

York Flag Football League
Rules and Regulations

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SECTION 1: EQUIPMENT

.01 – FOOTBALL

- 1) The league will provide the footballs for each game.
 - a. Outside footballs will not be allowed during official gameplay as to keep each and every game even and fair.
- 2) The offensive team is always responsible for retrieving the football between plays and/or throwing the football onto the field to start an offensive set.
 - a. The referee will NOT be responsible for retrieving the football.
 - b. When the referee puts the Play Clock on, the offensive team will have 15 seconds to snap the ball, regardless of the location of the football.

.02 – UNIFORMS

- 1) All players must have and wear team jerseys.
 - a. Jersey colour will be determined at time of registration.
 - b. Each player is required to have a number showing on their jersey at all times. This ensures proper identification of players.
- 2) Jerseys and/or t-shirts (any top worn) must be tucked in beneath the flag belt and beneath the players' shorts/pants. No article of clothing may cover any portion of the players' flags.
- 3) No belts, items of clothing, or any accessories may be worn on the field that could impede the removal of flags.
- 4) Pants/shorts with pockets should not be worn. This protects other players and yourself from getting fingers caught and injured.

.03 – FOOTWEAR

- 1) Any flat-soled shoes are acceptable footwear.
- 2) All metal cleats or spikes or any shoe that have steel or metal tips are prohibited.
- 3) Rubber cleats are acceptable for players 18 or over.
- 4) All players must wear shoes.
- 5) A player/coach may challenge the opposing player's footwear to an official.
 - a. If the player is found to be in violation of the rules, a Major Unsportsmanlike Conduct penalty will be assessed.

.04 - PROTECTIVE EQUIPMENT

- 1) Protective mouth guards are strongly recommended.
- 2) The use of any hard substance cannot be used to protect injury without express permission from the league convenor.
 - a. Casts may be permitted as long as the player has received full medical clearance from his doctor. Permission must be in writing and the player must also obtain permission from the league convenor.
- 3) The referee of that game shall decide any questions as to the legality of players' equipment.

.05 – FLAGS

- 1) All players must wear two flags at all times during the game.
 - a. The league will provide flags before each game.
- 2) Any player not wearing two flags may still play in the game; however, if that player gains possession of the football at any point of the game, the play will be instantly ruled down.
- 3) Positioning:
 - a. The top of each flag must be able to be seen from both the front and the back.
 - b. If the ball carrier's flags are deemed to have shifted out of position the referee may blow the play dead. No penalty yardage will be enforced.
 - c. Any player/coach may challenge the compliance of any opposing player's flag position at any time.
 - d. No play may be called back as a result of this violation. The responsibility lies with the players & coaches to discover the obstruction, NOT the referee.
- 4) Players' shirts/jerseys must be tucked in on all sides.
 - a. If a player's shirt is pulled out during the play the referee may blow the play dead. No penalty yardage will be enforced.
 - b. If the shirt is an obvious obstruction to the removal of the flag, and was not pulled out during the play, the referee will blow the play dead.
- 5) The phrase "the referee may blow the plays dead" shall be interpreted as follows:
 - a. The referee will blow the play dead when the flag is unintentionally obstructed in any manner if the player, at the referee's discretion, could have been de-flagged by an opposing player.
- 6) Any intentional/premeditated obstruction to the removal of the flag may result in a Major Unsportsmanlike Conduct penalty (i.e. knots, belts).
- 7) A player who loses a flag during a play, or neglects to re-attach a flag prior to the play is still a LIVE player and can participate in the play.
 - a. Once the player is in possession of the ball he is immediately deemed down.
- 8) An opposing player cannot pull the flag before the offensive player has touched the ball on any play.
- 9) If any player is juggling the ball his flag may be pulled as soon as contact with the ball is first made.
 - a. The ball is spotted at the point the player was de-flagged NOT where the player gains possession of the ball.
- 10) The front strap of the flag belt MUST be tucked in. A referee may blow the play dead at his discretion. If the referee blows the play dead he/she shall have the following options.
 - a. Assessment of a warning to the team; or
 - b. Assessment of a Minor Unsportsmanlike Conduct penalty from the POI (point of interference) if a warning has previously been assessed during the game.
- 11) Returning the Flag.
 - a. Once a player's flag is pulled it must be handed back to the opposing player or the opposing player's team.
 - b. A 5-yard penalty will be assessed for a failure to do so.

