



## 2017 SJFL Rule Book

\*Arena base, PIAA rules also apply. Not all PIAA rules are listed but will still be enforced.

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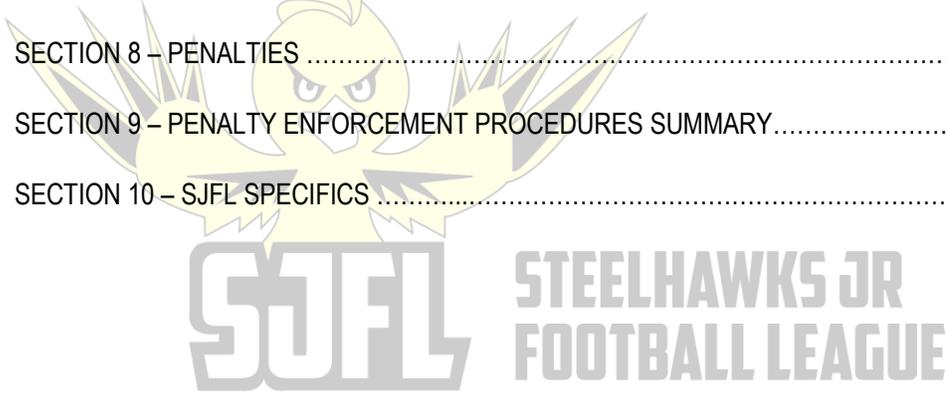
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\*Arena football rule book adapted for SJFL. PIAA rules also apply.

## SECTION 1

### The Playing Field

1. **The Field:** The field shall be **50 yards** (200 ft) long by **28 yards** (85 ft) wide. If the regulation length or width of a field is not available because of a wall, seating or any other object the field shall be marked as closely as possible to regulation, subject to approval of the league.
2. **The End Zones:** The end zones shall be a minimum of 5 yards and a maximum of 8 yards in depth and may be rounded due to hockey board configurations. In cases of fields that do not meet minimum requirements, the league may grant an exception in order to accommodate play on such field.
3. **5 Yard Marking:** The field shall be marked every 5 yards with lines extending from wall to wall and parallel to the goal lines. Yard marker numbers may be placed at each 5 yd increment but must be placed at the 5 – 15 – 25 yd lines. Yard marker numbers shall be 15 feet from the wall facing the stands and measure 3 feet in height.
4. **Hash Marks:** Hash marks shall be a distance of 37.5 feet from the nearest wall and even with the goalpost upright. Hash marks shall be 12 inches in length parallel with the yard lines.
5. **Point After Line:** The point after line shall be placed at the 2.5 yard line. The line shall be 3 feet in length.
6. **Goal Posts:** The crossbars are centered on each end line. The width must be 10 feet measured from the inside to inside of the uprights. The uprights extend 20 feet vertically from the crossbar. The crossbar must be 15 feet from the turf to the bottom of the crossbar. The diameter of each post shall not be less than 3 inches or greater than 4 inches. Goal posts shall be painted in bright yellow. Slack nets may be used behind the goal posts in the end zones.
7. **Goal Line:** The goal line marking shall continue up the dasher pad for officiating ease. Marking shall be consistent with field standards.
8. **Side Walls:** The side walls must extend from goal line to goal line.
9. **End Zone Wall:** The wall behind each end line and parallel to it may be curved due to the nature of the facility. If an end wall is not provided, an end line 4" in width shall be painted on the playing surface. End line marking shall not exceed 8 yards from the goal line.
10. **Wall Padding:** All walls must be covered with a minimum of league approved 4" foam padding.
11. **Game Balls:** Teams shall bring their own team or league approved game ball.
12. **Game Day Player Roster:** Each team's roster will consist of a minimum of 15 players and a maximum of 25 players.

13. **Bench Area:** All players, substitutes, coaches, and support personnel in the team area are subject to the rules of the game. Only team personnel are allowed in the bench area, parents are not included unless they are coaches.
14. **Numbers:** All players shall be numbered 1 thru 99. No two players of the same team may participate wearing the same number.
  - **Jerseys:** All players shall wear the jerseys provided by the league.
15. **Pants:** All players of a team shall wear pants of the same color and design.
16. **Shoes:** Players are permitted to wear turf shoes or sneakers. Outdoor cleats or spikes are NOT permitted.
17. **Socks:** All players are required to wear socks. All players on the same team must wear the same style and color sock.
18. **Gloves:** Gloves may be worn but it is not required.
19. **Leg Pads:** Knee, leg, and hip pads are required. Pants must extend over the knee.
20. **Helmets & Shoulder Pads:** A commercially manufactured helmet and shoulder pads must be worn at all times. Players of a team shall wear helmets of the same color and design.
21. **Mouth Piece:** A mouth piece is required.
22. **Illegal Equipment:**
  - A. Hard, abrasive, or unyielding substances worn on the hand, wrist, forearm, or elbow, unless covered with adequate padding approved by the Referee.
  - B. Metal or other hard substances.
  - C. Adhesive material, paint, grease, or any other slippery substance applied to a player's body, clothing or the ball.
  - D. Jerseys which are taped or tied in any manner.
  - E. Any visible bandana worn under the helmet.
  - F. Towels – Only the Quarterback and the Center may wear a plain white towel of reasonable size. Receivers may wear a smaller towel but it may not be a streamer. The Referee's decision on the size of the towel is final. No long belts allowed.
  - G. Eye shields shall be clear; no colored or tinted eye shields are allowed.

