

South Florida Winter League Flag Football
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Kendall Hammocks Warriors Flag Football
Global Rules & Regulations (All Divisions)

1. Game Preliminaries

- **1.1** - No contact or blocking allowed. See rule 8.1 and 8.8 for further information
- **1.2** - The home team is awarded first possession.
- **1.3** - Only personnel with league issued ID badges will be allowed inside the roped area. All other personnel must remain outside the roped area. Failure to comply will result in penalties described in 8.7
- **1.4** - The home team shall occupy the sideline on the southern side of the field. The visiting team shall occupy the sideline of the northern side of the field.
- **1.5** - Forfeits shall be scored 28-0

2. Equipment

- **2.1 - Footballs:** The following game size balls shall be adhered:

Age Division	Ball
U6	K2
U8	K2
U10	K2 or TDJ
U12	TDJ or TDY
U14	TDY
U16	TDY

- **2.2** - Flags: All divisions, sonic flags (one set per player)
- **2.3** - The offensive team must use a football (inflated to proper specifications) in their age bracket comparable in size to the above chart. Referees will examine game balls prior to each offense's initial possession to a sample football from the above chart.
 - **Clarification:** A coach at any point, may ask an official to check the football size. At that point the referee shall stop play, and examine the football compared to the sample.
 - **Infraction:**
 - **First Offense:** If a football is judged to not be of a comparable size to the sample, it will be discarded immediately
 - **Second Offense:** The coach shall be ejected, and the ball shall be discarded immediately
 - **Third Offense:** Game forfeiture
- **2.4** - Any football deemed by the referee that has been altered in any way will be immediately removed from play. Any offenses to this rule will be governed by infractions set in rule 2.3.
- **2.5 - Attire**
 - **2.5.1** - A player must be in full uniform to participate. Full uniform is the appropriate team jersey with solid black shorts with no pockets. The shorts shall not be inside out or altered in any way. Leggings are permitted if they are solid black with no pockets. Any shorts/legging attire cannot have stripes. If a player fails to have the full uniform, they will not play until they comply with the full uniform. No exceptions.

- **2.5.2** - All players must wear a mouthpiece. If a player does not have a mouthpiece, an illegal participation penalty will be assessed, and they will be removed from the game until they comply.
- **2.5.3** - Team Uniform Shirts must be tucked in shorts at all times. Flags must also be set at the player's sides. In certain instances, a player may have too long of a belt. The extra length of belt must be tucked into the shorts. Referees shall inspect that all shirts are tucked in and flags are set appropriately prior to play.
- **2.5.4** - No metal cleats
- **2.5.5** - Players may not wear a cast of any kind
- **2.5.6** - No jewelry of any type is permitted
- **2.5.7** - The home team shall wear the dark colored jersey. The visiting team shall wear the white jersey (if applicable).
- **2.5.8** - Prior to the game both teams will meet at midfield for an equipment check. At this time the referees will inspect cleats, jerseys, shorts, mouthpieces, and flags. Any player with improper equipment or improper uniform will be sent to the bench area and can not play until it is rectified. If any player is sent to the bench, the referee must reinspect them prior to entering the game.
 - **Infraction:** Any player found with altered flags will be immediately ejected and shall serve an immediate 2 game suspension. Any player found with altered equipment will be immediately ejected and serve an immediate 2 game suspension. This includes referees finding altered flags and or equipment during gameplay. Altered equipment/flags is considered different than improper equipment/flags
- **2.6** - Any equipment issued by Kendall Hammocks Optimist is property of Kendall Hammocks Optimist and shall be returned immediately at the conclusion of the season

3. Rosters

- **3.1** - For the January/February season, a player's age for division eligibility will be determined by their age on December 31st.
 - **Example:** If a player turns 11 on January 2nd, they are eligible to play in the U10 division
 - **Example:** If a player turns 11 on December 30th, they must play in the U12 division
- **3.2** - For the May/June season, a player's age for division eligibility will be determined by their age on July 1st.
 - **Example:** If a player turns 11 on July 2nd, they are eligible to play in the U10 division
 - **Example:** If a player turns 11 on June 30th, they must play in the U12 division
- **3.3** - All players must be 5 years old by April 1st
- **3.4** - For the May/June season, teams are permitted to freeze players
 - U6-U8, the maximum is 7 frozen players
 - U10-U16, the maximum is 9 frozen players
- **3.5** - No player changes, or roster manipulation of any type will be allowed
- **3.6** - No player may play on more than one team or in more than one division

- **3.7** - Birth certificates must be verified by the Executive Board for proof of age. If any player's age is questioned and the birth certificate has not been verified by the Executive Board, that player will not be able to participate until the birth certificate is verified. If they participate without having their age verified, the team will be subject to forfeitures and other penalties determined by the Executive Board.
- **3.8** - Any player not on a frozen roster must tryout. If a player is absent from the tryout, they will be assigned to a team by the Executive Board.
- **3.9** - Situations of roster manipulation will be investigated and reviewed by the Executive Board. In the opinion of the Executive Board, if such roster manipulations are found to have occurred, the penalty shall be forfeiture of playoff participation. Further coach discipline may be imposed by the Executive Board at their sole discretion. The result of such investigation shall be binding.

