**GENERAL RULES**

**Flex Multiple Field Setup**

* The field shall be 20 - 35 yds. wide by 53 1/3 yards long (width of a traditional field) and 5 yard end zones
* Length of field must be at least 50 yards long if lining a grass field
* Pylons will mark the end-zones
* A minimum of 5 yards in between fields is required for safety purposes

**Team Size**

* Teams will have NINE players on the field (9 on 9).
* If a team is TWO players short, they will automatically forfeit the game. However, the opposing coach may lend players in order to allow the game to be played as a scrimmage. The officials will call the game as if it were a regular game.
* Age ranges can be referred to and arranged in by common age groupings ( i.e. school grade K - 12 or D6 or 6U) whichever your organization prefers. RockSolid reserves the right to coordinate its regional/national tournaments by the age grouping it deems necessary.
* Ages 12 and up have the option to not wear flags and go to a 2 hand touch model similar to passing leagues all other rules still apply.

**Required/Recommended Equipment**

* The league at the start of the season will provide gameday footballs
* In the case of inter-divisional games, each team will use the ball appropriate for their division when on offense.
* Matching team uniforms provided by the league/team must be worn.
* If flags are worn, each player on the field must wear league provided flags to be worn around the waist outside of game jerseys. Flags must be centered with a flag on each hip. Improperly worn flags are subject to flag a guarding penalty.
* Flags may not be altered in any way from their factory condition.
* Approved flags by Rocksolid will be the only allowed flags.
* Mouth guards, approved soft shell Helmets and soft shell shoulder Pads are MANDATORY and must be readily visible to the referee but may not be used in an offensive manner; i.e., spearing (refer to Unnecessary Roughness section).
* If applicable, all players must wear provided shorts.
* Cleats are required (no toe cleats, metal cleats or spikes)

**Banned Equipment**

* Metal spikes, hard casts, unapproved soft shell shoulder pads or soft shell helmets, baseball caps of any kind, jewelry: including rings and watches, and anything that conceals the flags.
* Beanies and Skullcaps/wraps are permitted under helmet.
* Scrum caps, karate helmets, headbands, or any other non approved helmet is not allowed.
* Wearing any banned equipment on the field will result in a delay of game penalty. Players wearing banned equipment will not be allowed back onto the field until the banned equipment is removed.

**Coaches**

The following shall apply to all coaching staff:

* All coaches are required to have a background check through a third party.
* Non-coaching parents are not allowed on the team area of the sidelines, except down marker holders.
* Each coach is required to read and understand all stated rules in this booklet. Any questions should be directed to the League Commissioner.
* All football personnel and coaches will abide by the Flex Football Coaches Code of Conduct. Any violation of these rules will result in immediate expulsion from your coaching privileges.
* If any coach deliberately and flagrantly violates these rules, the League may suspend the coach without prior notice.
* The head coach has final responsibility for his/her actions, those of his/her coaches, players, staff, and parents.
* When a head coach of record is not present at a game, the assistant coach will act as head coach.
* The coach on the field is the only person allowed to speak to the referee. At the referee’s discretion, an unsportsmanlike conduct penalty can be called on other coaches if they continually attempt to speak to the ref during the game.
* All coaches are to be respectful to each other, players, parents, and referees, before, during, and after games.
* The referees are empowered to eject any coach or parent from a game if that coach or parent is acting unsportsmanlike, using foul language, or is causing a disruption to the game. Swearing at the referees because you do not agree with a call is not acceptable and will not be permitted.
* The head coach shall identify himself during the coin toss by accompanying his team captains.