SECTION 2: LENGTH OF GAMES AND TIME-OUTS

.01 – GAME LENGTH

- 1) Games are approximately 1 hour long.
- 2) Each half is 23 minutes total. The last two minutes of the half are set as five “final plays”.
- 3) During stop time the clock stops after every play.
- 4) The clock will not stop if either team is ahead by 17 points or more in the second half.

.02 – CHANGING ENDS

- 1) One team will be given the choice to receive, or choice of side at the beginning of each half.

.03 – HALF-TIME

- 1) Halftime is 2 minutes long. Halftime may be extended at the discretion of the referee.

.04 – TIME-OUTS

- a. Each team has one time-out per half at a maximum of 1 minute.

.05 – REFEREE TIME-OUTS

- 1) A referee may use his judgment regarding game time allotted. Unforeseeable circumstances may force a game to be extended or condensed at the discretion of the referee.
 - a. A game that is drastically shortened or lengthened may be protested.
 - b. If the coaches/captains do not agree with the decision made they must follow the procedure outlined in Section 6.05.
- 2) Referees may call time-outs at any time to resolve any on-field disputes.
- 3) A referee may call as many time-outs as needed. The referee will determine whether game-time should be added/subtracted as a result.
- 4) No referee should be affiliated with any team within the division he/she is refereeing.

.06 – OVERTIME

- 1) During the regular season all games that end in a tie at the end of regulation will finish a tie.
- 2) During the playoffs all games will be decided by the following format:
 - a. A Coin Toss (when the coin is flipped and dropped to the ground, whichever side is face up is the winning side) will be used to determine possession at the start of overtime. Refer to Section 5.01.
 - b. Each team will be given one (1) possession beginning at the opposing team’s 25-yard line to determine a winner.

- c. In the event that a winner is not determined both teams will be given one (1) possession beginning at the opposing team's 10-yard line to determine a winner.
- d. In the event that a winner is not determined both teams will be given one (1) DOWN beginning at the opposing team's 10-yard line to determine a winner. This format will continue until a winner is determined.
- e. A winner is determined when one team scores, while the other team is prevented from scoring.

SECTION 3: SCORING

.01 – TOUCHDOWNS

- 1) A touchdown is worth 6 points
 - a. When any part of the football touches or crosses the goal line, a touchdown is awarded. The football must break the plane of the end zone before the player is downed by any means.
 - b. If a player is going out-of-bounds and manages to cross the plane of the end zone with only the ball, this shall be called a touchdown.
 - c. The plane of the end zone is considered to be crossed if any part of the football crosses over any part of the goal line. The goal line extends the width of the field to the farthest point of each sideline.
- 2) After scoring a touchdown, teams must choose one of the following two options:
 - a. Attempt a 1-point conversion
 - b. Attempt a 2-point conversion
- 3) To complete a 1-point conversion the team must start their play on the 5-yard line and the team has one (1) down to score.
 - a. No running plays are allowed.
 - b. If the ball is intercepted and brought outside of the end zone or downed the play is dead and the offensive team does not receive the 2 points. No points are ever awarded to the defensive team.

.02 – SAFETY

- 1) A safety is worth 2 points
- 2) A safety occurs when the offensive team carries the ball into their own end zone and:
 - a. They are de-flagged/downed by any means while inside their end zone.
 - b. The offensive team commits a foul inside the end zone (i.e. blocking, interference, guarding the flag).
- 3) If a change of team possession occurs between the 5-yard line and the goal line due to an interception and the original momentum of the player catching the ball carrier him into the end zone where he is downed by any means, the ruling will be a touchback and NOT a safety.

SECTION 4: PLAYERS AND SUBSTITUTIONS

.01 – PLAYERS

- 1) A maximum of six (6) players are allowed on the football field per team for any play.
 - a. Any violation will result in a Minor Unsportsmanlike Conduct penalty.
- 2) A team may field no less than 5 players at any time.
 - a. A forfeit is declared when a team cannot field 5 players by 15 minutes after the designated game time.
 - b. Extenuating circumstances leave this rule open for flexibility.
 - c. When a team can only field 5 players, the opposing team may only field a maximum of 6 players.
 - d. During post-season play all teams must field the same number of players as the opposing team.
- 3) The convenor of the league has the authority to increase the number of players on the field per team to seven (7) in order to limit the number of players sitting on the bench.
 - a. If this rule change occurs, any rules referring to six (6) players will then change to reference the seven (7) that are playing.
- 4) A game that is forfeited is recorded as 28-0.
- 5) All persons are eligible to play in the YFFL if they have signed up for the league with the league convenor prior to kickoff and completed a waiver form.
- 6) If any player plays one down and has not signed up with the league or filled out a waiver, the team shall forfeit that game, unless that player receives express permission from the convenor to play.

