7. **Official Conference:** The game clock shall be stopped during any official conference.
8. **Timeouts:** Each team shall be granted two (2) timeouts per half. Unused timeouts in the first half DO NOT carry over to the second half. In overtime, each team shall be granted one (1) timeout for the entire overtime. Timeouts shall last no longer than one (1) minute. A team may not call two consecutive timeouts. A team may use a timeout to change their declaration point(s) after tries following a touchdown and on fourth down punts. The referee may declare a timeout for any situation not covered by the rules
9. **Before the start of the game and at any point while in progress, game time may be shortened by mutual agreement of the opposing team captains and the head official.**

Overtime

The referee shall determine which goal-line to use and flip a coin to determine which team will have their choice of starting on offense or defense. Each team will take possession of the ball on the 20-yard line and have four (4) downs to score. If the offensive team scores, they will have the option of going for one (1) or two (2) extra point(s). If the score remains tied after both teams have taken possession, a second overtime period shall be played. The team that lost the initial coin toss will have the choice of playing offense or defense to begin the second overtime period.

If the score remains tied after two (2) overtime periods, either team scoring thereafter must go for two (2) extra points. This procedure shall be repeated for successive overtime periods until the score is no longer tied.

SCORING

- A. **Touchdown:** A touchdown is worth six (6) points and is scored by a player with possession of the ball advancing it beyond the front plane of the opponent's goal line.
- B. **Point(s) After Try/Extra Points:** After a touchdown is scored, the offensive captain shall declare to the referee his team's intent to go for one (1) extra point, from the 5-yard line, or two (2) extra points, from the 10-yard line. Declaration cannot be changed without using a timeout.

Note: If the defensive team intercepts a pass during the offensive team's PAT, the ball is automatically dead and may not be returned.

- C. **Safety:** A safety is worth two (2) points. It is a safety when:
1. A player with possession of the ball is de-flagged in his own end zone. EXCEPTION: If a player's momentum, upon an interception or kick reception within five (5) yards of his goal-line, carries him into the end zone and the ball is declared dead, possession shall be awarded at the spot where the pass was intercepted, or the kick was caught.
 2. An offensive player commits a foul in his end zone.
 3. A player fumbles in his end zone.
 4. On a punt, the kicking team snaps the ball beyond the end-line of their end zone.

After a safety is scored, the offensive team shall free kick from their 10-yard line to the defensive team.

- D. **Last Man Back:** A touchdown or extra point(s) will be awarded when a player in possession of the ball breaks free ahead of the last defensive player, and in the judgment of an official will clearly score, is tackled, held or deliberately pushed out of bounds.
- E. **Flag Check:** After a player scores a touchdown or extra point(s), the defensive team may immediately request a flag check. The player who scored must walk to the nearest official with his arms held away from his body for a flag check. If, in the judgment of the official, the flag belt is tied or illegally fastened, the score will be nullified, player will be ejected, and a 15-yard penalty will be assessed from the previous spot with loss of down. If the player removes his flag belt prior to the flag check (or one of his teammates removes it), the score will be nullified, and a 5-yard penalty will be assessed from the previous spot.

SCRIMMAGE FORMATIONS/PROCEDURE PRIOR TO SNAP

- A. The offensive team must have at least four (4) players on the line-of-

scrimmage at the snap. Offensive players shall not interlock their arms/legs on the line-of-scrimmage. The defensive team may have as many players on the line-of-scrimmage as it chooses, except during a punt/free kick, when it must also have at least four (4) players on the line-of-scrimmage.

PENALTY: Illegal Formation - 5 yards/previous spot

- B.** No defensive player may enter the neutral zone, touch the ball, make contact with an opponent or interfere with them in any way prior to the snap.

Any defensive player lined up directly in front of the center, must be at least three (3) yards behind the line-of-scrimmage. Defensive players on the line-of-scrimmage must be at least one (1) yard laterally from the center.

PENALTY: Encroachment - 5 yards/previous spot

Two consecutive encroachment penalties by the defense will result in a 10-yard penalty if first encroachment penalty was declined.

- C.** Once set on the line-of-scrimmage, no offensive player shall simulate the start of play prior to the snap. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resulting encroachment or contact by an opponent shall be ignored.