**Coaches on the Field**

* K-2nd (7U) max 4 coaches, 3rd-5th (10U) max 1 coach, 6th grade and above no coaches allowed on field
* During the execution of a play, these coaches shall remain a minimum of ten (10) yards behind any of the participating players.
* During a play, Coaches cannot talk on the field but may talk on the sidelines. When teams are at the line of scrimmage, coaches should refrain from giving further instructions. ON-FIELD COACHES MUST BE SILENT ONCE THE QB BEGINS HIS CADENCE.
* If in the opinion of the referee, the coach continues to give instructions once the QB begins his cadence, or the coach becomes verbally involved in the play in any way, a 5-YARD penalty shall be assessed.
* If in the opinion of the referee, the coach on the field makes no attempt to avoid an oncoming player or otherwise avoid interfering with a play, or deliberately causes interference, that coach will be not be allowed on the field for the remainder of the game. Another coach must replace him. If no coach is present the coach must assist from the sideline.

**Down Marker**

The following shall apply to Down Marker responsibilities:

* Down marker will be on the home side of the field at all games.
* It is the responsibility for the home team to supply the down marker volunteers.
* 10 yard 1st down marker(s) - stick(s) or cone(s)
* At minimum this will consist of one volunteer who roughly places the 1st down marker cone 10 yards ahead as the line-to-gain and then marks the line of scrimmage with the down box.
* The volunteer should have ample football knowledge and must defer to the referee for all decisions made.

**Referees**

* Referees for the games will be provided by the league. These referees are contracted by the league and shall serve as the head referees for all games.
* There will be a minimum of 1 referee provided per game. 2 Referees per game are ideal
* Referees are instructed to identify the player that commits a penalty by name, number, or position on the field.
* Referees have the right to interpret and apply all rules to maintain safety.
* Issues which occur during a game which are not set forth in these rules will result in the referees making a judgment call.
* The referees are to be treated like any other visiting professional. If you have a problem with the conduct of any referee, notify the league president immediately after your game.
* The referees are expected to have the rule book in hand no later than 2 weeks before the start of the season and must know it from top to bottom
* The referees are expected to have all the necessary equipment which may include needed to ref a game including, flags, whistle, clock and notepad.
* Referees are required to note each flagrant foul by the player for tracking records. Player name or number is to be written down.
* The referees are also required to write down and report any other pertinent information regarding a coach, player #/name or even a parent of the team who has committed an infraction that the referee deems necessary for the organization’s superiors to know about.

**Coin Toss**

* Before the game, the referee will gather players (4 Max) from each team near the center of the field for the coin toss. The head coach must accompany the players and identify himself to the refs.
* The game opening toss and the overtime toss (if applicable) will be called by the visiting team before the coin is flipped.
* The winner may choose the direction to start play as an offense or defense
* The loser of the coin flip will be given the other option
* Teams do the opposite in the second half. There is no second half coin flip.

**Game and Play Clock**

1. 20 minute halves, 5 minute halftime. Running clock will only stop for injuries, timeouts and the 2 minute warning before end of the game. Referees are the official timekeepers and scorekeepers, their decisions are final.

2. Each team is entitled to 1 (one minute) timeout per half.

3. 2 Minute warning will last for 30 seconds.

4. Overtime: 3 plays per team. Team that scores or gets furthest wins. See overtime section

5. A 30 second play clock will be enforced.

* Regular season games should attempt to end within the one hour allotted (playoff games may run slightly longer if required)
* Dead balls that stop the clock at the End of Game (within the 2 min warning) are: incomplete passes, ball carrier steps out of bounds, scoring plays, change of possession, penalty (clock stops until ball is set), timeout, official time out, or a spiked ball after offensive line is set. The clock is also stopped for extra point tries.
* If a team is losing by 13 or more points in the final 2 minutes, the clock will not stop.
* A play is over when a referee blows a whistle signaling its end.
* Coaches must have their teams assembled 5 minutes before their scheduled start or with no less than 5 minutes to go in the prior game. If a team is not at the coin toss on time (subject to referee discretion), the opposing team automatically wins the coin toss.
* No game will begin before the scheduled time unless both coaches are present and in agreement, regardless of when the previous game ends.

**Substitutions and Injured Players**

* Free substitution shall be in effect at all times.
* If the offense subs in, the defense has a chance to sub before the snap is allowed.
* If an injured player remains down on the field – the clock stops.