23. **Coin Toss:** At the start of the game the captains of each team (maximum of four players from each team) shall meet the Referee at mid field. The team winning the coin toss has the option of: kicking, receiving, or deferring choice to the second half.
24. **Coaches On Field During Game:** One coach from each team, offense or defense, may be on the field at least 10 yards behind the offensive side of line of scrimmage when the ball is in play. The visiting coach must reside on the designated visiting side of the field. Coaches who are on the field must stay between the side wall and the numbers. If the coach's conduct becomes un-sportsman-like a warning will be issued. If unprofessional conduct continues, an un-sportsman-like conduct penalty (10 yd penalty) will be issued. A second infraction shall cause the offending coach to be ejected and the offending team to lose field coaching privileges for the remainder of the game. The head coach shall be notified of such infractions and warned of any impending loss of field privileges by any coach.
25. **Fan Interference:** If a fan interferes by coming on the field, interfering with a live ball, or throws objects onto the field that interferes with the play; the ball becomes dead and the situation will be handled as follows...
- A. If the interference occurs to the disadvantage of the home team, the ball is returned to the previous spot and the down is **not** replayed.
  - B. If the interference occurs to the disadvantage of the visiting team, the down will be replayed as follows:
    - 1) 1<sup>st</sup> violation, down will be replayed from the previous spot.
    - 2) 2<sup>nd</sup> violation, a 10 yd penalty and down replayed. ***If the result of the play is more advantageous than a replay the visiting team may elect to take the result of the play, and the distance penalty will be administered from that spot.***

**Mascots and Cheerleaders:** Mascots and cheerleaders are allowed on the field during time outs only.

## SECTION 2

### Periods, Timing, and Substitutions

1. **Length of Game:** Two quarters, each 15 minutes in length. The scoreboard clock shall be the official time for the game.
2. **Half-time:** Half-time shall be 5 minutes in length.
3. **Overtime:**
  - A. Overtime starts two minutes after regulation halves.
  - B. Both teams will get the same number of Offensive possessions. Each possession will start at the 25 yard line in the 1<sup>st</sup> overtime.
    - i. 2<sup>nd</sup> overtime and on: Each possession will start at the 15 yard line.
  - C. Point after touchdown may be a one or two point attempt in the first overtime and a two point attempt in all subsequent overtimes.
  - D. Interceptions may be run back for a touchdown.
  - E. A dead ball will result from all missed field goal attempts and when the ball crosses the line of scrimmage.
4. **Mercy Rule:**
  - A. Clock will not stop at all once a team leads by 21 or more points.
    - i. Kickoffs will move back to the goal line.
    - ii. Game will have a time limit of 1 hour and 15 minutes.
    - iii. On kickoffs, if the ball only travels 15 yards, the returning team will have possession of the ball.
5. **Time Outs:**
  - A. Each team will receive 2 timeouts per half. Each time out shall be 30 seconds in length.
  - B. In overtime, each team shall receive 1 timeout per overtime period. Unused timeouts from regulation play do not carry over to overtime periods.
  - C. **During a timeout, one coach may come to the center of the field to meet his team.** If the team assembles in front of the team bench, more than one coach may meet with them.

6. **One Minute Warning:** With one minute remaining on the clock in each half, the clock will be stopped for the one minute warning, for 30 second timeout. The remainder of that period will be timed according to NCAA timing rules.
7. **Clock Stops:** The clock shall start when the ball is legally touched following the kickoff at the beginning of the half and shall continue until it is stopped for any of the following reasons:
- A. At the end of a free kick play – the game clock will be restarted on the ready for play until the 1 minute warning of either half.
    - i. The clock will run for the duration of the extra point attempt. It will stop after the extra point attempt and will restart after the kickoff as normal.
  - B. After a change of possession (including scrimmage kicks) – the game clock will start on the ready of play until the 1 minute warnings of either half.
  - C. After a touchdown following the extra point – the game clock will restart when the ball is legally touched on a free kick or kickoff.
  - D. After a field goal – the game clock will restart when the ball is legally touched during the free kick.
  - E. After a safety – the game clock will restart when the ball is legally touched during the free kick.
  - F. For administration of penalties – the game clock will be treated as though a foul had occurred, except for delay of game. For a delay of game foul, the clock will always start at the snap.
  - G. Charged team time out – clock will start at the snap.
  - H. Measurement for a 1<sup>st</sup> down.
  - I. When the Referee deems it necessary to suspend play for any reason.
  - J. If the offensive team is leading and does not gain positive yardage within the final 1 minute period of the game.
8. **Restarting the Clock on Snap or Free Kick Legally Touched:** If the clock was stopped for any of the following reasons, the clock will start on the snap or when a free kick is legally touched:
- A. After a delay of game foul.
  - B. Following a team time out.
  - C. Following a play in which possession has changed at the end of a down in the last minute of either half.
  - D. Following an incomplete legal forward pass in the last minute of either half.

- E. Following a ball over the wall in the last minute of either half.
  - F. Following a runner into the wall in the last minute of either half.
  - G. Following a scoring play, the clock will continue to run during the extra point.
9. **Restarting the Clock On the Ready For Play:** If the clock was stopped for any reason than those listed above the clock will restart on the ready for play as follows:
- A. Following a play during which possession changed, except in the last minute of either half.
  - B. Following a free kick play, except in the last minute of either half.
  - C. Following a delay of game caused by player injury.
10. **Crowd Noise:** There is no provision for delaying the game due to crowd noise.
11. **In-Arena Noise:** If in-arena music, lights, scoreboard or the public address system interferes with the team in any way or prevents the offense from putting the ball in play, the Referee shall stop the game allowing the visiting team to huddle. The home team will be given a warning. If a second incident occurs there shall be a 5 yard penalty assessed against the home team. (In-Arena music and public address announcements must cease by the time the offensive team reaches the line of scrimmage.)
12. **Play Clock:** There will be 35 second play clock for each down. Except on downs following an Official stoppage, the play clock will be set to 25 seconds.
13. **Substitutions:** Substitutions adhere to the following:
- A. A substitute may enter the field of play at any time the ball is dead.
  - B. A player leaving the game shall proceed directly to the sideline on which his team bench is located.
  - C. If a team has more than eight players on the field at the snap, it is illegal participation.

## SECTION 3

### Scoring

#### **Definitions:**

**Touchdown:** A touchdown is scored when a ball in player possession breaks the plane of the opponent's goal line.

**Field Goal:** A place kick or drop kick, from a scrimmage kick formation, that passes between the opponent's uprights and over the crossbar before touching the ground or arena obstructions.