.02 – SUBSTITUTIONS

- 1) Substitutions are allowed at the completion of every play.
- 2) Players being substituted for must be off the field prior to the next snap OR they must be out of the area of play and departing the field.
 - a. Any violation will result in a Minor Unsportsmanlike Conduct penalty.
- 3) “Sleepers” on substitutions will not be allowed:
 - a. No player may line up closer than 5-yards from the sideline unless he/she came out of the huddle or was on the field of play during the previous play and did not leave the field of play.
 - b. Any violation will result in a Minor Unsportsmanlike Conduct penalty.

.03 – PARTICIPATION

- 1) All players must participate in the game. The league is for children to have fun, and therefore every player must have an equal amount of playing time.
- 2) An effort must be made by all coaches/teams to involve each player on his/her team.
- 3) A referee may deduct a Sportsmanship Point from any team failing to adhere to the spirit of the league.

SECTION 5: PLAYING REGULATIONS

.01 – COIN TOSS

- 1) At the beginning of the game the captain/player from the home team will be asked to call “heads” or “tails” prior to a coin toss. The referee will indicate which side of the coin will represent each call. The coin will be tossed in the air and either caught or allowed to fall to the ground. If the side facing up matches the call by the captain/player they will be deemed to be the winner, and if not, the loser.
- 2) At the beginning of the game one captain (player) from each team will engage in a best two-out-of-three “rock-paper-scissors” games.
 - a. The throw will be ON “scissors”, and not after.
- 3) The winner will have choice of the following options for the first half:
 - a. To receive; or
 - b. Side of play.
- 4) If the winner elects to receive or chooses a side of play the loser will have the choice of the remaining option in the first half. The loser will then get first choice of the options for the second half. The winner will have choice of the remaining option in the second half.

.02 – KICKOFF

- 1) There will be no kicking for any reason in the games.
 - a. No punting, or field goals are required.

.03 – PLAY CLOCK/DELAY OF GAME

- 1) Play Clock In: The play clock starts when the referee spots the line of scrimmage (LOS), and the rusher mark, with the beanbags and signals down.
- 2) Ball in Play: The QB on the offensive team must call out “HUT” to begin each play. This is defined as putting the ball “In Play”
- 3) If “HUT” is called prior to the referee putting the Play Clock In, the referee may blow the play dead.
- 4) There must be 4 players on the LOS when the QB calls “HUT”, including the QB.
- 5) A Dead Ball is defined as the time after any play ends and before the referee puts the Play Clock In.
- 6) The offense has a maximum of 15 seconds from the time the referee puts the Play Clock In to put the ball in Play.
 - a. Minor Unsportsmanlike Conduct penalty for Delay of Game.
- 7) The offense need not use the full play clock and may begin the play immediately after the referee puts the Play Clock In. Defense must be ready for this hurry-up offense.
- 8) Once the defense is onside the referee can put the Play Clock In. The defense must make a reasonable effort to get back onside after every play.
 - a. Minor Unsportsmanlike Conduct penalty for Delay of Game may be called.
- 9) If Delay of Game is called twice against a team that is in the lead during the final 10 minutes of a game, the clock will stop on the second violation and the team will be charged with a timeout. If the team does not have a timeout, a Major Unsportsmanlike Conduct penalty will be assessed. The clock will restart when the ball is put in Play.

.04 – THE QB

- 1) Only one player on the offensive team may approach the ball once the referee has put the Play Clock In.
 - a. All players on the LOS must be at least 2-yards from the LOS spot.
 - b. Any violation will result in a 5-yard penalty illegal procedure, to be assessed from the LOS.
- 2) The player who approaches the ball once the referee has put the Play Clock In is considered the QB.
- 3) Only the QB may call “HUT” to signal the start of play.
- 4) If the QB calls “HUT” and immediately moves the ball to another player a Backfield Play will be deemed to have started.
- 5) To begin a play from scrimmage, the ball must be placed on the ground, and then snapped through the legs of the centre to the quarterback. If the ball is taken to the huddle or not left on the ground it will become in play as soon as the centre lifts it off the ground after placing it on the ground. If the ball is left on the ground the centre is permitted to lift it off the ground once and then it is in play as soon as the centre lifts it off the ground after having placed it back on the ground.