**Procedure for Injured Players**

* If the referee stops play for an injured player or players to be checked/assisted, the injured player needs to leave the field for at least one play. A player may return to play after a coach’s timeout, whether or not a subsequent play has been run.
* Head Injury process - If a player receives a minor or major head injury/contusions head/etc. during practice, pre-game warm-ups, or game, then he/she is not allowed to return to play until cleared by his/her parent or guardian. The player is not allowed to clear himself/herself. This parental notification process is important with concussion awareness. If a parent or legal guardian is not present to clear the player, then the player will not be allowed back in the game.

**GAMEPLAY**

* Gameplay starts at the 10 yard line
* Your league has the option to not wear flags and go to a 2 hand touch model similar to passing leagues all other rules still apply.
* Ball carriers may not flag guard or jump to avoid a flag from being pulled.
* The quarterback may take a direct snap from under center or in the shotgun position.
* Players need only get one foot down in bounds for a completed pass.
* All players, except for the center must be in a 2 point stance
* 5 eligible receivers and qbs are the only ones who can catch or run the ball

**Bumping / press coverage**

* A defender and/or receiver may contact each other as many times as desired within five yards of the line of scrimmage.
* After 5 yards contact can be interpreted as Pass Interference.

**Passing**

* A forward pass is a pass thrown from behind the line of scrimmage toward the offensive player
* A lateral pass is thrown parallel to the line of scrimmage or backward. An incomplete lateral pass is a dead ball and the new line of scrimmage is where the ball touched the ground.
* A pass may be thrown over-hand, under-hand, or side arm.
* The QB may spike the ball to kill the clock at the End of Game.
* Intentional grounding will be called when the QB downs the ball while in the tackle box to avoid a loss of yardage.

**Receiving**

* Only eligible receivers (5 plus qb) can receive a forward pass
* One foot in bounds constitutes a completed pass.
* If an offensive and defensive player catch a ball simultaneously, the ball is declared dead at that spot and awarded to the offense.
* Two or more receivers may touch the ball in succession resulting in a completed pass.
* If a receiver’s flag falls off prior to making a catch or is pulled while making a catch, it is ruled a reception, and the ball is spotted where he/she made the catch.

 **Blocking**

* Lead blocking on all runs is allowed.
* Pulling OL (as in a counter play) is allowed - blocking rules still apply
* When engaging a block, the blocker must break down and engage the defender with hands 1st.
* No landing or piling on a defender/player on the ground.
* Chip blocking, elbowing, and knee blocking are not permitted.
* Blocking by initiating or leading with elbows, forearms or shoulders - severity may result in a charging penalty
* Crack back, opposite direction blocks or driving to the ground are not allowed (unnecessary roughness)
* Initiating blocking with shoulders at LOS or down the field
* Blocking below the waist, cut blocks, or crack back blocking will be an automatic ejection

**Running**

* The QB cannot run unless the defense blitzes.
* During a roll out, scramble or broken play, the QB can only run across the line of scrimmage if an additional defender crosses the LOS counting as a blitz (beyond the 2 Defensive Ends who are allowed to rush)
	+ The QB is allowed to run for a pass beyond the LOS after a pitch or hand off behind the LOS
		- If the QB who received the center exchange hands off/laterals to another player and attempts to double pass, the non QB player now attempting to throw the ball is now viewed as the new QB, thus he is limited to the QB running rules.
* QB sneaks in the A gap is not allowed

**Pre-Snap Alignment/Rules**

* The offensive team must have Five (5) players on the line of scrimmage at all times. 3 linemen and 1 eligible receiver on each side of the field aligned on the ball.
* There must be one O-linemen on each side of the center (within arm’s length).
* Only one player off the LOS may be in motion at the snap of the ball. That motion must be off and parallel to the LOS.
* The Defensive alignment rules are as follows
	+ No defender can align directly over the center (ages 8U or 3rd grade or younger)

**First Downs**

* The offense has 3 plays to reach a 10 yard 1st down by run or pass outside of the 10 yard line.
* On a series beginning from the 10 yard line in, the offense will have 4 downs to score.
* Any penalty that results in a first down starts a new set of downs with a new line to gain.