4. Game Schedules

- **4.1** - The Executive Board reserves the right to reduce, shorten or reschedule games due to inclement weather or unforeseen circumstances.
- **4.2** - Games will be scheduled 45 minutes apart. Referees, please be aware of coaches who coach multiple teams. Please allow them satisfactory time to prepare their teams for scheduled games
- **4.3** - Tiebreakers for the standings shall be as follows:
 - Two teams tied:
 - Head to head
 - Points Allowed
 - Point Differential
 - Two or more teams tied:
 - Points allowed
 - Point differential
- **4.4** - The playoff format is TBD due to fluctuations in the number of teams in each division from season to season. The general consensus is that each team will have a playoff game

5. Time Outs

- **5.1** - Each team has one, 60 second time out per game in which the clock stops. It can be used at their discretion

6. Receiving

- **6.1** - Player must have possession of the football, and at least one foot in bounds when making a catch. This is a judgement call by the referee.
 - **Clarification:** One knee, one elbow, or backside can substitute for one foot
- **6.2** - Receiver must have possession throughout the catch. This is a judgment call by the referee
 - If the ball hits the ground prior to the receiver obtaining possession, it will be ruled incomplete.
 - The referee will judge if the player loses possession of the ball at any time during the catch.

- **6.3** - If a receiver, without possession of the ball, loses a flag during a play through no cause of the defense, is still eligible. If a catch is made, the ball will be spotted where the receiver first touches the ball. If ball is caught in the end zone the play results in a touchdown.
 - **Clarification:** The purpose of the rule stating as soon as the receiver touches the ball is to prevent a receiver from intentionally “bobbing” the ball to themselves in an effort to gain more yardage.

7. Overtime

- **7.1** - If the score is tied at the end of 30 minutes, teams move directly into overtime.
- **7.2** - The home team will have the following choice:
 - Go on offense first or go on defense first
- **7.3** - The team who gains the most yardage on a single play will win the game
 - The offense, who goes first from rule 7.2, shall start on the 40 yard line
 - The offense will have one play to gain as much possible yardage
 - The referee shall mark the yardage with a cone or marker
 - **Infraction:** If any team alters the marker the referee has set, it shall be ruled an immediate loss
 - The opposing team shall have their turn and start on the 40 yard line
 - The offense will have one play to gain as much yardage possible
 - The referee shall determine the team who gained the most yardage. That team will earn one additional point to their score.
- **7.4** - If the first offense throws an interception the opposing team must run a play to determine a winner. An interception does not end the game
- **7.5** - The defense can not score in the overtime period
- **7.6** - The overtime shall have no game clock, however; the play clock is still in effect
- **7.7** - Penalties in the overtime shall be as governed:
 - **Offensive Penalties:**
 - False start, illegal motion, illegal participation, delay of game, illegal forward pass, offensive pass interference, illegal touching, and pre-snap unsportsmanlike conducts shall end the offense’s possession immediately. The possession will be spotted as negative five yards on the field.
 - Flag guarding, blocking, jumping, and contact fouls will be marked off and included in the offense’s yardage total
 - **Defensive Penalties:**
 - Any penalties against the defense shall have the yardage of the play (if applicable), any penalty yardage, and the option to run another play. The total of all three shall be included in the offensive team’s total
- **7.8** - The order of tiebreaker for overtime shall be
 - Positive Yardage
 - Zero Yardage/Incomplete Pass
 - Negative Yardage
 - Interception

- **Clarification:** In the event that Team A is judged to gain zero yards and Team B throws an incomplete pass, another overtime period shall commence. This is to be judged by the referee.

8. Sportsmanship/Conduct

- **8.1** - Any acts of contact, foul language, or any unsportsmanlike act will be subject to rule 8.7 and 8.8. Foul play will not be tolerated.
 - **Clarification:** Fighting by coaches and or players are grounds for immediate ejection and not subject to 8.7 or 8.8
 - **Clarification:** Contact fouls are governed by 8.8. Referees are to judge contact fouls on whether they are a result of the course of the game or outside the bounds of the spirit of the game
- **8.2** - Trash talking is illegal. The Executive Board has the right to determine language which is offensive. (Trash talk is that which may be offensive to referees, opposing players, and/or spectators). Referees and or the Executive Board can eject players and coaches from the game for trash talking. Trash talking will result in an unsportsmanlike penalty
- **8.3** - Head Coaches are responsible for the entire team's and their respective fan's actions.
- **8.4** - Any physical and or verbal altercation on the grounds where Kendall Hammocks Optimist activities take place will result in disciplinary action by the Executive Board. This will include players, coaches, board members, and or referees.
- **8.5** - Physical contact with a referee shall be grounds for immediate ejection. The Executive Board may impose further disciplinary action at their sole discretion
- **8.6** - The field shall be designed with a designated area for coaches and spectators. They will be referred to as the coaches' box and fan box. Coaches and players must remain in the coaches' box during game play.
 - **Infraction:** If any coach, player, or fan, deviates from their area and hinders the referee's ability to officiate game play, it will result in a sideline infraction penalty.
- **8.7** - Unsportsmanlike penalties on a coach and or a sideline shall be governed by the following in accumulation:

1 st Offense	Penalty Yardage
2 nd Offense	Penalty Yardage, plus Coach ejection
3 rd Offense	Game forfeiture

- **8.8** - Unsportsmanlike penalties for player conduct shall be governed by the following in accumulation:

1 st Offense	Penalty Yardage
2 nd Offense	Penalty Yardage, plus Player ejection

- Unsportsmanlike penalties for contact may result in an ejection on a first offense. In a case where a player has a 2nd offense on a contact penalty, that player shall be ejected. This is a judgement by the referee.
- **8.9** - If any coach or player is ejected, they must be removed from the playing surface. Failure to do so will result in game forfeiture. Ejections will result in a disciplinary review by the Executive Board. Any further disciplinary action taken by the Executive Board is done so by the Executive Board's discretion. If any suspensions are imposed,

they shall be served in a consecutive manner and must be served before returning to any game. Any player or coach serving a suspension, will not be allowed on the playing surface. Failure to comply will result in game forfeiture.

- **8.10** - No electronic communication devices will be permitted by any coaches or players
 - **Clarification:** Electronic communication devices are considered as any electronic means of communicating to coaches and or players regardless of where the participants are located. This applies to in game.
 - **First Infraction:** Coach is ejected
 - **Second Infraction:** Game forfeiture
- **8.11** - No noisemakers, electronic or otherwise, shall be permitted on the playing surface. This is a judgement by the referee.
 - **First Infraction:** Warning to the coach to remove such items immediately
 - **Second Infraction:** Coach ejection
 - **Third Infraction:** Game forfeiture

9. Penalties

- **9.1** - All penalties will be called by the Referee and may be declined.
- **9.2 Defensive Penalties:**

The following penalties will result in a 5 yard penalty from the original line of scrimmage. No automatic first down will be awarded, and the down will be repeated. (Unless the penalty results in a first down)

- **9.2.1 - Offside:** Offside occurs when a defender is in the neutral zone or the offensive team's side at the time of the snap
 - The neutral zone is defined as the area the length of the football. This area divides the offense and the defense.
 - **U6:** Offsides shall be called when a defender enters into the 5 yard buffer prior to the quarterback making any movement.
 - **Clarification:** The defender can attempt to reset back to the 5 yard buffer mark prior to the quarterback moving. This is a judgement call by the referee.

The following penalties will be enforced from the original line of scrimmage. The penalties are 5 yards and include automatic first down:

- **9.2.2 - Illegal Rush:** Illegal rush occurs when any defender crosses the line of scrimmage in an attempt at the quarterback. This is a judgement call by the referee.
 - **U6:** If a defender crosses the line of scrimmage in an attempt at the quarterback, it shall be deemed an illegal rush. This is a judgement call by the referee.
- **9.2.3 - Illegal Participation:** Illegal participation occurs when the defense has more than the allotted players on the field at the time of the snap.
 - Illegal participation will be called on any player not wearing a mouthpiece at the time of the snap.

- **9.2.4 - Delay of Game:** Delay of game will also occur if in the referee's judgment egregious delay tactics are used. The clock will be stopped until the snap of the next play.
 - Delay of game shall also be called if a team attempts to call a timeout when it has none remaining.

The following penalties will be enforced from the end of the run. The penalties are 5 yards from the end of the run and automatic first down:

- **9.2.5 - Holding:** Holding occurs when the defender grabs an article of clothing or apart of the runner's body hindering the offensive player's ability to run.
 - **Clarification:** If the last defender commits holding, and in the referee's judgment the player would have scored if the holding had not occurred, the referee will award a touchdown to the offense
- **9.2.6 - Stripping of the Football:** While a ball carrier is in possession of the football, a defender may not attempt to strip or strike at the football

The following penalties will be enforced from the greater spot of the original line of scrimmage or at the end of the run. The penalties are 5 yards and automatic first down

- **9.2.7 - Illegal Flag Pull:** Illegal flag pull occurs when a defender deliberately pulls an offensive player's flag when the offensive player does not have the ball.
 - **Clarification:** If a defender illegally pulls a single flag, the ball carrier is still live until their remaining flag is pulled. This is a judgement call by the referee. If applicable, the penalty yardage will be added to the end of the run
- **9.2.8 - Unsportsmanlike Conduct:** Unsportsmanlike conduct occurs on any violation covered in rule 8 committed by players and or coaches. Unsportsmanlike conduct can also occur for egregious contact by defenders.
- **9.2.9 - Sideline Infraction:** Sideline infraction occurs when a coach, fan, and or player deviates from their area and or hinders the referee's ability to officiate game play
- **9.2.10 - Contact:** Contact foul occurs when a player commits contact on an opposing player outside the course of normal game play. A contact foul on its own is not subject to rule 8.8, but could be elevated to rule 8.8 on referees' judgement of the severity.
 - **Clarification:** If the last defender commits a contact infraction, and in the referee's judgement the player would have scored if the contact had not occurred, the referee shall award a touchdown to the offense.

The following penalty will be enforced from the spot of the foul. The penalty results in an automatic first down. If the foul occurs in the end zone, the ball shall be placed at the 1 yard line

- **9.2.11 - Pass Interference:** Pass interference occurs when a defender interferes and or hinders an offensive player in the act of catching the football.