.05 – FIRST DOWNS

- 1) There will be one (1) first down marker on the field at midfield.
- 2) A team has three (3) downs to advance the ball beyond the midfield marker.
- 3) If a team crosses the midfield line within their 3 downs, then they will get another 3 downs to get a touchdown.
- 4) If a team loses yardage and falls behind the midfield line back into their end of the field, the team cannot receive another first down by crossing the midfield line again. The team must get a touchdown.

.06 – HUDDLE

- 1) There is a maximum of six players allowed in the huddle.
 - a. Any more than six players will result in a Minor Unsportsmanlike Conduct penalty.

.07 – MOTION

- 1) A maximum of three players are allowed to be in motion at the snap.
- 2) Movement must be parallel or away from the LOS and must be continuous. The player cannot begin this motion after coming set on the LOS.
 - a. 5-yard penalty, no loss of down for illegal procedure.
- 3) No offensive player may go directly into motion, move forward, or flinch forward once they are set on the LOS, unless the movement is clearly backwards and away from LOS.
 - a. 5-yard penalty for False Start.

- 4) No offensive player can cross the LOS before the ball is snapped.
 - a. 5-yard penalty for False Start.

.08 – OFFSIDES

- 1) A defensive player will be called offside if he crosses the LOS before the ball has been put in Play, and does not return behind the LOS before the ball is put in Play.
 - a. Offside is a 5-yard penalty, to be assessed from the LOS.

.09 – STEAMBOATS

- 1) The official will shout four (4) steamboats out.
- 2) The full steamboat must be heard before the counter may rush the QB.
 - a. If the steamboat counter crosses the LOS before the referee completes the final steamboat he is deemed offside.
- 3) After the final steamboat the QB is still live. The QB may run, scramble and/or throw the ball until he is de-flagged or downed by any other means.
- 4) Roughing the Passer will be called when the rusher, if while attempting to de-flag the quarterback or block the pass, makes any contact with the passer including striking the passer's arm when in a forward motion.
 - a. The responsibility is on the defensive player to avoid contact with the QB. The defensive player is responsible for their momentum and will be called even if the contact is accidental and minor.
 - b. Personal Foul is the penalty for Roughing the Passer.

.10 – DE-FLAGGING

1. The ball carrier is deemed to be down and the ball is dead when either flag is detached from the ball carrier's waist or when any part of the ball carrier's body other than a hand or foot touches the ground.
2. When a defensive player pulls the ball carrier's flag he must return it to the de-flagged player, the de-flagged player's team, or give it to the referee. See Section 1.05 (11).
3. Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm and directing the ball carrier to the ground. The following penalties may be assessed at the discretion of the referee:
 - a. A 5-yard penalty for minor contact;
 - b. A 10-yard personal foul penalty with an automatic first down; or
 - c. If the contact is excessive and/or flagrant, a 15-yard penalty for major contact shall be assessed, with an automatic first down and ejection of the player from the game.
4. Pushing a player out-of-bounds is prohibited. The following penalties may be assessed at the discretion of the referee:
 - a. A 5-yard penalty for minor contact;
 - b. A 10-yard personal foul penalty with an automatic first down; or
 - c. If the contact is excessive and/or flagrant, a 15-yard penalty for major contact shall be assessed, with an automatic first down and ejection of the player from the game.
5. Holding is prohibited.
 - a. The penalty for holding will be a personal foul.

- b. Grabbing the ball carrier's clothing will be considered holding.
 - c. An unintentional hold of a player's clothing or flag belt will be penalized as minor contact as long as the clothing is released immediately.
- 6. The intended receiver of either a pass or a lateral may be de-flagged after first touching the ball – even while fumbling or bobbling the ball and before possession is established.
 - a. The receiver is considered down at the point he was de-flagged, NOT at the point he gains control of the ball.
- 7. If an offensive player's flag is pulled prior to contact with the football, a personal foul will be called.
 - a. The referee will also have the option to award a score to the offense in the event the offensive player whose flag has been removed gains possession of the ball in behind the defense and there is no defender that can reasonably be expected to have de-flagged him. Otherwise, the player will be deemed down where he gains possession of the ball
- 8. If the QB's arm is in forward motion (passing) while his flag is pulled, the pass is allowed.