**Safety:** A safety is scored when a player in possession of the ball in his own team's goal area and the ball is declared dead (the player called down). A safety can only occur on a kickoff if the receiver leaves the end zone and then retreats back into the end zone and is tackled.

1. **Touchdown:** 6 points
2. **Place Kick Field Goal:** 3 points
3. **Drop Kick Field Goal:** 3 points
4. **Safety:** 2 points
5. **PAT By Running/Passing:** 1 point
6. **PAT by Kick:** 2 points
7. **Uno (kicking the ball through the uprights on a kickoff):** 1 point

One (1) point will be awarded to the kicking team if the kicker, on a kickoff, can kick the football through the uprights and over the crossbar. If the kicker makes a Uno, the ball will be placed at the receiving teams' 5 yard line. If the kicker misses the kick and it proceeds through the end zone, the ball will be spotted on the receiving teams' 10 yard line.

If during kick off the ball is kicked over the side walls in flight anywhere in front of the goal line and is untouched the kick is ruled as an "illegal kick". **The ball is placed at the kicking team's 20 yard line.**

8. **Rouge (kick off downed in the end zone):** 1 point

One point is awarded to the kickoff team if the receiver does not advance the ball out of his end zone (Rouge). Ball will be placed at the receiving teams' 5 yard line. If the kicking team commits a foul during the free kick down, the 1 point will not be awarded and the play will be ruled a touchback.

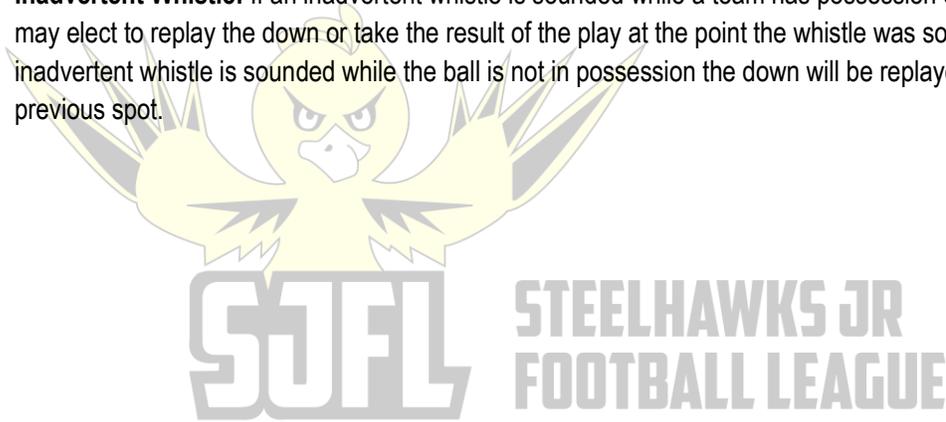
## SECTION 4

### Dead Ball, Spotting, and Out of Bounds

1. **Dead Ball:** The ball is dead under the following conditions:
  - A. Whenever an official blows his whistle.
  - B. When an official has signaled a score.
  - C. When the ball goes out of bounds (touches something outside the wall).
  - D. When a ball strikes the goal post assembly. A field goal attempt that strikes the goal post will remain a live ball until it is ruled to be successful or unsuccessful.
  - E. When a forward pass is declared incomplete.
  - F. When a ball carrier is tackled and his forward progress has been stopped.
  - G. When a ball carrier behind the line of scrimmage is firmly in the grasp and control of an opponent to the extent that he cannot run or throw the ball.
  - H. When a ball carrier is contacted by an opponent so that any part of his body touches the wall.
  - I. When a player is down and makes no attempt to regain his feet.
  - J. The ground or wall cannot cause a fumble when the carrier is downed or forced into the wall.
  - K. Play will be whistled dead, at any point during the game other than on field goals and PAT when the football hits off any part of the goal post or overhead obstruction.
  - L. **A ball that hits off the wall in flight or from hand or foot is dead.**
  
2. **Spotting the Ball:**
  - A. When ball is declared dead along a dasher board the ball will be placed on the wide hash marks.
  - B. When ball is declared dead between the wide hash marks, it will be placed at the dead ball spot.
  - C. For all scrimmage kicks (field goal) the ball will always be spotted on the nearest inside hash mark.
  - D. Fumbles out of bounds in opponents end zone – when a player fumbles the ball from the field of play over the opponents goal line the ball goes out of bounds, touchback, or the opponent recovers and is downed, touchback, the ball is placed on the 5 yard line.

3. **Out of Bounds:**

- A. Side walls and end zone walls – a player in possession of the ball may contact the wall and continue in play, however; if a player in possession of the ball is forced into the wall by an opponent, the play is dead.
  - B. On a pass play, if a player gains possession of the ball while leaving the ground such as leaping and lands against the wall or goes over the wall it is ruled a completed pass if he maintains possession and completes the catch.
  - C. A live loose ball other than a grounded fumble (muff, forward or backward pass, etc.) that touches the wall is a dead ball.
  - D. A player who stands on top of the wall is ineligible.
4. **Inadvertent Whistle:** If an inadvertent whistle is sounded while a team has possession of the ball, the team may elect to replay the down or take the result of the play at the point the whistle was sounded. If an inadvertent whistle is sounded while the ball is not in possession the down will be replayed from the previous spot.



## SECTION 5

### Scrimmage Plays

#### Definitions:

**Line of Scrimmage:** The lines of scrimmage are imaginary lines that extend from sideline to sideline, parallel to the goal lines, and passing through the foremost and rearmost points of the ball.

**The Box:** The box is a zone designated by imaginary lines, no more than 5 yards apart from the outside shoulders of the offensive linemen, 5 yards deep on the defensive side of the ball and to the end wall on the offensive side. The defensive side of the box will be limited to the goal line, or sufficient depth to have daylight when the ball is inside the defensive teams' 5 yard line.

**Offensive Box:** The offensive box will be no more than 5 yards apart from the outside shoulders of the offensive lineman. It will extend 5 yards from the line of scrimmage into the offensive backfield.