- Pass interference also occurs if the defender makes contact with a receiver in their route (i.e., bump and run, chucking)

- **9.3 Offensive Penalties:**

The following penalties will result in only a loss of down

- **9.3.1 - Illegal Motion:** Illegal motion occurs when more than one offensive player is in motion parallel to the line of scrimmage before the snap.
 - Multiple players may be able to shift their alignment, provided that the center has not placed their hands on the football. Once the center has placed their hands on the football only one player may in motion parallel to the line of scrimmage.
 - In U6, there is no penalty for illegal motion
- **9.3.2 - False Start:** False start occurs when any offensive player begins their forward movement before the snap.
- **9.3.3 - Delay of Game:** Delay of game occurs if the offense does not snap the ball when it is marked ready for play within 25 seconds.
 - Delay of game will also occur if in the referee's judgment egregious delay tactics are used. The clock will be stopped until the snap of the next play.
 - Delay of game shall also be called if a team attempts to call a timeout when it has none remaining.

The following penalties will be enforced from the original line of scrimmage. The penalties are 5 yards and loss of down:

- **9.3.4 - Illegal Forward Pass:** Illegal forward pass occurs when any pass is attempted beyond the line of scrimmage. The passer must be beyond the line of scrimmage before the ball is out of their hands in order for the infraction to occur. This is a judgement call by the referee.
- **9.3.5 - Offensive Pass Interference:** Offensive pass interference occurs when a receiver uses a defender as leverage and or pushes off. Offensive pass interference also occurs when a receiver picks a defender as means to gain an advantage for another receiver. Contact must be made with the defender provided it does not escalate to an illegal contact level.
- **9.3.6 - Illegal Participation:** Illegal participation occurs when the offense has more than the allotted players on the field at the time of the snap.
 - Illegal participation will be called on any player not wearing a mouthpiece at the time of the snap
- **9.3.7 - Illegal Touching:** Illegal Touching occurs when a receiver is unforced out of bounds and is the first player to touch a thrown pass.
 - **Clarification:** If a player is forced out by contact, they can become an eligible receiver provided they immediately reestablish position inbounds. This is addition to any unsportsmanlike/pass interference penalties

The following penalties will be enforced from the spot of the foul. The penalties are 5 yards from the spot of the infraction and loss of down:

- **9.3.8 - Flag Guarding:** Flag guarding occurs when the ball carrier uses any part of their body in order to shield their flag from an immediate flag pull attempt.
- **9.3.9 - Blocking:** Blocking occurs when any non ball carrier while moving shields a defender in pursuit of the ball carrier. Contact does not necessarily have to be made in order for an infraction to occur.
 - Non ball carriers are encouraged to stop moving once a hand off is made or a pass is completed to refrain from committing a foul.
 - Non ball carriers away from the play can continue to move without liability for an infraction, however if the ball carrier changes direction, the non ball carrier may be in position to commit a foul.
 - A ball carrier can use a stationary non ball carrier as an obstacle provided the non ball carrier remains stationary.
- **9.3.10 - Jumping:** Occurs when a ball carrier dives, hurdles, or leaves their feet in order to evade a defender
- **9.3.11 - Contact:** Contact foul occurs when a player commits contact on an opposing player outside the course of normal game play. A contact foul on its own is not subject to rule 8.8, but could be elevated to rule 8.8 on referees' judgement of the severity.

The following penalties will be enforced from the lessor of original line of scrimmage or the spot of the foul. The penalties are 5 yards and loss of down

- **9.3.12 - Unsportsmanlike Conduct:** Unsportsmanlike conduct occurs on any violation covered in rule 8 committed by players and or coaches. Unsportsmanlike conduct can also occur for egregious contact by offensive players.
- **9.3.13 - Sideline Infraction:** Sideline infraction occurs when a coach, fan, and or player deviates from their area and or hinders the referee's ability to officiate game play

10. Penalty Administration

- **10.1** - If live ball fouls are committed by both teams, the penalties will offset and the down will be replayed. The ball will be spotted at the original line of scrimmage.
 - **Clarification:** If one of the fouls committed is an Unsportsmanlike penalty, the Unsportsmanlike foul is enforced and the other foul is disregarded.
- **10.2** - If a live ball foul is committed by one team, and a dead ball foul is committed by the other team, the live ball foul will be enforced first and then the dead ball foul will be enforced after the live ball foul's result.
- **10.3** - Penalties that have their enforcement starting from the 5 yard line going toward the goal line will be assessed half the distance to the goal
- **10.4** - If the offense commits a spot foul on a play in which they have crossed the first down line and the penalty yardage brings the ball back over the line that was just crossed, the result will be 1st down with the following first down line to gain