**4th downs**

* A team can only go for it on 4th down inside the redzone (10 yard line & in)
* If the offense fails to make a 1st down the ball is turned over after 3 downs to the other team.
* A turnover on downs will result in an “auto punt” where the opposing team will start their drive 30 yards away from the last LOS.
* The maximum yard line the “receiving” team takes possession is their 10 yard line.

**Touchdowns / Scores**

* When a ball carried by an offensive player breaks the plane of the defensive team's end zone or an offensive player gains control of the ball in the defensive team's end zone, it is considered a touchdown.
* If any conversion is intercepted, it can be returned for 2 points.
* Conversion attempts do count as clock plays unless the touchdown is at the End of Half.
* If a touchdown is scored as time runs out in a half, there will still be an attempt for a conversion (where necessary).

**Scoring Values:**

* Touchdown = 6 points
* PAT, referee will ask if the scoring team will go for 1 or 2 extra points.
* If the offensive team elects to go for **1 extra point** the ball will be placed on the 3-yard line. The offensive team may run or pass the ball from the 3-yard line.
* If the offensive team elects to go for **2 extra points** the ball will be placed on the 10-yard line. Any age group can **run or pass** from the 10 yard line for a 2 point conversion.
* In the event of an intercepted PAT pass that is run back to the opposite end zone the defense is awarded 2 points regardless if the PAT attempt was for 1 or 2 points.

**Safeties**

* A safety is when the ball is moved into the end zone of the team controlling the ball and then downed.
* Two points are awarded for a safety when the offense is downed in its own end zone.
* The opposing team then takes possession on the 10 yard line
* Examples of safeties are: The offense, during the course of a play, drops the ball in offensive end zone.
* An offensive player carrying the ball is downed in the end zone.
* Any live ball penalty committed in the end zone by the offense. Examples include illegal blocking, flag guarding, illegal forward pass and intentional grounding.

**Ties**

* During the regular season, the organization has the option to proceed with either of the following:
	+ If the score is tied at the end of regulation time, a tie will be entered into the standings OR play an overtime period
* During the postseason, if the score is tied at the end of regulation time, an overtime period will be played.

**Overtime**

* A coin toss is used to determine who gets the ball first with the visiting team calling heads or tails. The coin toss winner may defer.
* Overtime is structured as **3 plays** per team (no 1st downs) with both teams getting the chance to answer if within the same series.
* Play starts at the 10 yard line
* No time outs
* An unanswered score results in a win.
* If a team turns the ball over, their possession is over.
* The defense can score and is an automatic win.
* If after both team’s possession results in both touchdowns, another overtime period will commence. Starting with the 2nd overtime period, both teams will have to go for 2 points.
* After the first overtime period, teams will alternate first possession..
* This process will be repeated with teams having equal chances to score until a tie no longer exists after a complete series.
* A series is defined as both teams getting one opportunity to score (total of 3 plays).
* If after 2 non scoring overtime series, the play the score is made will be a deciding factor in the 3rd series. For example, if the 1st team in the series scores on the 2nd play, the 2nd team in the series can win if it scores on the 1st play but must score by the 2nd play. Both teams must go for 2 extra points.

**Blitzing/Rushing Rules**

* Blitzing is defined as adding a rusher beyond the allowed 2 D-linemen per play.
* **(For ages 10U)** ONLY ONE blitz per 1st down series. If the offense gets a 1st down, the Defense can blitz in the next 3-4 down series.
* **(For ages 10U)** Blitzing is not allowed for the leading team if a team is up by 20 or more points.
* No bull rushing: Blitzer/rusher is not allowed to rush through the centerline of the blocker.
* Blitzer/rusher must use hands and feet to defeat the block to either side of the blocker.
* Blitzer/rusher can not throw or purposefully push blocker to the ground.
* Judgment call by the referee