**Blitz Lane:** The blitz lane is a lane designated by imaginary lines from the outside shoulders of the offensive linemen and runs from the end line to end line. A blitzing linebacker must be in the lane and must blitz in the A gaps.

**Stacking:** Stacking is defined as the linebacker being lined up directly behind a down, defensive lineman at the snap. Stacking can be caused by a defensive lineman shifting. (**Foul:** Illegal defense or **Penalty:** live ball foul, 5 yards).

**Mirroring Receiver:** The defense may mirror an eligible receiver in motion maintaining a similar distance from the line of scrimmage. If the offensive player's motion is towards the line of scrimmage, the defensive player may approach the defensive line of scrimmage to meet the eligible receiver.

#### 1. Formations – Offense:

- A. **Legal Formation:** At least four offensive players must be on the line of scrimmage prior to the snap, all 3 (three) linemen are ineligible receivers. No more than two backs, including the Quarterback, may be in the offensive box at the snap, (offense **may not** have an “empty backfield” prior to the snap). The motion receiver may not be in the offensive box prior to or at the snap. All players lined up outside the box must be at least 3 yards outside the box. (**Penalty:** Illegal formation, 5 yards.)
  - B. **“Daylight”:** There must be daylight between the offensive lineman and the fullback. Daylight is determined by the position of the down lineman's butt and the fullback's head. There must be daylight between the fullback's head and the down lineman's butt. Feet are not used in determining daylight.
1. **Eligible Receiver on the Line of Scrimmage:** All eligible receivers on the line must be lined up at least 3 yards outside the nearest Guard.

2. **Player In Motion:** The offense may have one player in motion (lateral or forward) prior to the snap, providing:

- 1) The player clearly started in motion while being in the backfield and he is not in forward motion in the box at the snap.
- 2) The motion player must not be beyond the neutral zone at the snap.
- 3) All players were set for 1 second before player started in motion.
- 4) The player in motion and **on the line at the snap** does not change the eligibility to set receivers.
- 5) The player in motion must block above the waist until the ball has crossed the neutral zone, and is not permitted to block a defensive lineman until the ball has crossed the neutral zone.

2. **Formations – Defense:**

A. **Defensive Lineman Requirements:**

- 1) There must be 3 down linemen on the line of scrimmage, in the box, in a 3 or 4 point stance at the snap.
- 2) The defensive lineman covering the offensive center **must be head to head** with the center. He is not allowed to lean one direction or the other and may not shade (moving into either gap just prior to the snap).
- 3) The other 2 defensive linemen must be aligned **head to head** or **shoulder to shoulder** with the offensive linemen.
- 4) No defensive lineman may twist.
- 5) Defensive linemen may not drop into pass coverage beyond the line of scrimmage.

(Foul for 1-5: live ball foul, 5 yard penalty for illegal defense, automatic first down.)

B. **Defensive Linebackers:** There are two linebackers in the Defensive formation.

1) Both linebackers must start 5 yards back, off the line of scrimmage.

a. Exception: when inside the 3yd line, they will start 3yds deep

2) Two linebackers must be in the box at the snap and one may blitz.

3) Line backers can only blitz through the A gap on the side of center that they are lined up on. The only exception is when the Quarterback leaves the offensive box.

- 4) One Linebacker must remain in the defensive box unless:
  - a. There is a play action pass play.
  - b. The Quarterback pump fakes.
  - c. The Quarterback or Fullback leaves the offensive box.
  - d. The ball is thrown.
- 5) The linebacker may **not** stack behind the defensive lineman who is covering the center; linebackers may **not** stack behind any other defensive lineman. Linebackers may not be moving forward prior to the snap.
- 6) The second linebacker must be in the box at the snap. He may range from sideline to sideline after the snap; at no time may he be deeper than 5 yards on the defensive side of the ball.
- 7) Linebackers must declare which one is eligible to blitz. The LB must raise his hand to notify the officials and the offense of his eligibility to become the blitzing LB. He must also be aligned diagonal to the TE who has declared. At no time can the blitzing LB be aligned on, over, or shaded to the TE side.

Although the LB has declared his eligibility to blitz he is not required to blitz.

- C. **Defensive Cornerbacks and Safeties:** May line up on the line of scrimmage head up on a set eligible receiver who is not in the box. The eligible receiver does not have to be on the line of scrimmage. Cornerbacks may not line up on the line of scrimmage if he is not covering an eligible receiver. In this case he must be clearly behind the defensive linemen and there must be daylight.

### 3. Passing:

#### A. Eligibility – The following applies to eligible receivers:

- 1) The quarterback is an eligible pass receiver.
- 2) Any offensive player in the backfield at the snap is an eligible receiver. The center and guards are the only ineligible receivers by position, other than the QB under center at the snap.
- 3) If a forward pass is touched by a defensive player **all** players of both teams become eligible receivers.
- 4) No ineligible offensive player may be downfield on a pass play when the pass crosses the line of scrimmage more than 3 yards downfield.

5) No ineligible player shall deliberately touch or catch a legal forward pass until it has touched an opponent or a legal receiver.

- B. **Legal Forward Pass:** The passer's entire body determines whether he is behind or beyond the line of scrimmage. The offense shall make only one forward pass during a scrimmage down.
- C. **Backward Pass:** A backward pass striking the ground is not dead and may be recovered and advanced by either team. When a backward pass goes out of bounds (over the wall) the ball shall be put in play at the point where the ball went out of bounds. When in doubt a pass will be ruled to be forward.
- D. **Pass Hits Ceiling or Overhang:** If a pass hits the ceiling or anything suspended from the ceiling the play is ruled dead, incomplete pass.
- E. **Incomplete Forward Pass:** A forward pass shall be incomplete as follows:

- 1) When a ball strikes the ground.
- 2) When the ball goes out of bounds, even if touched by a player in the field of play.
- 3) When the passer has begun his forward passing motion with the ball and the ball leaves his hand and strikes the ground.
- 4) When the ball hits the wall prior to possession.