- **Example:** Team A at the 30 yard line. Team A then completes an 8 yard pass. The receiver commits a flag guard infraction at the spot of the 8 yard catch. The yardage will be marched off; Team A will have a 1st down at the 28 yard line, however they must cross the 10 yard line for another first down. They are no longer eligible to get the first down at the 25 yard line
- **10.5** - Games cannot end on defensive penalty unless the offense declines the penalty
- **10.6** - Any unsportsmanlike or sideline infraction penalties that occur after the conclusion of a possession shall be enforced on the next possession. This will include yardage and 1st down/loss of down enforcement.
 - **Example:** Team A is on defense. Team A stops Team B after 3 downs. After the play is over a player from Team A taunts a player from Team B. Team A will have the ball on offense at the 40 yard line but would start at 2nd down.
 - **Example:** Team A is on offense. Team A has just completed a successful extra point. After the play, a player from Team A taunts a player from Team B. Team B will start on offense with first down at the 35 yard line
- **10.7** - Unsportsmanlike penalties that occur on scoring plays shall be governed by the following:
 - If an unsportsmanlike foul occurs before the ball carrier has scored, the score shall not be allowed, and the foul will be enforced at the spot of the foul
 - If an unsportsmanlike foul occurs after the ball carrier has scored, the opposing coach will have the choice to enforce it on the extra point or on their next offensive possession
 - If the opposing coach chooses to enforce it on the extra point, the declaration must be made by the scoring coach to go for 1 or 2. The penalty yardage will be marched off.
 - If the unsportsmanlike foul occurs before the ball carrier scores the extra point, the extra point attempt is no good.
 - If the unsportsmanlike foul occurs after the ball carrier scores the extra point, the yardage will be enforced on the immediate next offensive possession.

11. Coaches Challenge

- **11.1** - If during game play a coach disagrees with a referee's rule interpretation, they may stop the game to obtain a determination from a commissioner. Judgement calls are not grounds to obtain a determination from a commissioner. Only rule interpretations are subject to this rule
 - The order of operation for a challenge are as follows:
 - The Head Coach must call time out after the play has concluded. If the team has no timeouts remaining, no such challenges will be administered.
 - **Infraction:** If a coach attempts to call a timeout with no time outs remaining, delay of game and or sideline infraction penalties will be enforced.
 - **Clarification:** If another play has been ran after the conclusion of a play in question, the result shall stand. The play must be a legal play by the judgement of the referee.
 - The Head Coach must notify the official that they wish to get a ruling on a rule interpretation from a commissioner

- The commissioner with the referees shall make the final judgement
- If the Head Coach wins the challenge, no timeout shall be charged.

12. Scoring

- **12.1** - Touchdown is 6 points.
 - The ball must break the plane of the end zone line in order for it to be ruled a touchdown. This is a judgment call by the referee.
- **12.2** - Extra Point
 - 1 point from 3 yards out
 - 2 points from 10 yards out.
 - The ball must break the plane of the end zone line in order for it to be ruled a successful extra point. This is a judgment call by the referee.
- **12.3** - Turnover on downs is 2 points for the defense.
 - In a possession where the offense fails to reach the first down line to gain or fails to score will result in 2 points for the defense.
 - If on 1st or 2nd down, the game clock expires, no points are awarded to the defense
 - If on 3rd down, the game clock expires during a play, the defense shall be awarded 2 points if the offense fails to gain a first down, or 3 points if an interception is made.
- **12.4** - Interception is 3 points for the defense.
 - Interceptions cannot be returned
 - Points for a defensive turnover on downs cannot be added on top of an interception
- **12.5** - No points are awarded to the defense for stopping an extra point or an interception on an extra point. It is deemed an unsuccessful try for the offense.
- **12.6** - There is no knockout rule.
- **12.7** - The referees shall announce the score prior to the next offensive possession. It is recommended that both coaches ask for such announcement
- **12.8** - Safety is 2 points.
 - If a runner has their flags pulled with the ball crossing the plane of the 50 yard line in the opposite direction of the endzone, or runs out of the boundary across the 50 yard line, a safety of 2 points will be awarded to the defense and the offense shall lose possession.

13. Clock

- **13.1** - The game is 30 minutes in length. There will be no halftime
- **13.2** - The clock will not stop at any point except for the following:
 - Timeout
 - Water breaks
 - Injury
 - If the referee stops the clock for injury, the player must be removed from the game for at least one play
 - Please rule 13.4 for injuries under 1 minute.
 - Delay of game penalties by the winning team