.11 – BALL CARRIER

1. The responsibility of avoiding contact rests primarily with the ball carrier. He must make every effort to avoid contact.
2. The ball carrier cannot uncontrollably or deliberately run or dive into a defensive player.
 - a. 5-yard penalty for minor contact; or
 - b. 10-yard personal foul penalty, automatic first down.
3. When a defensive player has established position to de-flag the ball carrier, the ball carrier CANNOT run into him. The defender is entitled to a stationary effort at the flag.
 - a. It is expected of the ball carrier to slow down and stop if otherwise he cannot avoid making contact with the stationary defender.
 - b. 5-yard penalty for minor contact; or
 - c. 10-yard personal foul penalty, automatic first down.

.12 – GUARDING THE FLAG

1. The ball carrier cannot protect his flags by blocking with his hand, arm, head, shoulder or the ball.
 - a. It is an infraction regardless of whether the player guards their flags intentionally or unintentionally. The responsibility is on the ball carrier to keep the path to their flags free from any obstruction.
 - b. 5-yard penalty for guarding the flag marked from the POI.
 - c. The play will be blown dead upon infraction.

.13 – FUMBLE

1. The ball is DEAD on any fumble.
2. The ball shall be spotted at the point where the player lost possession of the ball.
3. Of a muffed snap, if the QB fields the ball cleanly & immediately the play is allowed to continue.

- a. If the ball is snapped over the head of the QB, or it is not fielded cleanly & immediately the play shall be blown DEAD.
- b. If the QB makes contact with the ball on the snap, and the ball is subsequently fumbled, the spot of the ball will be where the QB made contact with it, and NOT where the ball first landed

.14 – RUNNING

1. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on to any degree.
2. A running play is defined as a play where the ball crosses the LOS on the ground.
3. A backfield play is defined as any play where the ball is not in possession of the QB.
4. There is only one (1) running play per set of downs.
5. All Backfield Plays (and as many as you want) are allowed as long as the ball does not cross the LOS on the ground.
 - a. If the ball crosses the LOS on the ground, this shall be considered a Running Play.
 - b. If the ball crosses the LOS on the ground and the offensive team has already use their Running Play, this constitutes illegal procedure.
 - c. 5-yard penalty, assessed from the POI, and a loss of down for illegal procedure.
6. The QB is allowed to run the ball before the completion of the steamboat count.
7. Once a Backfield Play has begun the referee will STOP counting steamboats. Defensive players may cross the LOS at this time to de-flag the QB.
8. There is a no-running zone located 5-yards from each end zone and each first down line. This is designated to avoid short-yardage situations.
 - a. If the ball is on the 1-yard line the QB cannot reach over the line with the ball, as this is considered a Running Play.
 - b. 5-yard penalty, assessed from the POI, and a loss of down for illegal procedure.

.15 – PASSING

1. There can be only one forward pass per play.
2. If the football is past the LOS when it is released, an illegal forward pass has occurred. The spot is judged by the release of the ball, NOT the feet of the QB.
 - a. A 5-yard illegal procedure penalty and a loss of down is assessed for an illegal forward pass.
 - b. Illegal forward passes shall be marked from the POI.
 - c. Any play where an illegal forward pass occurs is also considered a running play, as the ball crossed the LOS on the ground.
3. Once the ball has crossed the LOS it cannot be passed forward even if the ball is first returned back across the LOS.
4. Intentional grounding occurs when the QB has not moved laterally and he intentionally and obviously throws the ball to where no receiver has a chance at it.
 - a. This does not include passes that are thrown downfield past everyone.
 - b. If the QB obviously and immediately spikes the ball at the LOS this shall be ruled an incomplete pass.
 - c. The ball shall be spotted at the POI with a loss of down.
 - d. If the QB is in his own end zone then the result is a safety.