PENALTY: False Start - 5 yards/previous spot

- D.** Only one (1) offensive player is allowed in motion and he shall not be moving toward the line-of-scrimmage at the snap. If a player in motion was originally positioned on the line-of-scrimmage, he must be at least three (3) yards behind the line-of-scrimmage at the snap. A player in motion will not be counted as one of the four (4) players required on the line-of-scrimmage unless he resets himself on the line-of-scrimmage. Offensive players who attempt to shift must come to a complete stop and remain stationary in legal position for at least one (1) second prior to the snap.

PENALTY: Illegal motion - 5 yards/previous spot

- E.** The center must have both feet parallel to the line-of-scrimmage and no part of his body shall be beyond the forward point of the ball. While the ball is resting on the ground prior to the snap, its long axis must be perpendicular to the line-of-scrimmage with neither end raised more than 45 degrees. The center must snap the ball backward from the ground, between his legs and with a quick and continuous motion of the hand(s).

PENALTY: Illegal Snap - 5 yards/previous spot

- F.** The offensive player receiving the snap must be at least three (3) yards behind the line-of-scrimmage. Direct snaps are not allowed.

OFFENSIVE BLOCKING/DEFENSIVE RUSHING

- A. Offensive Blocking: Blockers may NOT initiate contact. Blockers on the line-of-scrimmage may move in any direction behind the line-of-scrimmage and may have their arms and hands in front of their body with palms facing their opponent only to absorb incidental contact. Blockers downfield must screen in a stationary position with arms down. All blockers must keep their hands, arms, hips, knees and feet within shoulders width of their body, and their torso in a vertical plane (no dipping shoulders). Blockers must remain on their feet during the act of blocking. Contact in the back, above the shoulders or below the waist of an opponent is illegal. Teammates shall not use interlocked hands, arms or legs and/or encircle one another in any manner to block for a runner or passer.

PENALTY: Illegal Block - 10 yards/previous spot or spot of foul

- B. Defensive Rushing: Defensive rushers MUST go around, not through, offensive blockers. A defensive rusher may use his hands to swim around a blocker if done without holding or displacing him and no contact is made above the shoulders. (No arm swims above the shoulder)

PENALTY: Bull Rushing - 10 yards/end of run or previous spot

RUSHING (OFFENSIVE)

- A. Forward hand-offs behind the line-of-scrimmage are legal. Forward hand-offs beyond the line-of-scrimmage are illegal.

PENALTY: Illegal Handling - 5 yards/spot of foul/loss of down

- B. A runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate to advance the ball. NO DIVING by the ball carrier.

PENALTY: Illegal Advance - 5 yards/spot of foul/loss of down

- C. It is the runner's responsibility to avoid contact with defensive players. A runner shall not deliberately run or drive into a defensive player. A runner may spin but should contact occur as a result of uncontrolled momentum, a foul shall be called.

PENALTY: Charging - 5 yards/spot of foul/loss of down

PASSING/ROUGHING THE PASSER

- A. Forward Pass:** An offensive player may throw a forward pass providing his foremost foot is behind the line-of-scrimmage when the ball is released.

A forward pass is ILLEGAL when:

1. The passer crosses the line-of-scrimmage before the ball leaves his hand.

2. A runner advances the ball past the line-of-scrimmage then retreats back behind it and throws a forward pass.
3. There is more than one (1) on a single play.
4. The ball is intentionally thrown to the ground, out of bounds or where there is no receiver in the immediate vicinity to prevent loss of yardage.

*PENALTY: Illegal Forward Pass or Intentional Grounding
5 yards/spot of foul/loss of down*

B. Backward Pass: A player may throw a backward pass during any down and at any point on the field of play. **EXCEPTION:** It is **ILLEGAL** for a runner to advance the ball past the line-of-scrimmage then pass it back behind the line-of-scrimmage for a forward pass. A backward pass that is dropped or missed and remains in bounds is considered dead at the spot and cannot be advanced.

C. Roughing the Passer: A defensive player shall not contact a passer above the flag belt while he is in throwing motion, including follow-through after release of the ball, behind the line-of-scrimmage. Once a player crosses the line-of-scrimmage before passing the ball, he is declared a runner and this rule no longer applies.

*PENALTY: Roughing the Passer - 10 yards/end of run or
previous spot (If pass is incomplete)/automatic first down.*

RECEIVING

- A. All offensive players are eligible receivers.
- B. A player must have at least one foot in-bounds and clear possession of the ball for a catch to be legal.
- C. A simultaneous catch between an offensive and defensive player shall be declared a dead ball. Possession shall be awarded to the offensive team at the spot of the catch.