- **13.3** - Each time the ball is spotted, and the referee signals the ball ready for the play, a team has 25 seconds to snap the ball. The offensive referee shall indicate when the ball is marked ready for play and the 25 second play clock begins.
 - **Infraction:** Delay of game penalty. Teams will receive one warning before a delay of game penalty is enforced.
- **13.4** - Inside the last minute (1) of the game and the score differential is 11 points or less, the clock will be governed as a “Pro Clock”. If the conditions are not met, the clock will continue as governed from rule 12.2. Stoppages under a “Pro Clock” will occur under the following
 - The game clock shall stop and will not start until the following snap for the following:
 - Incomplete Pass
 - In possession of the football, the ball carrier runs out of bounds
 - Team timeout
 - First down
 - Change of possession
 - Sack (Pass clock expires)
 - **Clarification:** The purpose of this rule is to prevent the winning team from using the full pass clock to keep the clock moving to their advantage
 - Penalties
 - The clock will stop on penalties to allow time for the referees to call the penalties, ask coaches for their acceptance or decline, mark off the yardage, and set the field ready for play.
 - If the offense is losing, and commits a false start or illegal motion penalty, in addition to the loss of down, a 10 second runoff will occur. If the offense has a timeout remaining, they must take the time out to avoid the 10 second runoff.
 - If the defense is losing, and commits an offside penalty, in addition to the yardage a 10 second runoff will occur. If the defense has any timeouts remaining, they must take the time out to avoid the 10 second runoff.
 - Injuries
 - If an injury occurs while the game is under a “Pro Clock”, the injured player must be removed for one play. If the injury occurs to the losing team, a time out will be charged to the team. If the losing team has an injury and no timeouts remaining, a 10 second run off will occur. The clock will start on the following snap.
 - **Clarification:** If a contact foul creates the injury, no timeout or runoff shall be charged as the injury was created by a penalty
 - Scoring play
 - **Clarification:** The game clock will start on the following non scoring play snap
 - **Clarification:** The “Pro Clock” will be viewed as a fluid item. As long as the conditions (one minute or less and a score differential of 11 points or less) are

met, the “Pro Clock” will be instituted. Once the conditions are not met, the rules governing the clock will revert back to rule 12.2.

- **Example:** Team A is losing and has the ball on the 5 yard line approaching to score. The score is 14-0 and there is 1 minute left to go (if applicable the clock will be running). Team A scores with 53 seconds left. The clock will stop as it is 14-6. The game will be governed under a “Pro Clock” for the remainder of the game provided Team B does not score. If Team B does score, the game will revert back to the original clock rules
- In U6, there is no Pro Clock during the regular season. There shall be a Pro Clock for U6 in the playoffs

12U-16U Supplemental Rules

The following rules supplement the KHO Global Flag Rules:

14. Field Dimensions

- **14.1** - The field shall be 40 yards in length from the offense's starting position to the goal line.
- **14.2** - The end zone shall be 10 yards in length.
- **14.3** - The field shall be 53.33 yards in width
- **14.4** - First down lines shall be drawn at the 40, 25, and 10 yard lines
- **14.5** - 10 additional yards will be extended from the 40 yard line starting point and a boundary will be drawn at the 50 yard line

15. Players

- **15.1** - The game is 7 players vs 7 players
- **15.2** - Teams must field a minimum of 5 properly equipped players at all times. Please see rule 2.6.
 - If Team A has the minimum of 5 players, Team B will still be allowed to play the full allotment of 7 players. Team A will still be allowed to enter players on their roster into the game as they arrive.
 - If a team does not have the minimum 5 players when the referee marks the ball ready for play by the home team, they will be allowed 5 minutes to obtain the minimum number of players. The game clock will run at that point. If a team fails to obtain the minimum number of players at the conclusion of 5 minutes, the game shall be deemed a forfeit.
 - **Example:** The referee marks the ball ready for play for Team A. Team B has only 4 players. The referee shall run the game clock. In 5 minutes Team B has 2 players arrive. The game shall begin but the game clock shall reflect 25 minutes.

16. Game play

- **16.1** - The offensive team takes possession of the ball at the 40 yard line. The offense has 3 downs to reach at least the 25 yard line (first down line). If the offense reaches at least the 25 yard line, they will gain 3 additional downs to reach the 10 yard line (first down line). If the offense reaches at least the 10 yard line, the offense will gain 3 additional downs to score.
- **16.2** - If the offensive team fails to reach a first down line described in 11.5 in the allotted amount of downs, or fails to score, the possession shall end.
- **16.3** - In all possession changes, the offense takes possession at the 40 yard line regardless of the outcome of the possession that just ended
- **16.4** - Ball must be snapped by a center to another player to begin play.
 - **Infraction:** Loss of Down
- **16.5** - Offensive formations will not have any players in the tackle box.
 - The tackle box is defined as box created by 5 yards on either side of the center and 1 yard behind the center.

- If any players line up in this area, the referee shall not let the play begin until the formation is rectified.
 - **Infraction:** If the ball is snapped, it is a loss of down
- **16.6** - No hand offs are allowed.
 - **Infraction:** Ball is dead, loss of down, and the ball returns to the original line of scrimmage
- **16.7** - The center is an ineligible receiver.
 - A player playing the center the position can play for a maximum of 1 offensive possession. At that time, the center must move to another position on offense for a minimum of 1 possession before moving back to the center position.
 - **Clarification:** A possession is defined by rule 15.1 and 15.2
- **16.8** - The quarterback can not run the football beyond the line of scrimmage
- **16.9** - All passes must be forward. This is a judgement call by the referee.
 - Shovel passes are allowed but must be forward.
 - **Infraction:** If a pass travels backwards, it is a dead ball and loss of down
- **16.10** - Only one forward pass per play.
 - **Infraction:** If there is more than one forward pass on a play, it is a loss of down and the ball must return to the original line of scrimmage.
- **16.11** - The quarterback has a "pass clock". If a pass is not thrown within the allotted time, play is dead, loss of down, ball returns to line of scrimmage. The pass clock begins on the center snap. This is a judgement call by the referee.
 - The "Pass Clock" is 4 seconds
- **16.12** - In instances where the ball lands out of bounds, it is the offensive team's responsibility to recover the ball. Any delay tactics in retrieving the football will result in a delay of game penalty
- **16.13** - Interceptions cannot be returned
- **16.14** - Spinning is allowed but players cannot leave their feet to avoid a defensive player. This is a judgement call by the referee.
- **16.15** - No diving, hurdling, jumping, or leaving of the feet is allowed by the runner. See rule 9.3.10. This is a judgment call by the referee.
- **16.16** - The ball is spotted where the ball is at the time the ball carrier's flag is pulled, or where the ball is in the field of play as the runner crosses the boundary. This is a judgment call by the referee
- **16.17** - The defense can not rush the quarterback
 - **Infraction:** If the defense rushes the quarterback, a defensive offsides infraction shall be called.