**Sack Mercy Rule - (For ages 10U)**

* If a defense has more than 5 sacks per half the Sack Mercy Rule takes effect.
* A sack is defined as downing the QB within the tackle box. Downing the QB outside the tackle box does not count as a sack.
* The tackle box is defined and up to referee’s judgment
* When the Sack Mercy rule is in place, the defense who has 5 sacks can’t rush past the LOS for the remainder of the half.
* An opposing coach will be responsible to record (take note on paper) the amount of sacks per half.
* If an opposing coach does not record the amount of sacks, then they can not expect the sack mercy rule to be enforced.
* The opposing coach must confirm with the referee that the sack was in fact in the tackle box.
* When the sack mercy rule is in effect, the DEs are allowed to shadow, put hands up or drop back into coverage. \*If the QB breaks the tackle box on a rollout or scramble, then the DEs are free to rush.

**Center**

* The center must snap the ball between his/her legs. The snap must be continuous; meaning it must pass directly and immediately from the center to another player on offense.
* Center must have both feet at the scrimmage line with no part of his/her body beyond the forward tip of the ball.
* The center can double team, but must initiate block with hands.

**Jumping and spinning**

* Players may NOT jump or hurdle to avoid a flag pull.
* Players may NOT dive for the end zone or to gain additional yardage.
* Players may NOT attempt short yardage "over the pile" jumps.
* A player may dive in an attempt to catch a pass.
* A player may dive to pull a flag.
* Players may jump/hurdle a player that has fallen in the player’s way.
* Quarterbacks are allowed to jump when passing the ball.
* Any player who jumps illegally and lands on another player will be flagged for Unnecessary Roughness.
* Players may spin, as long as they stay on the ground

**Fumbles, Dead Balls, and Interceptions**

* All fumbles are considered dead balls as soon as the ball hits the ground.
* If the ball hits the ground behind the player who fumbled it, the ball is placed at the point it first hits the ground.
* If the ball hits the ground in front of the player, the ball is placed at the point the player lost possession.
* A fumbled ball may be recovered in the air and advanced by recovering team.
* An interception can be advanced by the intercepting team.
* A player may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to be fumbled will be called for Stripping (5 yard penalty).
* The ball is dead if a ball carrier’s flag is removed on its own.
* If a ball carrier or pass receiver has a missing flag or flags, the ball is dead at the spot where the player took possession of the ball.

**Ball Spotting**

* Spotting the ball is up to the referee’s judgment. It is up to the referee to try and be near the spot whenever possible.
* Ball will be spotted where the ball is held when a player is downed.
* The spot is not where the defender was standing when they pulled the flag.
* The spot is not where the defender throws the flag on the ground.
* If a receiver makes a dive for a ball and his/her arms are outstretched and is down because of the knee-down rule, the ball should be spotted right where the ball would normally be carried (receiver’s hips)

**A-Gap Rules**

* The A-gap is the area on either side of the center and the two linemen immediately on either side.
* The defense can not line up directly over the center and may not immediately engage the center in ages 8U.
* The defense can not blitz the A gap from the LOS.
	+ LB and 2nd level blitz are allowed if starting from a minimum of 3 yards away.
* The Center Sneak is banned
* Attempts at a Center Sneak will be penalized as an A-Gap Violation.
* The defensive team may choose any formation but must have at least two players on the line of scrimmage within the tackle box
* See A - Gap violation is a 5 yard penalty

**PENALTIES**

EOP – End of Play

LOS – Line of Scrimmage

POI – Point of Infraction

* The team not committing the penalty gets to choose between the result of the play or the enforcement of the penalty.
* If both teams commit penalties then neither penalty will be enforced, and the down is replayed.
* No penalty may move the ball more than half the distance toward the penalized team's goal line. When penalty yardage is greater than the distance to the goal the maximum penalty is half the distance to the goal line.
* A half cannot end on a defensive penalty that is accepted. If the penalty is accepted, it is marked off and a single un-timed down is played. If the penalty is declined, the half is over.
* First Down will be determined after the ball is spotted at the end of a play and any applicable penalty yardage is assessed. Net yardage (forward progress +/- penalty yardage) must be sufficient to be awarded a first down.
* No penalty will be enforced in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and THE LINE TO GAIN IS EXTENDED 5 YARDS.