- F. **Intentional Grounding:** If an offensive player deliberately throws the ball out of bounds or to an area in which there is not an eligible receiver it is intentional grounding. It is **not** intentional grounding if:

- 1) If the passer is outside the box and throws the ball toward the line of scrimmage, provided the ball first touches the ground or goes out of bounds beyond the line of scrimmage.
- 2) If the passer throws the ball immediately to the ground in an effort to save time.

- 4. **Chuckling:** A defensive player may make contact with an offensive player in an area up to 5 yards maximum beyond the line of scrimmage before the ball is thrown. Defensive player must remain in front of the offensive player.

## SECTION 6

### Kicks

#### **Definitions:**

**Kicked Ball:** A kicked ball is a ball that has intentionally been struck by a player's foot or leg below the knee.

**Place Kick:** A legal kick made by kicking the ball after it has been placed in a fixed position on the ground. The following applies to a free or scrimmage kick:

- 1) A place kick may be used for a free kick or scrimmage kick.
- 2) The ball may be held on the ground, or a one inch block, by a teammate of the kicker, or, for a free kick, the ball may be placed on a one inch tee.
- 3) No substance or device may be used to improve the kicker's footing.

**Free Kick:** kick off.

**Scrimmage Kick:** field goal or extra point attempt.

**Drop Kick:** A legal drop kick is one where the kick drops the ball to the ground and kicks it when it is rising or as it touches the ground. A drop kick may be used for a free kick or a scrimmage kick.

**Punting:** Punting the ball is not permitted. (Penalty is 10 yards or loss of down).

1. **Free Kick (or Kickoff):** (Referees shall check in with the kicking team's coach prior to each kickoff. Coach will declare whether they will be kicking the ball deep, squibbing it, or onside kicking it.)

A. **Spot of Free Kick:** The ball shall be kicked by a place kick or drop kick from any point between the sideline of the kicking team's 10yd line at the beginning of each half of the game, after a successful field goal, after a successful or unsuccessful point after touchdown, and after a safety. All free kicks must occur from the 10 yard line. Any penalty which otherwise would be enforced on the succeeding play will be enforced of the first scrimmage play following the free kick and multiple fouls will be stacked.

B. **Kicking Team Restraining Line:** When the ball is kicked, no player of the kicking team shall be in advance of the ball except the kicker and player who holds the free kick. The receiving team will have the option of replaying the down and taking the penalty at the next succeeding spot.

1) On the kick, players will start between the 5 and 10 yard line (behind the ball).

2) Line must be balanced and set prior to the kickoff. Four players shall be lined up on one side, and three on the other, with the kicker in the middle making the eighth player. No muddle huddles.

- C. **Receiving Team Restraining Line:** All players of the receiving team must be a minimum of 10 yards from the receiving teams restraining line. The receiving team will also have the option of replaying the down and taking the penalty at the next succeeding spot.
- D. **Illegal Touching by Kicking Team:** The ball, unless first touched by a member of the receiving team, must go at least 10 yards towards the opponent's goal line before it may be legally touched by a member of the kicking team. Receiving team may elect to take the ball at the spot of the first touching or the result of the play. (Not a foul; no flag, just a bean bag at the spot of touching.)
- E. **Ball Touching the Wall:** If the ball touches the wall before going 10 yards and has not been touched by a member of the receiving team, the receiving team may elect to take the ball at the point it touched the wall. The ball remains live and can be played off the wall if it hits the ground before it makes contact with the wall. If the ball hits the wall in flight it is dead and not in play.
- The receiving team may take the ball at the spot where the ball first touched the wall or result of the play. (Not a foul; no flag, just a bean bag at the spot of touching.)
- F. **Kicking Team Blocking Restriction:** Player of the kicking team may not block a player of the receiving team until the receiving team has touched the free kick or the kick has traveled 10 yards. **(Penalty;** 10 yards from scrimmage play following the kick. Receiving team also has option of replaying the down and taking the distance penalty at the next succeeding spot.)
- G. **Receiving Team Kick Recovery in their End Zone:** if the ball goes into the receiving team's end zone untouched by the receiving team the ball remains live. The ball must be advanced out of the end zone by the receiving team. If the ball is not advanced out of the end zone the ball will be put in play on the receiving teams' 5 yard line and the kicking team will be awarded 1 point (Rouge). (If the kicking team commits a foul during the free kick the 1 point will **not** be awarded and the play will be ruled a touchback.)
- H. **Fair Catch: No fair catches are allowed.**
- I. **Kick Catch Interference:** On all kicks the kicking team players shall allow a receiving team the opportunity to catch a kicked ball in flight. The receiving team player cannot be touched prior to the catch.
- J. **Fouls During a Free Kick Play Before the Player Possession:** If a foul occurs during a free kick play before possession is gained the offended team will have the option of re-kicking and taking the distance penalty at the next succeeding spot or taking the result of the play with penalty administered at that spot. **(Exception – the ball is kicked out of bounds [in flight or after touching field, wall or a player]:** would not apply to free kick out of bounds fouls.)
- K. **Kick Out of Bounds (in Flight):** If the kicked ball goes out of the receiving team's end zone the ball will be spotted at the receiving teams' 10 yard line. If the ball hits the back wall of the end zone in flight, the ball will be spotted at the receiving teams' 5 yard line.
- L. **Kick Out of Bounds (After Touching Field, Wall, or Player):**

1) Out of end zone – Ball is placed on 5 yard line.

2) In field of play – Ball is spotted where it goes over the wall.

M. **Free Kick Strikes an Overhanging Object Above the Field of Play:** If the free kick strikes any overhanging object above the field of play such as a scoreboard, ceiling beam, wires, etc. the ball will be spotted at the receiving teams' 20 yard line.

N. **Blocking by the Receiving Team:** During a free kick a player of the receiving team may block an opponent from the moment the ball is kicked.

O. **Blocking by the Kicking Team:** During a free kick a player of the receiving team may block an opponent after the kicking team has legally touched the ball.