17. Dead Ball

Play is ruled "Dead" when:

- **17.1** - While in possession of the ball, ball carrier's flag is pulled
- **17.2** - Touchdown, extra point, turnover on downs, or an interception occurs
- **17.3** - Ball carrier's knee, elbow, or backside hits the ground.
- **17.4** - A center's snap hits the ground.

- **Infraction:** The ball will be spotted where the ball lands and result in a loss of down. If the ball goes beyond the 40 yard line in a negative direction, the ball will return to the 40 yard line along with the loss of down.
- **17.5** - While in possession of the ball, a ball carriers flag falls out
 - The ball will be spotted at the point where the flag falls out
- **17.6** - While in possession of the ball, a ball carriers belt falls or rises from the original position at the waist.
 - The ball will be spotted at the point where the belt falls or rises
 - In the referee's judgment, a defender must be in the vicinity of the ball carrier
- **17.7** - There are no fumbles or laterals. Ball is spotted at the point of where the ball carrier lost possession. Anytime the ball touches the ground it is dead.
 - **Clarification:** A ball carrier that has possession cannot be stripped of the ball. It is a penalty against the defense. See rule 9.2.6
 - **Clarification:** A defender may be able to intercept a pass from a receiver provided that the receiver has not fulfilled the definition of a catch in rule 6 thereby establishing possession in the clarification above. (Also provided the defender has not made illegal contact/interference with the receiver in the act of intercepting)
- **17.8** - The quarterback may receive the snap without flags. This is due to the quarterback not being able to run the ball and the defense having no rusher.

18. Coaches Participation

- **18.1** - One offensive coach may be in the huddle with players between plays. Once the huddle breaks the offensive coach must move outside the hash marks toward their respective bench. They must also be a minimum of 10 yards from the deepest offensive player in the formation. Referees are encouraged to let the center know verbally that the field is ready for play
 - **Infraction:** The referee shall not let play commence until the conditions from rule 18.1 are met. If conditions are not met, the play clock will continue to run and any delay of game penalties shall be enforced.
 - **Infraction:** If the ball is snapped, and conditions are not met then the result shall be loss of down and the ball returns to the line of scrimmage.
- **18.2** - Defensive coaches are not allowed on the field at any time

U6-U10 Supplemental Rules:

The following rules supplement the KHO Global Flag Rules:

19. Field Dimensions

- **19.1** - The field shall be 40 yards in length from the offense's starting position to the goal line.
- **19.2** - The end zone shall be 10 yards in length.
- **19.3** - The field shall be 40 yards in width
 - **U8, U10**: The field shall be 53.33 yards in width
- **19.4** - First down line shall be drawn at the 20 yard line
- **19.5** - The field shall have a "No Run Zone" beginning 5 yards from the first down line to the first down line and 5 yards from the goal line to the goal line. This is in effect in the direction the offense is moving. This is to prevent short yardage power running.
 - **Clarification**: The offense may hand off the football while in a no run zone situation, but the play must result in a forward pass
 - **Clarification**: In U6, there is no "No Run Zone"
 - **Infraction**: If the offense runs while in this situation, the ball will be declared dead, loss of down, and the ball will return to the original line of scrimmage.
- **19.6** - 10 additional yards will be extended from the 40 yard line starting point and a boundary will be drawn at the 50 yard line

20. Players

- **20.1** - The number of players per side is TBD per season as it is a function of roster size.
- **20.2** - If the number of players per side is 7, then the minimum to play is 5 players. If the number of per side is 5, then the minimum to play is 3 players. Please see rule 2.6.
 - **Clarification**: If Team A has the minimum number of players, Team B will still be allowed to play the full allotment of players. Team A will still be allowed to enter players on their roster into the game as they arrive.
 - If a team does not have the minimum number of players when the referee marks the ball ready for play, they will be allowed 5 minutes to obtain the minimum number of players. The game clock will run at that point however. If a team fails to obtain the minimum number of players at the conclusion of 5 minutes, the game shall be deemed a forfeit.
 - **Example**: The referee marks the ball ready for play for Team A. Team B has only 2 players. The referee shall run the game clock. In 5 minutes, Team B has the remaining players to achieve the minimum arrive. The game shall begin but the game clock shall reflect 25 minutes.