PASS INTERFERENCE

- A. Defensive Pass Interference:** From the time the ball is thrown until it is touched, no defensive player shall interfere with an eligible receiver beyond the line-of-scrimmage. The pass does not have to be catchable. A defensive player may not face guard to block a receiver's vision. In the event a defender touches a pass and the offensive player is interfered with after said touch, interference is not applicable.

*PENALTY: Spot of foul/automatic first down (When in the
defensive team's end zone, the ball shall be spotted at the
defensive team's 1-yard line.)*

- B.** A defensive player may not make any contact that interferes with an eligible receiver who is beyond the line-of-scrimmage.

PENALTY: Illegal Contact - 5 yards/previous spot/automatic first down

- C.** Offensive Pass Interference: From the time the ball is snapped until it is touched, no offensive player shall interfere with a defensive player's attempt to guard an opposing player or to play the ball.

PENALTY: 10 yards/previous spot/repeat down

PUNTING/FREE KICK

- A. Legal kicks are punts/free kicks and may only be executed on fourth down, when declared, or after a safety.
- B. The punter must be at least five (5) yards behind the line-of-scrimmage and the ball must be snapped from between the center's legs.
- C. Both teams must have at least four (4) players on the line-of-scrimmage.
- D. Once set, all players (except the punter) must remain stationary until the ball is punted.
- E. Defensive players cannot attempt to block a punt with a rush or distract the punter by jumping or raising their arms.
- F. A muffed punt can be advanced by the receiving team, but only downed by the punting team.
- G. Once the ball has been punted, the punting team cannot advance it, unless there is an interception on a pitch.
- H. If a punt goes out-of-bounds between the goal-lines or comes to rest untouched in-bounds and no player on either team attempts to secure it, the ball becomes dead and belongs to the receiving team at the spot.
- I. If a punt goes out-of-bounds behind the opponent's goal-line, it is a touchback, and the receiving team shall take possession at their 20-yard line.
- J. Kick-Catch Interference: During a punt, the punting team shall not touch the ball in flight or the receiver or obstruct his path to or ability to receive the ball.

PENALTY: 10 yards/previous spot & re-kick or possession 10 yards/spot of foul

TOUCHBACKS

- A. A touchback occurs when:
1. The punting team punts the ball out of the receiving team's end zone.
 2. On a punt or interception, the receiving team's player catches the ball in the end zone and downs it, or the punted ball hits the ground in the end zone.
- B. After a touchback, the ball is spotted on the offensive team's 20-yard line.

DE-FLAGGING/FLAG GUARDING

- A. A player must have possession of the ball before he can be de-flagged by an opponent. (If an offensive player is de-flagged prior to possession of the ball, he must be touched to be considered "down".)
- B. If a runner's flag belt inadvertently falls off, a defensive player must touch him for the ball to become dead. If a runner's flag belt falls off during inadvertent contact, but attempt to de-flag did not occur, the ball is still live until a defensive player touches him.
- C. If a runner falls to the ground before being de-flagged, a defensive player only needs to touch him while he is on the ground for the ball to become dead. Otherwise, the runner may get up and continue to advance the ball.
- D. A defensive player cannot hold, grab or prevent a runner from advancing when attempting to de-flag him.

PENALTY: Impeding - 5 yards/end of run/repeat down

- E. When the flag belt is CLEARLY removed from a runner, the ball is considered dead, and a new line-of-scrimmage is established.
- F. Flag Guarding: A runner may not guard his flag belt, either intentionally or unintentionally, to prevent a defensive player from de-flagging him. Flag guarding includes, but is not limited to:
1. Placing a hand or arm over the flag belt
 2. Stiff arming
 3. Lowering the shoulder(s)
 4. Using the ball in any way to protect the flag belt

PENALTY: 5 yards/spot of foul/loss of down

INADVERTENT WHISTLE

- A. In the event an official accidentally blows his whistle during a live ball, the ball shall be declared dead and the following options are available:
1. The team last in possession may put the ball in play at the spot when the whistle was blown or replay the down.

2. If the ball was loose from a backward pass, illegal forward pass, illegal kick or muff, the team in possession may put the ball in play where possession was lost or replay the down.
3. If the ball was loose during a legal forward pass or a free kick, it is placed at the previous spot and the down is replayed.

If a foul occurs during any of the above, an accepted penalty shall be administered as in any other situations. When the penalty for a foul is accepted, the inadvertent whistle shall be disregarded.