5. A lateral is defined as any pass thrown overhand or underhand perpendicular or away from the direction of advancement of the team in possession.
6. A forward underhand pass is not a lateral and constitutes an illegal forward unless initiated from behind the LOS, in which case it is a legal forward pass.
7. A lateral may be attempted at any point on the field.
 - a. Any lateral initiated from behind the LOS that is fumbled is DEAD at the spot it first strikes the ground.
 - b. Any lateral initiated from in advance of the LOS that is fumbled results in a TURNOVER from the spot the lateral is initiated.

.16 – RECEIVING

1. A reception occurs when a player catches and controls the ball with at least one-foot in-bounds.
2. All offensive and defensive players are eligible receivers if they are on the playing field when the ball is snapped.
3. If a receiver fully and clearly steps out-of-bounds, without being illegally forced out by an opposing player, and returns to catch a pass thrown to him, the receiver is ruled to be ineligible and the pass is ruled incomplete.
 - a. No penalty yardage on the play. Loss of down.
4. If a player steps out-of-bounds by a small margin (at the discretion of the referee) they will remain eligible.
5. A receiver is considered eligible if he is illegally forced out-of-bounds by a defender and immediately returns to the field of play.
6. A defender cannot force an offensive player out-of-bounds by way of any positive action. Incidental contact is not considered to be a positive action.
7. If a receiver catches the ball with one-foot in-bounds and one-foot out-of-bounds simultaneously, the pass is incomplete.
8. When a receiver jumps to make a catch, both of the receiver's feet must have started in-bounds and the first foot to touch the ground after the reception must land in-bounds for the pass to be ruled complete.
9. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on to any degree.
10. A double reception always goes to the offense.

.17 – PASS INTERFERENCE

1. After the pass is in the air neither receiver nor defender may deliberately touch the other until either of them touches the ball.
2. Incidental contact is defined in this circumstance as contact resulting from attempts at the football. This type of contact is permitted.
3. Positional advantage can only be used to make an attempt at the football.
4. If contact occurs as a result of the receiver's attempt at the ball, and the defender is making NO attempt at the ball, this shall be considered defensive pass interference.

- a. When a defender uses their positional advantage to impede the receiver without making an attempt at the ball contact is attributed to the defender.
- 5. If contact results from the receiver's attempt at the ball, and the defender has positional advantage and is making an attempt at the ball, this shall be considered offensive pass interference.
 - a. When a defender is using their positional advantage to catch the football contact is attributed to the receiver.
- 6. Defensive pass interference occurs when the defender makes deliberate contact with the offensive player to impede the catching of the ball. This is also referred to as taking away any positional advantage through contact.
 - a. The ball is spotted at the point of interference and an automatic first down is awarded.
 - b. If the interference occurs in the end zone the ball is spotted at the 1-yard line and an automatic first down is awarded.
- 7. An attempt to catch the ball that results in unintentionally contact is NOT pass interference, unless one player had established a positional advantage.
- 8. When either player has established no positional advantage, the responsibility is on both the offensive and defensive player to avoid contact with the other player.
- 9. Offensive pass interference occurs when the offensive player makes deliberate contact with the defensive player at any point to gain a positional advantage in order to catch the ball or hinder the defensive players' ability to catch it and/or guard him.
 - a. "Pushing off" to free up space is considered offensive pass interference.
 - b. A 10-yard penalty will be assessed from the LOS with a loss of down.

.18 – ILLEGAL USE OF HANDS

- 1. No defender may make deliberate contact with a receiver to impede his route at any point.
 - a. 5-yard interference penalty for illegal use of hands.

.19 – INTERFERENCE

- 1. Any offensive player not making a play for the ball (or running a pattern) who deliberately impedes any defensive player's ability to cover his man shall be called for interference.
 - a. 10-yard interference penalty with no loss of down.

.20 – BLOCKING

- 1. No offensive player may impede a defensive players path to the ball carrier unless they are clearly stationary.
 - a. Offensive players will be called for blocking when the ball crosses the LOS, if they are within the vicinity of the ball, ahead of the ball, and moving.
 - i. A 10-yard penalty will be assessed from the POI.
 - b. To avoid being called for blocking, offensive players should only move when they are behind the ball.

.21 – QUICK WHISTLE

1. If the official whistles the play dead prematurely, AND the outcome of the play is in doubt, the offense will have the choice of;
 - a. Accepting the ball where it was whistled dead; or
 - b. Replaying the down.
2. If the outcome of the play is NOT in doubt, the result of the play may be left to stand at the discretion of the referee.
3. If there is an interception on the play the team with possession of the ball will be considered the offence.