21. Game Play

- **21.1** - The offensive team takes possession of the ball at the 40 yard line. The offense has 3 downs to reach at least the 20 yard line (first down line). If the offense reaches at least the 20 yard line, they will gain 3 additional downs to score
- **21.2** - If the offensive team fails to reach the first down line described in 18.4 in the allotted amount of downs, or fails to score, the possession shall end

- **21.3** - In all possession changes, the offense takes possession at the 40 yard line regardless of the outcome of the possession that just ended
- **21.4** - Ball must be snapped by a center to begin play. The center is an eligible receiver.
 - **Infraction:** Loss of down
 - **Clarification:** In U6, play will be started with the ball in the quarterback's hands at the line of scrimmage. Once the quarterback moves, play will commence. No offensive player will be allowed to line up in front of the quarterback
- **21.5** - The quarterback has a "pass clock". If a pass is not thrown within the allotted time, play is dead, loss of down, ball returns to line of scrimmage. This is a judgement call by the referee
 - The pass clock shall begin at the snap
 - Once the ball is handed off the "pass clock" is no longer in effect.
 - The "Pass Clock" shall be 4 seconds
- **21.6** - All passes must be forward. This is a judgement call by the referee.
 - Shovel passes are allowed but must be forward.
 - **Infraction:** If a pass travels backwards, it is a dead ball and loss of down
- **21.7** - Only one forward pass per play.
 - **Infraction:** If there is more than one forward pass on a play, it is a loss of down and the ball must return to the original line of scrimmage.
- **21.8** - All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage to another player).
- **21.9** - In instances where the ball lands out of bounds, it is the offensive team's responsibility to recover the ball. Any delay tactics in retrieving the football will result in a delay of game penalty
- **21.10** - Interceptions cannot be returned.
- **21.11** - There is no tackle box formation restrictions.
- **21.12** - There is no rushing of the quarterback. If the ball is handed off to another player, any defender is permitted to cross the line of scrimmage.
- **21.13** - In U6, all defenders must line up 5 yards from the line of scrimmage. This will be marked by a referee. For infractions, please see rule 9.2.1 and 9.2.2. For U8 and U10, there shall be no restrictions regarding this 5 yard buffer.
- **21.14** - The ball is spotted where the ball is when the flag is pulled or where the ball is in the field of play as the runner crosses the boundary. This is a judgment call by the referee

22. Running the football

- **22.1** - The quarterback cannot run the ball. The player playing the quarterback position may run the ball provided that there is a clear hand off to another player and the ball is handed back. For purposes of this rule, the quarterback is determined as the first player to take possession of the ball from the center snap.
 - **Clarification:** For plays where the quarterback hands the ball to the center, there must be a clear exchange between the quarterback and the center.
 - **Infraction:** If there is not a clear exchange, the ball will be ruled dead, loss of down and returned to the original line of scrimmage in the ruling that:
 - If the center runs, the ball is dead since the ball must be snapped to another player to start play, or

- The quarterback may not run the ball without making a legal hand off
- **22.2** - Only direct hand-offs behind the line of scrimmage are legal. No laterals or pitches. Offense may use multiple hand-offs.
 - **Infraction:** Any lateral will be spotted at the spot of the initial lateral. The ball is dead and the down counts.
- **22.3** - The player who takes the hand-off can throw the ball as long as they do not pass the line of scrimmage.
- **22.4** - Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- **22.5** - No diving, hurdling, jumping, or leaving of the feet is allowed by the runner. See rule 9.3.10. This is a judgment call by the referee.

23. Coaches Participation

- **23.1** - One coach in may be on the field to call plays and set up players in their formation for both offense and defense.
 - **U10:** Only one coach for offense shall be on the field. There will be no on field coach for defense.

24. Dead Ball

Play is ruled “Dead” when:

- **24.1** - While in possession of the ball, a ball carrier’s flag is pulled
- **24.2** - Touchdown, extra point, or safety is scored
- **24.3** - The quarterback or center run with the football without a clear hand off to another player prior to them running with the ball.
- **24.4** - Ball carrier's knee, elbow, or backside hits the ground.
- **24.5** - While in possession of the ball, a ball carriers flag falls out.
 - The ball will be spotted where the ball lies at the time the flag falls out.
- **24.6** - If the quarterback takes a snap without both flags fixed to their belt
 - The ball will be spotted at the point where the quarterback receives the snap
- **24.7** - While in possession of the ball, a ball carriers belt falls or rises from the original position at the waist.
 - The ball will be spotted at the point where the belt falls or rises
 - In the referee’s judgment, a defender must be in the vicinity of the ball carrier
- **24.8** - There are no fumbles or laterals. Ball is spotted where the ball carrier losses possession. Anytime the ball touches the ground it is dead.
 - **Clarification:** A ball carrier that has possession cannot be stripped of the ball. It is a penalty against the defense. See rule 9.2.6
 - **Clarification:** A defender may be able to intercept a pass from a receiver provided that the receiver has not fulfilled the definition of a catch thereby establishing possession in the clarification above. (Also provided the defender has not made illegal contact/interference with the receiver in the act of intercepting)
- **24.9** - A center’s snap hits the ground.
 - **Infraction:** The ball will be spotted where the ball lands and result in a loss of down. If the ball goes beyond the 40 yard line in a negative direction, the ball will return to the 40 yard line along with the loss of down