P. **Onsides Kicks:** Onsides kicks are allowed but only in the 2<sup>nd</sup> half.

1) The kicking team must keep a balanced line.

2) If the kick (on a normal kickoff) does not travel 15 yards, the receiving team will be given the option to have the ball re-kicked, or have the ball spotted on the 25 yard line.

3) **Exception:** When the mercy rule is in effect, the team leading may NOT onsides kick.

2. **Kick Out of Bounds Between Kicking Team's Goal Line and Receiving Team's Goal Line (Sidewalls):** Untouched by the receivers and in flight over the sidewalls – The kick is ruled an illegal kick and the ball is placed on the kicking teams 20 yard line for scrimmage.

3. **Scrimmage Kick:**

A. **Scrimmage Kick:** A scrimmage kick is a kick by the offense during one of its scrimmage downs or plays from scrimmage. It can be used for a field goal attempt, point after touchdown attempt, or as a means to place an opponent at a disadvantage in field position. A team may also use a face scrimmage kick formation. The ball may be place kicked or drop kicked, but it cannot be punted. (**Foul:** illegal kick. **Penalty:** 10 yards and loss of down.)

B. **Offensive Scrimmage Kick Formation:** A scrimmage kick formation must have five linemen, a place kicker, a holder, and a personal protector. If a kicker intends to drop kick, a holder is not required. Only the personal protector may be in motion prior to and at the snap.

C. **Defensive Scrimmage Formation:** For field goals and point after touchdown attempts the defensive scrimmage formation must consist of four linemen. The defensive ends **must line up head to head** with the ends of the kicking team. The two Interior defensive linemen must line up head to head with the two offensive guards. All four defensive linemen must be in a three or four point stance at the snap. The center is left uncovered. (**Foul:** illegal defensive formation. **Penalty:** live ball, 5 yards.)

D. **Remaining Defensive Players in Scrimmage Formation:** The remaining four defensive players may line up anywhere, as long as they maintain daylight with linemen prior to snap. (**Foul:** illegal kick rush. **Penalty:** 5 yards and automatic first down.)

E. **Scrimmage Kick Out of Bounds:**

- 1) Out of bounds through the end zone belongs to the receiving team at the 10 yard line.
- 2) Out of bounds through the sideline before or beyond the 25 yard line, before touching the playing field or a member of the receiving team, the ball will be placed at the receiving teams' 20 yard line and a penalty will ensue. The ball will be placed at the kicking team's 20 yard line.
- 3) Out of bounds through the sideline after touching the field of play or a member of either team before possession is gained, it will belong to the receiving team at the spot the ball went out of bounds.
- 4) Kick out of bounds (after touching field, wall, or player in the end zone): Ball is placed on receiving teams' 5 yard line.

F. **Failed Attempt:** When a field goal attempt fails, the ball will be ruled dead where it lands. There is no chance of a return.

1) There is no rushing or attempting to block a kick.

2) Teams must use a conventional long snap on all scrimmage kicks. However, if there is a bad snap on a scrimmage kick, one redo will be allowed. On a second attempt, a team may toss the ball back.

1. A second bad snap will result in a change of possession at the previous line of scrimmage.

2. Clock will stop after 1<sup>st</sup> attempt.

G. **Place and Drop Kicked Ball Striking Uprights:**

- 1) If the kicked ball strikes the opponent's upright in flight and returns to the field of play, the ball is dead and awarded to the receiving team at its 10 yard line.
- 2) If a kicked ball or deflected kicked ball strikes the upright in flight and does not proceed through the uprights, the ball is dead and placed on the 10 yard line. If the kicked ball proceeds through the uprights above the crossbar, it is a successful kick.

H. **Scrimmage Kick Striking Ceiling or Anything Suspended from the Ceiling:** If the scrimmage kick strikes the ceiling or anything suspended from the ceiling the ball becomes dead and will go over to the receiving team. The ball will be placed at the receiving teams' 20 yard line.

## SECTION 7

### Player Conduct

1. **Illegal Tactics:**
  - A. **Aiding the Runner:** It is illegal to assist the forward progress of a ball carrier by providing impetus from behind. (**Foul:** Aiding the runner. **Penalty:** 5 yards.)
  - B. **Pyramiding:** It is illegal for a player to use the body of another player to elevate himself in an attempt to block a field goal or forward pass. (**Foul:** Pyramiding. **Penalty:** 10 yards.)
  - C. **Tripping:** A player shall not use his leg below the knee to hinder progress of an opponent, except the runner. (**Foul:** Tripping. **Penalty:** 10 yards.)
  
2. **Personal Fouls – Unnecessary Roughness:** Each of the following will result in a penalty of 10 yards and automatic first down if committed by the defense. Offenders may be disqualified.
  - A. Face mask.
  - B. Piling on or late hits.
  - C. Contacting an opponent out of bounds in any manner.
  - D. Using the helmet to butt, ram, or spear an opponent.
  - E. Helmet to helmet contact on a **defenseless** player.
  - F. Any helmet to helmet hit.
  - G. Contacting an opponent above the shoulders (hands to the face).
  - H. Striking or swinging at an opponent in any manner, whether contact is made or not.
  - I. Kicking at an opponent, whether contact is made or not.
  - J. Fighting, including players leaving the bench to participate in a fight.
  - K. If a player removes his helmet or any other item of equipment and uses it as a weapon, he will be ejected from the game. The player may be subject to an imposed suspension to be determined by the League.
  
3. **Unsportsmanlike Conduct:** Any player or coach may be penalized or any act which, in the opinion of the officials, is objectionable. These fouls are enforced as dead ball fouls and include by not limited to:
  - A. Verbal abuse, taunting, or objectionable gestures directed at opponents, officials, or spectators.
  - B. Throwing the ball at an opponent, officials, or the opponent's bench area.

- C. Continued objectionable conduct after a penalty has been applied.
- D. Throwing, handing, or spiking a ball into the stands by a player of either team.

The second unsportsmanlike foul against any coach or player will result in automatic disqualification.