**\*\*Flagrant Fouls\*\***

* Flagrant fouls are a one strike warning and then the committing player is ejected from the game upon the 2nd flagrant foul.
* The following fouls are considered flagrant by the league and repeated committing of these fouls will not be permitted. The league should track players that commit flagrant fouls on a per game basis. The referee should mark down on paper the guilty player (by name, number and/or team) and will turn in the information to the League Director, commissioner or appropriate staff member.
* **TWO** flagrant fouls issued to the same individual in one game will result in an automatic ejection of that individual from the game.
* Referee discretion - the referees decisions are final.
* **\* Intentional Tackling**
* **\* Unnecessary Roughness**
* The safety of all players is a primary concern of the league. Referees shall call Unnecessary Roughness when any player uses excessive force or violence during a play, EVEN IF THE PLAY IS TECHNICALLY WITHIN THE RULES.

**\*Intentional Tackling**

Defense – Ball placed at the 5 yard line in the Redzone and a Flagrant foul will be recorded.

* Intentional tackling defined: Intentionally wrapping up to stop forward progress while taking the ball carrier to the ground, shoulder checking/hit with the intent of knocking the ball carrier to the ground. Up to the referee's discretion on any other attempt to use excessive force by a player to initiate a tackle.
	+ What it is not: inadvertently grabbing clothing from behind in an attempt to pull the flag
	+ Unintentional contact resulting in a player falling to the ground
* An infraction can be called when there is no effort made to pull the flag.
* An automatic touchdown will be given to the team if a player is running on a breakaway TD and is deliberately tackled or tripped by a pursuing player (with no attempt to grab the flag) or by an individual associated with the defensive team who comes onto the field.
* If anyone (player, coach, parent, etc.) comes off the sideline to interfere with a breakaway, then a TD will be given to the team and disciplinary action to the offender(s).
* Unintentional contact: 10 yard penalty. A less severe penalty will be enforced if a defender unintentionally impedes the ball carrier by grabbing a part of the ball carrier’s body or clothing while attempting to pull the ball carrier’s flag.

**\*Unnecessary Roughness**

Offense 10 yards from LOS – Loss of Down

Defense – 10 yards from EOP or LOS (whichever is more beneficial for Offense) - Automatic First Down for offense.

* The safety of all players is a primary concern of the league. Referees shall call Unnecessary Roughness when any player uses excessive force or violence during a play, EVEN IF THE PLAY IS TECHNICALLY WITHIN THE RULES.
* All players are expected to play “in control” at all times. Players are in violation of the Unnecessary Roughness Rule when they risk injury to themselves or to other players due to unsafe or out of control conduct on the field.
* Examples include but are not limited to: head butting, throwing elbows or forearms, and intentionally hitting, kicking, or tripping other players. Repeated or flagrant violations may result in the player being ejected from the game.
* A player may not lead with their head or initiate contact: i.e. spearing.
* Unnecessary and overly violent contact that includes charging, bull rushing, and purposefully shoving a player to the ground will be considered unnecessary roughness.

**\* Charging (Offense) - Unnecessary Roughness**

10 yard from LOS

* When a ball carrier intentionally runs into a defender, lowers his shoulder or makes unnecessary contact with defender in an attempt to cause bodily harm
* When an offensive player intentionally runs through or over a defensive player with a running start.
* When an offensive player intentionally engages a block with his shoulder with no attempt to break down and initiate the block 1st with open hands.

**\* Bull Rushing (Defense) - Unnecessary Roughness**

10 yards - Automatic first down for offense.