PERSONAL FOULS

A. No player/team shall:

1. Hurdle another player, unless trying to avoid injury
2. Chuck a player coming off the line of scrimmage
3. De-flag a player not in possession of the ball
4. Push a player out of bounds
5. Touch the center until he has begun his pass pattern or stood up to block.
6. Use locked hands, elbows or any part of forearm/hand, except according to rule.
7. Use a "hide-out"/"sleeper" play. All offensive players must be within 15 yards laterally from the spot of the ball. An offensive substitute shall not use tactics to deceive or confuse the defense prior to the snap.
8. Attempt to substitute a disqualified, ejected or suspended player
9. Use any acts of unfair play

ENFORCEMENT OF PENALTIES

Types of Plays and Basic Spots

1. When a foul occurs during a down, the basic spot is determined by the type of play. There are two (2) types of plays, loose ball and running.

A. A loose ball play is action during:

- i. A punt/free kick
- ii. A legal forward pass
- iii. A backward pass (including the snap) by the offense in or behind the neutral zone prior to a change of team possession.

B. A running play is any action not included in item (a).

2. If a foul occurs during a loose ball play, the spot of enforcement is the previous spot.

3. If a foul occurs during a running play, the spot of enforcement is where the run ends, which is where the ball becomes dead, or the player loses possession.

4. Any foul by the offense which occurs behind the line of scrimmage shall be enforced from the previous spot.

(Exception: A foul by the offense in their endzone results in a safety)

B. Double and Multiple Fouls:

1. It is a double foul when both teams commit fouls, other than unsportsmanlike, during the same live ball period in which:

A. There is no change of team possession

B. There is a change of team possession and the team in possession at the end of the down fouls prior to the final change of possession.

C. There is a change of possession and the team in final possession accepts a penalty for a foul by the opponent.

In each case, the penalties cancel/off-set and the down is replayed.

When each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponent's foul, other than unsportsmanlike.

When a live ball foul by one team is followed by a dead ball foul by the other, penalties are administered separately and in order of occurrence.

When two or more live ball fouls are committed by the same team, only one penalty may be enforced, except when a foul for unsportsmanlike conduct occurs. In such cases, the penalty for unsportsmanlike conduct is administered from the succeeding spot as established by the acceptance or declination of the penalty for the other foul. When only one penalty is to be administered, the offended captain may choose which one it shall be, or he may decline all penalties.

When a team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

Dead Ball Fouls (Between Downs)

1. When a foul occurs during a dead ball between downs or prior to a free kick, the official shall not permit the ball to become live.

2. Penalties for dead ball fouls committed by both teams during the same dead ball interval prior to the ready-for-play signal shall offset. All other dead ball fouls are administered separately and in order of occurrence. A dead ball foul shall not be coupled with a live ball foul or another dead ball foul to create double or multiple fouls. All unsportsmanlike fouls are penalized separately, and in addition to those occurring during a down by the same team.
3. Procedure After a Foul: When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. He shall inform the captain of the offended team regarding the results of accepting or declining the penalty by indicating to him the number of the ensuing down and distance to be gained for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or there is a double foul, there is no loss of distance. In case of a double foul, the captains are not consulted since the penalties offset. The captain's choice of options may not be revoked. Decisions involving penalties shall be made before any charged time-out is granted either team.

Administering Penalties

1. The penalty for a dead ball foul, non-player foul or unsportsmanlike foul shall be administered from the succeeding spot.
2. The penalty for a foul which occurs simultaneously with a snap or free kick shall be administered from the previous spot.
3. The penalty for a foul during a running play or a loose ball play is administered from the basic spot, unless the foul is by the offense and occurred behind the basic spot. In that case, it shall be administered from the previous spot.

Special Enforcements

1. Enforcement of a penalty cannot take the ball more than half the distance from the enforcement spot to the offending team's goal-line. If the prescribed distance penalty is greater than this, the ball shall be placed halfway from the spot of the enforcement to the goal line.
2. If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from, on, or behind its goal line, it is a safety.
3. If the offensive team commits a dead ball foul while the game clock is running during the last two minutes of either half, ten (10) seconds shall be run off the game clock, in addition to the distance penalty.
4. For a defensive team foul on or behind the offended team's goal line, penalty enforcement is from the goal line.
5. For a foul committed during a free kick, first down and line-to-gain shall

be established after the penalty is enforced.