SECTION 6: PENALTIES

.01 – GENERAL

1. All penalties are subject to the non-penalized team's choice to accept or decline the penalty.
2. All live ball penalties (fouls which occur while the play is in progress), with the exception of the plays enumerated in Section 6.01 (3), will be indicated by the referee tossing a penalty flag on the field. The play will be allowed to continue to its completion and the penalty will subsequently be subject to the non-penalized team's choice of whether to accept or decline the penalty.
3. The following penalties on the offense will be blown dead at the moment of infraction:
 - a. Guarding the Flag
4. Offsetting fouls occur when both the offense and defense are penalized on the same play. It is irrelevant if the penalties have different yardage amounts.
 - a. Offsetting fouls result in the down being played over.
 - b. If two penalties occur against one team on the same play, only a single penalty may be enforced. The choice is given to the opposing team as to which foul to be enforced.
 - c. If a foul occurs during a play and after the play a dead ball foul occurs, both fouls will be enforced, even if they are both against the same team. They do not offset, even if they are against both teams.
 - d. If a distance penalty, enforced from a specific spot between the goal lines, would place the ball more than half the distance to the offender's goal line, the penalty is half the distance from that spot to the goal line.

.02 – CONTACT

1. Minor Contact:
 - a. Incidental contact or unintentional contact that can be attributed to one player. See the following sections:
 - i. Contact of the Offense
 - ii. Holding
 - iii. Pushing
 - iv. Spinning
 - v. Tackling

- b. 5-yard penalty, no loss of down.
- 2. Personal Foul:
 - a. Deliberate contact with another player. See the following sections:
 - i. Contact on the Offense
 - ii. Holding
 - iii. Pushing
 - iv. Tackling
 - v. Premature Flag Pull
 - b. 10-yard penalty, automatic first down.
- 3. Major Contact:
 - a. Deliberate and flagrant contact with another player. See the following sections:
 - i. Pushing
 - ii. Tackling
 - b. In the judgment of any referee, if any player commits any of the following acts deliberately and/or flagrantly, the player or players involved shall be called for Major Contact:
 - i. Using fists, kicking, or kneeing.
 - ii. Illegal use of hands, forearms, or elbows.
 - iii. Tackling.
 - iv. Any deliberate and flagrant act that could cause injury.
 - c. 15-yard penalty, automatic first down, and ejection of the player or players from the game.
 - d. A Sportsmanship Point will be automatically deducted from the team.

.03 – UNSPORTSMANLIKE CONDUCT

- 1. Minor Unsportsmanlike Conduct:
 - a. Utilized by the referee as a warning to the player that their conduct is unacceptable. Any ensuing conduct of a similar nature may result in a Major Unsportsmanlike Conduct penalty being assessed. See the following sections:
 - i. Banter
 - ii. Delay of Game (Offense)
 - iii. Delay of Game (Defense)
 - iv. Front Strap Obstruction
 - v. Returning the Flag
 - vi. Shirt Obstruction
 - b. 5-yard penalty, no loss of down.
- 2. Major Unsportsmanlike Conduct:
 - a. This penalty shall be called if in the judgment of any referee a player engages in:
 - i. Abusive, profane, or insulting language to any person on the field or in the vicinity of the field;
 - ii. Any act of unfair play;
 - iii. Harassment of officials or other players;
 - iv. Profanity;
 - v. Baiting and/or taunting of an opponent; and/or
 - vi. Any other unsportsmanlike act that is excessive.
 - b. See the following sections:

- i. Banter
 - ii. Delay of Game, Offense
 - iii. Flag Obstruction
 - iv. Footwear
 - v. Reverse Flag Belt
 - c. 10-yard penalty, no loss of down.
 - d. A Sportsmanship Point may be deducted from the team at the discretion of the referee.
 - e. The player may be ejected from the game at the discretion of the referee.
 - f. The referee may make any additional penalty they deem to be fair in the circumstances, including awarding a score.
3. End Zone celebrations are acceptable if the player celebrating does not direct the celebration at the opposing team, the celebration cannot be construed as taunting, and the celebration is not excessive.
 4. Situation and circumstance will have a major influence on the conduct allowed by the referee.