* When a defender intentionally uses their momentum or excessive force to bull rush through the centerline of an offensive player. Defender must make the appropriate effort to go around or to a leveraged side of the blocker.

**\* Ejection**

2 Flagrant foul infractions by an individual player in one game or multiple single infractions across several games may result in further action, including suspension from future games or ejection from the League, subject to the League’s discretion.

* The ejection process will also apply to coaches and any parents/spectators on the field or in the stands.
* Any player involved that strikes another player or involved in a fight will be immediately ejected from the game and be suspended indefinitely pending a ruling from the league president.
* Before a player can be ejected from a game, all referees must confer and unanimously agree. NOTE: Only the head coach or coach on the field may speak to the referees. If any other player or coach contests a call or says ANYTHING to a referee that the ref feels is inappropriate, an Unsportsmanlike Conduct penalty will be called. This will be enforced. THE REFEREES ARE EMPOWERED TO EJECT ANY COACH.
* If an individual is ejected - the individual can not enter the field of play for the rest of the game. The individual may be required to leave the premises if they become disruptive.
* Depending on the situation the on field staff has full discretion to take up the chain of command and may request for the LD/commissioner/president or higher level staff member to be involved.

**GENERAL RULES**

**Roughing The Passer**

Defense – 10 yards from the line of scrimmage - Automatic First Down (or the penalty can be declined if the result of the play has a greater advantage). Defenders may raise arms while rushing the passer so long as no contact is made with the passer. Excess contact with passer before, during, or after throwing the ball including but not limited to:

* Rushing the passer and running into him while going for passer’s flags.
* Defenders cannot make contact with the passer's head and/or shoulders/throwing arm.

**Unsportsmanlike conduct**

Offense - 10 yards from EOP – Loss of Down

Defense – 10 yards from EOP or LOS (whichever is more beneficial for Offense) - Automatic First Down for offense. All players, head, and assistant coaches are expected to follow the codes of conduct. The following are examples, but this list is not comprehensive:

* Verbal abuse, profanity, and taunting.
* Constant or repeated audible criticism of the referees.

**Pass Interference**

Defensive or Offensive

Offense – 10 yards from LOS – Loss of Down

Defense – POI, or 10 yards, whichever is greater – Automatic First Down for offense.

* Pass interference shall be called as a standard interference penalty. That is, non-contact interference such as face-guarding as well as any physical contact that interferes with a receiver's OR defender's legitimate right to catch the ball BEFORE the ball arrives and while it is in the air shall be considered pass interference whether the contact was intentional or not. The receiver is allowed to keep running forward until he is downed.
* Any significant physical contact after the ball arrives shall be considered a Personal Foul.
* Either receiver or defender pushing off while the ball is in the air.
* Making contact with receiver more than 5 yards past the line of scrimmage, while the ball.
* Intentionally running into a defender without the ball on a passing play.
* Defensive pass interference in the end zone shall result in a first and goal from the 1- yard line.
* If a receiver’s flag is intentionally pulled prior to a reception, this is also considered pass interference.

**Taunting**

Offense - If occurring on TD, a 10 yard penalty will be assessed on the extra point try. If occurring in the field a play, a 10 yard penalty from the original LOS will be enforced.

Defense – 10 Yards from EOP.

* Any flagrant acts or remarks that deride, mock, bait an opponent are considered taunting.
* Celebration, whether communal or individual is allowed as long as it does not fall under “Taunting” definition.

**Illegal Blocking Foul - loss of 10 yards from LOS**

* When an offensive player intentionally “pancakes” the defender with which he is engaged. Severity could result in an unnecessary roughness which is a flagrant foul.
* No landing or piling on a defender/player on the ground.
* Chip blocking, elbowing, and knee blocking are not permitted.
* Blocking by initiating or leading with elbows, forearms or shoulders - severity may result in a charging penalty
* Crack back or opposite direction blocks are not allowed (unnecessary roughness)
* Blockers will not intentionally “drive” any defender to the ground
* Initiating blocking with shoulders at LOS or down the field
* Blocking below the waist, cut blocks, or crack back blocking will be an automatic ejection

**Delay of game**

5 yards from LOS – Replay Down.