RULE CHALLENGE

Teams are permitted one (1) rule challenge per half - Judgment calls may NOT be challenged. Providing a team has at least one of its two (2) timeouts for the half remaining, the speaking captain may challenge a rule interpretation or application by calling a timeout following the disputed play and before the snap of the next play. If a team does not have a timeout remaining for the half, such a request will not be granted. Once the timeout is granted, it is the responsibility of the captain to clearly state to the referee how he feels the rule was misapplied. During the challenge the officials are required to confer for no more than two (2) minutes. It is the referee's responsibility to explain to both speaking captains their finding(s) and the final ruling on the call.

A challenge does not guarantee an overturned call. If the ruling is reversed, the challenging team's timeout will not be charged. If the ruling is upheld, the challenging team will be charged one of its two timeouts for the half.

RULE PROTESTS

A. Protests cannot be made against an official's judgment call. Interpretation and/or application of the playing rules of the game may be protested.

B. All matters pertaining to player eligibility must be protested before the end of the game.

C. If after a challenge a captain still feels a playing rule has been misinterpreted or misapplied, protest must be made before the snap of the next play or if on the last play of the game, before the officials leave the playing field.

D. To protest, the speaking captain shall immediately notify the referee. The referee shall notify the opposing captain. The official must make notation of the protest and/or ineligible player on the scorecard and sign it. The game shall be completed. It is the protesting team's responsibility to see that these procedures are followed.

The protesting team must verbally notify the City Recreation Office within 24 hours from the game and in writing no later than two (2) business days from the day of the game. Written protest must contain the following information:

- 1.** Date, time and location of the game
- 2.** Name of the head official
- 3.** Rule interpretation/application under protest
- 4.** Detailed Information pertinent to the decision to protest

The protest will be reviewed by the league director to determine validity or if a hearing needs to be held. If proper procedures are not followed and the protest does not include the above information, it will be considered invalid.

PLAYER CONDUCT

- A. Teams and team captains will be held responsible for the action of their players and spectators.
- B. Officials are not required to warn a player/captain prior to ejection. When a player is ejected from a game he must leave the park immediately or the team will forfeit the game and the police may be called.
- C. If in the opinion of the officials a game cannot be continued in a sportsmanlike manner, it shall be forfeited by the offending team(s).
- D. If a team captain is dissatisfied with the performance of an official, they are requested to file, in writing, specific complaints or suggestions to the league director. Comments will be reviewed and forwarded to the USSSOA officials coordinator. If an official's performance requires corrective action, such action will be taken by the USSSOA officials coordinator. Concerns not put in writing will not be addressed.

CONDUCT VIOLATIONS

The following violations, whether occurring before, during or after a game (or when specifically noted) will result in the stated automatic penalty, which may be increased based on severity.

A. Level-One:

- 1. Possession or consumption of alcohol during a game.
- 2. Minimal swearing directed at another player, official, spectator or recreation staff or non-directed profanity loud enough to be heard by spectators.

Minimum Automatic Penalty: Suspension for 22 minutes of playing time.

If the violation occurs during or after the second half, suspension will include sitting out the balance of time in the team's next scheduled game.

B. Level-Two:

- 1. Unsportsmanlike conduct.
- 2. Taunting or using language/gestures to provoke another player, official, spectator or recreation staff.
- 3. Abusive language or continued swearing directed at another player, official,

spectator or recreation staff.

4. Attempting to arouse spectators against an official.
5. More than one (1) level-one violation.

Minimum Automatic Penalty: Ejection from current game, suspension from the team's following league/tournament game and probation for the remainder of the year.

C. Level-Three (Police May Be Called):

1. Participating in a game as an ineligible player *
2. Flagrant unsportsmanlike conduct.
3. Verbal or physical threats to a player, official, spectator or recreation staff.
4. Fighting, whether initiated or in retaliation.
5. Making physical contact with intent to harm a player, official, spectator or recreation staff.
6. Throwing or kicking an object at a player, official, spectator or recreation staff.
7. Causing, aiding or assisting in the damage or destruction of Boise Parks and Recreation property or that of individuals associated with the program.
8. Not leaving the park when directed by an official or recreation staff.
9. Approaching or following an official off the field after a game with the intent of verbal harassment or physical harm.
10. More than one (1) level-two violation.

Minimum Automatic Penalty: Ejection from current game, suspension from the team's next four (4) league/tournament games and probation for two years from the date of the incident. If there are less than four league/tournament games remaining in the season, suspension will carry over to the next season.