## SECTION 8

### Penalties

#### 1. **Loss Of Down:**

- A. Illegal forward pass or handling. And five yard penalty.
- B. Intentionally grounding.
- C. Illegal kicking, touching, or batting.

#### 2. **Automatic First Down:**

- A. Defensive pass interference or illegal contact with an eligible receiver. And ten yard penalty; inside the end zone, ball is placed on the two yard line.
- B. Unnecessary roughness/personal foul on defense; including: striking, kicking, kneeling, elbowing, etc., piling on, late hit, and face mask.
- C. Helmet contact (spearing, butt blocking, face tackling).
- D. Illegal contact to the head/helmet.
- E. Roughing the passer/kicker/holder.
- F. Illegal scrimmage kick rush.
- G. Illegal batting.
- H. Illegal defense.
- I. Outside rush. And 5 yard penalty.

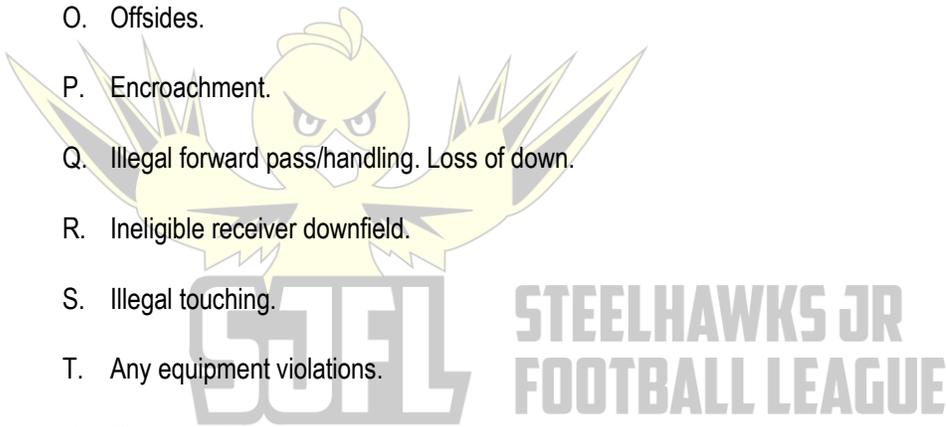
#### 3. **Five Yard Penalties:**

- A. Delay of game.
- B. Coach interference.
- C. Illegal substitution.
- D. Illegal motion.
- E. Offensive motion – man in forward motion in the box at the snap.
- F. DB in the box at the snap. Or LB out of the box at the snap.

- G. Blitzing infraction – illegal defense. Automatic first down.
- H. Outside rush – illegal defense. Automatic first down.
- I. Illegal offense/defense.
- J. Illegal formation.
- K. Illegal procedure.
- L. Illegal scrimmage kick rush.
- M. Snap infraction.
- N. False start.
- O. Offsides.
- P. Encroachment.
- Q. Illegal forward pass/handling. Loss of down.
- R. Ineligible receiver downfield.
- S. Illegal touching.
- T. Any equipment violations.
- U. Running into kicker/holder.
- V. Aiding the runner.
- W. Kick catch interference (unimpeded opportunity to catch the football).

**4. Ten Yard Penalties:**

- A. Illegal participation.
- B. Illegal block (below waist, chop, cut).
- C. Clipping.
- D. Personal foul (including roughing passer/kicker/holder).
- E. Kick catch interference (contact with receiver).
- F. Illegal kick.



- G. Face-mask (grasping and twisting).
- H. Piling on (late hit) – live ball.
- I. Illegal contact out of bounds.
- J. Illegal contact above the shoulders.
- K. Illegal contact with snapper.
- L. Spearing.
- M. Offensive pass interference.
- N. Horse collar tackles.
- O. Illegal kicking or illegal batting of the ball.
- P. Hurdling.
- Q. Pyramiding.
- R. Unsportsmanlike conduct (including with an official).
- S. Tripping.
- T. Block in the back.
- U. Holding.
- V. Throwing, handing, or spiking a ball into the stands by a player of either team.
- W. Helmet to helmet hits.



## SECTION 9

### Penalty Enforcement Procedures Summary

#### Definitions:

**Loss of Down:** In any penalty “loss of down” means that the down in which the foul occurred is not repeated.

**Spots:** The enforcement spots are the previous spot, the spot of the foul, the succeeding spot, and the spot where the run or scrimmage kick ends.

#### 1. Enforcement Spots:

- A. **Dead Ball:** The enforcement spot for a foul committed when the ball is dead is the succeeding spot. Exception: Free kick.
- B. **Snap:** The enforcement spot for fouls occurring simultaneously with a snap in the previous spot.
- C. **Free Kick:** The free kick will always be the goal line and will never be used as an enforcement spot. The enforcement spot for such a foul will be the succeeding spot prior to the first scrimmage down after a free kick down.
- D. **Running Plays from Scrimmage:** The basic enforcement spots for fouls that occur during a running play from scrimmage in the field of play or end zone are as follows:
  - 1) When the run ends beyond the neutral zone before a change in team possession, the basic enforcement spot is the end of the related run; safety if the spot of the foul is in the end zone.
  - 2) When the run ends behind the neutral zone before a change of team possession, the basic enforcement spot is the previous spot; safety if the spot of the foul is in the end zone.
- E. **Running Plays When There is No Neutral Zone:** The basic enforcement spots for fouls occur during a running play in the field of play or end zone are as follows:
  - 1) Fouls by the team in possession at the time of the foul, the basic enforcement spot is the end of the related run; however, fouls by the team in possession that occur behind the end of the run are enforced from the spot of the foul. Safety, if the spot of the foul is in the end zone of the team in possession. If the run ends in the opponent's end zone the basic spot is the goal line.
  - 2) Fouls by the team not in possession at the time, the basic enforcement spot is the end of the related run. If the run ends in the opponent's end zone, the basic spot is the goal line.