.04 – BANTER

1. When any player or coach engages in excessive banter or chatter with anyone else on or in the vicinity of the field, including their own team members, both the player and the team will be issued a banter warning.
2. If a player, coach or team is issued a Banter Warning they will receive an automatic minor unsportsmanlike conduct penalty.
3. If a team has received a banter warning and any player on that team engages in similar banter for which the warning was given, the referee will assess a major unsportsmanlike conduct penalty.

.05 – PROTEST

1. A protest may be raised regarding rule interpretations, increases or reductions in game-time, the eligibility of a player, or suspensions. The convenor of the league must clear protests regarding other disputes before being allowed.
 - a. No protests may be raised regarding the judgment or discretion of an official for any call during a game.
2. A panel consisting of league officials, including the league convenor and the referees present during the game, will review protests.
 - a. No member can have any “interest” or appear to be in any way affiliated with the persons or team in question. If a person has a vested interest in the team or player, that panel member will be taken off of the panel and replaced with someone else.
3. Any coach wishing to protest a game must notify the officials at the end of the game and record their intention on the game-sheet. Coaches must NOT make the protest public, and should wait until the completion of the game to make their intentions known. A protest is a formal procedure and failure to treat it as such may result in the loss of the right to protest the game.

4. The protest must be submitted in writing to the league convenor, via fax/email or in-person, within 48 hours. Failure to meet the deadline will result in the loss of the right to protest the game, and the results of the game shall remain unchanged.
5. If the petition is submitted on time and is found to have merit, the review panel will investigate the matter. If the panel's findings indicate that an error had been made on the part of the league, the panel will be free to make any ruling it deems fair; including, but not limited to, having the game in which the incident occurred replayed in part or in whole.
6. If the panel fails to find sufficient evidence in the petitioner's complaint to render a review of the matter the game cited shall stand as it.

.06 – SUSPENSIONS

1. Any player who is ejected from a game for major contact will receive an automatic 1 game suspension.
2. A player who is suspended will be directly and personally notified of the decision. Their coach/captain will also be notified.
 - a. Players may appeal suspension decisions.
3. Any player who receives three (3) major unsportsmanlike conduct penalties is subject to additional suspension at the discretion of the league convenor.
 - a. Players and coaches will be directly and personally notified of any pending decisions by the league convenor.
4. Appeals must be made within 48 hours after the player has been officially notified of their suspension.
 - a. The final decision will be made ASAP – and both the player and the coach will then be notified.

.07 – FORFEITS

1. A forfeit is declared when a team cannot field 5 players by 15 minutes after the designated game time.
 - a. Extenuating circumstances leave this rule open for flexibility.

SECTION 7: STANDINGS

.01 – POINTS

1. A team will be awarded the following points depending on the outcome of the game:
 - a. 2 points for a win.
 - b. 1 point for a tie.
 - c. 0 points for a loss.

.02 – PLAYOFF FORMAT

1. The playoff format is dependent on the number of teams within each division.
2. The playoff schedule will be determined once the final division alignment is set. The schedule will be in a tournament format and there will be no reseeding of teams between each round.

SECTION 8: TIE-BREAKING PROCEDURES

.01 – TWO TEAMS

1. If at the end of the regular season two teams finish with the same number of points, the following steps will be taken to determine a winner:
 - i. Highest total number of wins;
 - ii. Head-to-head record;
 - iii. Best net points in games between the teams (PF minus PA in head-to-head games);
 - iv. Best net points in all games; and then,
 - v. Best PA in all games.
 - vi. Coin flip

.02 – THREE OR MORE TEAMS

1. If at the end of the regular season three or more teams finish with the same number of points, the following steps will be taken to determine a winner:
 - a. If two teams remain tied after the third club is eliminated during any step, the tiebreaker reverts to Section 8.01
 - i. Highest total number of wins;
 - ii. Head-to-head record;
 - iii. Best net points in game between the teams (PF minus PA in head-to-head games);
 - iv. Best net points in all games; and then,
 - v. Best PA in all games.
 - vi. Coin Flip

SECTION 9: CONVENOR'S RULE

1. In the event of any dispute that is not clearly resolved by the rules and guidelines, the final say belongs to the league convenor.
2. The league shall try to uphold all the values of the York Flag Football League and shall remain in the interests of the participants above all else. The YFFL is for fun, safe, fair play. If at any point a rule is in contradiction with the interests of the participants the convenor of the YFFL has the right to act in the best interest of the league, and the participants irrespective of the rulebook.