* Offense not snapping the ball within 30 seconds of the ball being set at the line of scrimmage ready for play.
* Too many players on the field.
* Not wearing required equipment during a play.
* Defense delays or hinders the offense from making the next snap.

**Illegal Procedure**

Offense - 5 yards from LOS – Replay Down.

* Movement by an offensive player before the snap.

**False Start**

Offense - 5 yards from LOS – Replay Down.

* A player in a set position makes a sudden movement in a way that simulates the start of the play.

**Illegal Motion**

Offense - 5 yards from LOS – Replay Down

* Motion by a player prior to snapping of the ball can be made by any of the players.
* No more than one player can be in motion at the snap of the ball.
* Any number of players (minus the center) may be in motion before the snap, but ALL players in motion must come to a complete stop prior to the ball being snapped. Once set, a single player may then be in motion when the ball is snapped.
* No forward motion shall be allowed while ball is being snapped.

**Illegal Formation**

Offense - 5 yards from LOS – Replay Down.

* Being in the neutral zone at the moment the ball is snapped.
* Fewer than 5 players on the line of scrimmage. These 5 players must be contiguous with the center. There must be one player on each side of the center (within arm’s length of the center) AND one receiver on each size of the center.

**Off-sides**

Defense - 5 yards from LOS – Replay Down.

* Player enters the neutral zone or makes contact with an offensive player.
* Player is in the neutral zone when the ball is snapped.
* If a defensive player crosses the neutral zone causing an offensive player to false start, encroachment will be called on the defense.

**Diving 5 yards from EOP**

* Diving forward in an attempt to gain yardage or advance the ball. Results in Loss of Down
* Diving into the end zone or for a first down. Results in Loss of Down. Note: A player is allowed to dive to catch the ball or pull a flag.

**Holding**

Offense - 5 yards from LOS

* Holding - Impeding another player’s progress by holding their body and/or clothing.

**Flag Guarding - if applicable**

5 yards from POI / Play dead at POI (loss of down).

* When a ball carrier physically (covering, knocking hands away, slapping hands away, etc.) prevents a defender from reaching the ball carrier’s flags.
* When the ball carrier holds their belt or flags.
* A jersey, towel, or any article of clothing that obstructs the flags.
* Jumping for any reason other than avoiding a player lying on the ground or a quarterback jumping to pass.
* If the ball carrier is wearing an illegal flag (e.g., wrapped flags, improper flags, partial flags, etc.), the ball will be dead at the point where the ball carrier takes possession of the ball.

**Illegal Forward Pass**

5 yards from POI, Loss of down.

* Throwing the ball forward beyond the line of scrimmage.
* Throwing the ball forward more than once on a single play.

**Intentional Grounding**

5 yards from POI, Loss of down.

* If within the tackle box, throwing the ball intentionally away from eligible receivers so that the passer avoids being tackled for a loss. A ball can be thrown out of bounds if the passer is not avoiding a tackle.
* If outside the tackle box, any pass beyond the line of scrimmage is not considered grounding.
* A quarterback (or person receiving the ball from center) can legally spike the ball to stop the clock at the End of Half.

**Ineligible receiver downfield**

 5 yards from LOS – Replay Down.

* Offensive players cannot go beyond the LOS on a downfield pass until the ball is caught.

**A-Gap Violation**

 5 yards from LOS, Replay Down.

**Inadvertent whistle**

* If the referee blows the whistle pre-maturely or by mistake the ball is dead at the spot where the ball carrier was when the whistle was blown. If the whistle occurs early during a play and the ball carrier has not crossed line of scrimmage, then the play and down is to be repeated.

**STANDINGS**

* Standings will be based in order on: a) win %, then b) number of wins, then c) head to head, and then d) coin flip (to determine playoff seeding).

RockSolid reserves the right to modify or change these rules at any time throughout the season.