F. **During a Legal Forward Pass Play:** The basic enforcement spot for fouls that occur during a forward pass is the previous spot; (Exception: Roughing the passer, enforcement on a completed forward pass is from the end of the last run when the run ends beyond the neutral zone, and there has been no change of team possession during the down.)

G. **During Kick Play:** The basic enforcement spots for fouls that occur during a free or scrimmage kick is the previous spot; however, fouls by the offense during a scrimmage kick that occur behind the previous spot are enforced from the spot of the foul. (Exception: Post scrimmage kick enforcement, the basic enforcement spot is the spot where the kick ends when receiving team fouls during the kick, if the kick crossed the neutral zone, the receiving team foul occurred more than 3 yards beyond the neutral zone and the receiving team has possession at the end of the down.) (Exception 2: see the free kick section for free kick play exceptions.)

H. **Behind the Goal Line Consideration on Play without Neutral Zone Reference:**

1) If the result of a running play (other than the try) is a safety and the opponent of the team in possession commits a foul during the related run, the basic enforcement spot is the goal line.

2) If the result of a running play (other than the try) is a touchback and the opponent of the team in possession commits a foul during the related run, the basic enforcement spot is the goal line.

I. **Interval Fouls:** (Fouls during or after a touchdown, field goal, or try.)

1) Dead ball personal fouls or unsportsmanlike fouls on a successful touchdown or after the touchdown and before the ball is ready for play on the try, may either be enforced on a succeeding try or the first scrimmage play following the subsequent kick-off.

2) Live ball fouls on scoring plays (touchdowns and field goals) will be penalized by rule. To accept a score, the penalty must be declined. A successful field goal may be cancelled and the penalty enforced by rule.

3) Personal fouls during a try and all dead ball fouls after a try are penalized on the first scrimmage play following the subsequent kick-off.

J. **Half the Distance Enforcement Procedure:** No distance penalty shall exceed half the distance from the enforcement spot to the goal line. (Exception: defensive pass interference.)

K. **Multiple Fouls by the Same Team:** When two or more live ball fouls are committed by the same team, they are called multiple fouls and the Referee shall explain the alternative penalties to the field captain of the offended team, who may then elect to accept only one of the penalties. (Exception: Multiple live ball fouls may be stacked if the penalties have been banked for post free kick scrimmage play enforcement.)

- L. **Offsetting Penalties:** If live ball fouls are committed by both teams, they are called double fouls, and each such foul is an offsetting foul, the penalties cancel each other and the down is replayed. (Exception: When there is a change of possession during the down or at the end of the down by rule, the team last gaining possession may decline offsetting fouls and thereby retain possession after completion of the penalty for its infraction if it had not fouled before its last gaining possession.
  
- M. **Dead Ball Fouls:** Any dead ball fouls, or a live ball which is administered as a dead ball foul, do no offset and all such dead ball or live ball fouls are administered are enforced separately and in their order of occurrence.
  
- N. **Live Ball/Dead Ball:** When a live ball is committed by one team and one or more dead ball fouls are committed by either team, both the live ball and dad ball fouls are enforced, in the order of the occurrence, provided that the live ball is enforced first.



## SECTION 10

### SJFL Specifics

1. **Teams:** Players will be in 4<sup>th</sup>-6<sup>th</sup> grade and shall not turn 13 years of age before March 1<sup>st</sup>. There will be a max of 14 teams in the league, split into 2 divisions.
  - a. Each team will have a minimum of 12 players and a maximum of 20 players.
  - b. Each team will play 5 games in the PPL Center. The final weekend of games will conclude with a playoff day, featuring a championship and consolation games. Seeding will be based on regular season divisional record. There are pre-determined tie breakers that will be used if needed.
    - i. Tie Breakers:
      - 1) Overall record
      - 2) Least points allowed
      - 3) Most points scored
  - c. Teams will have their own individual practices at the field of their choice. Teams must notify league officials on where they will be holding practices. There will be a limited availability of having practices at Game Time Fieldhouse, upon prior scheduling.
  - d. Teams are responsible for making sure each player has the approved equipment.
  - e. Team names will be decided on by each team's coach. All names must have prior approval of the SJFL.
2. **Players:** There is no weight limit EXCEPT a Ball Carrier Maximum Weight – 135lbs (“heavy”).
  - i. Players must register as a team with a designated coach. (Exceptions may be made if a player contacts the league prior to the season).
  - b. There will be a weigh-in prior to the first game of the season. Any player that weighs more than 135lbs will have a sticker placed on their helmet to designate them as a “heavy” for the season.
    - i. Any player +/- 5lbs of heavy limit will be weighed prior to each game.
  - c. All heavies must be a down lineman.
  - d. A heavy may be the kicker, but he may only be the safety valve on kickoffs.
  - e. No heavy may be on kick return.
3. **Mercy Rule:** Will go into effect when one teams leads by 21 or more points.

- a. Kickoffs will move back to the goal line.
- b. Game will have a time limit of 1 hour and 15 minutes.
- c. Teams leading may NOT attempt an onside kick.

4. **Kicking:**

- a. **Onsides Kicks:** Onside kicks are allowed but only in the 2<sup>nd</sup> half.
  - i. The kicking team must keep a balanced line.
  - ii. If the kick (on a normal kickoff) does not travel 15 yards, the receiving team will be given the option to have the ball re-kicked, or have the ball spotted on the 25 yard line.
- b. Any long FG try must be attempted to be fielded. Ball will be spotted where it is caught or where initial contact is made with the ball.
  - i. If a catch is not attempted, the ball will be spotted where the ball stops if favorable to the kicking team, or where it lands if it bounces negatively.
    - 1) There will be no return or pressure downfield.
- c. All PAT/FG attempts (snap, hold, kick) must happen before the play clock has expired

5. **Advancing Fumbles in Red Zone:**

- a. If the offensive team fumbles the ball outside of the end zone and it rolls into the end zone, the only way it can be ruled a touchdown is if the same player that fumbled it recovers it in the end zone. If a fumble occurs and another offense player recovers it, the offense will resume the next down from the 5 yard line going in.