**Offending player and team captain receive penalty.*

CONDUCT PENALTY APPEAL

A player may appeal the minimum automatic penalty for a level-two or level-three conduct violation, EXCEPT WHEN THEY ARE CURRENTLY ON PROBATION FOR ANOTHER VIOLATION. The appeal must be in writing and submitted to the City Recreation Office, 110 Scout Lane, Boise, 83702, by 5:00 p.m., within five (5) business days from the date of the game in which the violation occurred.

Once the appeal is received, a hearing date will be set by the league director. The appealing player will be suspended from play pending the formal hearing. A refund for playing time missed will NOT be granted.

In the event of a hearing, all individuals involved in the incident will be provided an opportunity to present their testimony before a player advisory board. If the appealing player fails to attend the hearing, testimony heard from those present will be used to reach a decision. The player advisory board may let the minimum automatic penalty stand, reduce the penalty or

increase the penalty as it deems appropriate. Notification of the final ruling will be sent in writing, within 14 business days of the hearing, to the appealing player.

CONDUCT PENALTY EXCLUSION POLICY

Any Boise Parks & Recreation sports program participant who is suspended or placed on probation for a conduct violation shall serve the same penalty in any other Boise Parks & Recreation sports program they may be participating in, or registered for, during the specified time period.

SUMMARY OF PENALTIES

OFFENSIVE

<u>Penalty</u>	<u>Live/Dead</u>	<u>Distance</u>	<u>Enforcement</u>	<u>Down</u>
Delay of Game	Dead	5 Yards	Previous Spot	Repeat
Encroachment	Dead	5 Yards	Previous Spot	Repeat
False Start	Dead	5 Yards	Previous Spot	Repeat
Illegal Snap	Dead	5 Yards	Previous Spot	Repeat
Illegal Substitution	Dead/Live	5 Yards	Previous Spot	Repeat
Illegal Formation	Live	5 Yards	Previous Spot	Repeat
Illegal Motion	Live	5 Yards	Previous Spot	Repeat
Illegal Shift	Live	5 Yards	Previous Spot	Repeat
Illegal Equipment	Live	5 Yards	Spot of Foul	Loss
Illegal Handling	Live	5 Yards	Spot of Foul	Loss
Illegal Advance	Live	5 Yards	Spot of Foul	Loss
Illegal Forward Pass	Live	5 Yards	Spot of Foul	Loss
Intentional Grounding	Live	5 Yards	Spot of Foul	Loss
Flag Guarding	Live	5 Yards	Spot of Foul	Loss
Charging	Live	5 Yards	Spot of Foul	Loss
Quick Kick	Live	10 Yards	Previous Spot	Loss
Pass Interference	Live	10 Yards	Previous Spot	Repeat

Personal Foul	Live	10 Yards	Previous Spot	Repeat
Illegal Participation	Live	10 Yards	Previous Spot	Repeat
Illegal Block	Live	10 Yards	PS / SOF	Repeat
Holding	Live	10 Yards	PS / SOF	Repeat
Clipping	Live	10 Yards	Spot of Foul	Repeat
Tripping	Live	10 Yards	Spot of Foul	Repeat
Ejection Foul*	Dead/Live	15 Yards	SS / SOF / PS	Loss

DEFENSIVE

<u>Penalty</u>	<u>Live/Dead</u>	<u>Distance</u>	<u>Enforcement</u>	<u>Down</u>
Encroachment	Dead	5 Yards	Previous Spot	Repeat
Illegal Substitution	Dead/Live	5 Yards	Previous Spot	Repeat
Illegal Contact	Live	5 Yards	Previous Spot	Auto. 1 st
Impeding Runner	Live	5 Yards	End of Run	Repeat
Illegal Participation	Live	10 Yards	Previous Spot	Repeat
Bull Rushing (Loose)	Live	10 Yards	Previous Spot	Repeat
Bull Rushing (Run)	Live	10 Yards	End of Run	Repeat
Personal Foul (Loose)	Live	10 Yards	Previous Spot	Repeat
Personal Foul (Run)	Live	10 Yards	End of Run	Repeat
Tackling	Live	10 Yards	End of Run	Repeat
Roughing Passer	Live	10 Yards	PS / EOR	Auto. 1 st
Roughing Center	Live	10 Yards	PS / EOR	Auto. 1 st
Stripping	Live	10 Yards	Spot of Foul	Repeat
Tripping	Live	10 Yards	Spot of Foul	Repeat
Pass Interference	Live	Spot	Spot of Foul	Auto. 1 st
Ejection Foul*	Dead	15 Yards	SS / SOF / PS	

** Includes unsportsmanlike conduct, physical threats, fighting, using metal cleats & tying flag belt.*