

# **Addendum to By-Laws**

## **VBFH Rules Flag Football**

The NIRSA Flag Football Rules will govern play, with the following modifications:

**\*\*\* VBFH By-laws take precedence over all guidance. If the call is in the gray area of guidance the ruling will be under the discretion of the Field officials. \*\*\***

\*Each player must present a valid ID card upon request to be eligible to participate. No Exceptions.

\*Good sportsmanship is a requirement of all participants. Players, coaches, and officials are to always conduct themselves properly. The VBFH Staff reserves the right to suspend or disqualify individuals or groups for unsportsmanlike conduct. The team captain assumes full responsibility for the conduct of the team and spectators.

\*Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual; it consists of acts of deceit, disrespect or vulgarity and includes taunting.

\*The officials will have absolute control of the game. Teams are responsible for keeping their players and spectators under control. Misconduct of players, coaches, or spectators can result in assessment of a penalty, ejection, or forfeiture of the game. Spectators must also remain in the area designated by the VBFH staff. The supervisors will have the power to make decisions on any matter or questions not specifically covered in the rules.

\*The Lead Referee will assist in keeping time and score.

### Flag Football Rules

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**\*\*NIRSA Flag Football Rules will govern play for any rules not covered in these rules.**

Rule 1. The Game, Field, Players, and Equipment

A. The Game

1. The game shall be officiated by 2 officials. The officials are as follows: Referee, and Back Judge.

2. Each team shall designate to the Referee a team captain or captains. The captain's first choice of any penalty option shall be irrevocable.

3. Team representatives, including players, subs, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be

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governed by decisions of officials assigned to the game.

4. Officials will assume authority of the game once they have arrived at the field.

#### **B. The Field**

1. Each field will be 40 yards from goal line to goal line, 30 yards wide. The end zones are 10 yards deep.

3. There will also be lines painted at each of the 5-yard lines.

4. The team box is located on the sideline behind the glass wall. All rostered players/subs and coaches must always stay inside this team box, unless specified by a referee or VBFH Supervisor.

a. Penalty:

i. First Offense: Sideline Warning

ii. Second Offense: Dead Ball, Unsportsmanlike Conduct, 5 yards.

iii. Subsequent Offenses: Dead Ball, Unsportsmanlike Conduct, 10 yards.

#### **C. Players**

1. Each team consists of seven (7) players, one of whom is the captain.

2. A team may start with a minimum of five (5) players. The game may continue with five players if that team still has a chance to win.

3. Everyone playing must have his/her name on the team roster before he/she enters the game.

a. Penalty: Dead Ball Foul, Illegal Participation, 10 yards.

4. A player who has been replaced or directed to leave the game shall not re-enter until one play has been completed, the end of a half, or a time out is taken by either team.

a. Penalty: Illegal substitution, 5 yards.

#### **D. Equipment**

1. Team uniforms are required. Teams will assign themselves a different color when they sign-up. These colored shirts will be required before the regular season begins. If a team shows up without enough players with same-colored shirts, they must wear our pennies, or they will receive a forfeit. Teams are also to bring an alternate-colored shirt for playoffs.

2. All players must wear athletic shoes. Shoes with rubber cleats and screw-in cleats will be allowed if the screw is part of the cleat. Metal cleats are prohibited.

3. Jerseys must be tucked in. No hoods are allowed. Half-shirts must be 4" above the waist.

4. Players may not wear towels that hang from the waist around the flags.

5. No jewelry is permitted.

6. Shorts or pants may not have pockets, belt loops, or exposed drawstrings.

7. Each player must wear a one-piece belt, without any knots, at the waistline with 2 flags that pop off, one flag on each side.

a. Penalty: Live Ball Foul, Failure to wear required equipment, 5 yards from previous spot.

8. Players may wear headwear that is not hard, unyielding, stiff material, including billed hats, or items containing exposed knots.

9. Towels may not be worn at the waist. Playbooks may be carried inside their clothing if it is not made of an unyielding material or players may also wear a soft, pliable wrist/forearm band that contains plays. Players may not throw a playbook on the field of play.

10. Players may not wear pads or braces on any part of the body above the waist. Players may

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also not wear casts above or below the waist.

11. A small towel may be placed under the ball, regardless of weather or field conditions.

12. Mouth guards are highly encouraged.

#### **Rule 2. Halves, Timing, and Substitutions**

##### **A. Halves**

1. Before the start of the game, the referee will conduct a captain's meeting in which he/she will designate which captain shall call the toss of the coin. The captain winning the toss will opt to do one of the following:

a. To defer his/her decision to the second half.

b. To start with the ball in the first half.

c. To choose a goal to defend in the first half.

2. The captain not having the first choice of options shall exercise the remaining option.

3. Between the first and second half the teams shall change goals.

4. To begin each half, there will NOT be kickoffs. The team that will be on offense will begin on the 5-yard line with a first down.

##### **B. Game Time**

1. Each game shall be 40 minutes, divided into 2 halves of 20 minutes each. The intermission between halves shall be 2 minutes.

2. The clock will start on the snap of each half. It will run continuously for the first and second half except for the last 1 minute of the second half, unless it is stopped for:

a. Team time-out: starts on the snap

b. Referee's time-out: starts on ready for play whistle

c. With approximately 2 minutes before the end of each half, the Referee shall inform the captains of the playing time remaining. The clock starts on the snap.

d. During the final 1 minute of the second half, the clock will stop, unless one team is up by 20 points, for:

i. Incomplete legal or illegal forward pass: starts on the snap

ii. Play out-of-bounds: starts on snap

iii. Safety: starts on snap

iv. Team time-out: starts on snap

v. First down: depending on the result of the play

vi. Touchdown: starts on snap (after the Try)

vii. Penalty and Administration: depending on previous play

viii. Referee's time-out: starts at his/her discretion

ix. Touchback: starts on snap

x. Inadvertent whistle: starts on the ready

e. The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.

3. Overtime for playoff purposes only.

a. An overtime session will begin with a coin toss. The winner of the toss has the option of offense, defense, or direction. All overtime periods are played toward the same goal line.

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- b. Each team will start 1st and goal from Team B 10-yard line. If the first team scores, the opponent will still have a chance to win the game.
- c. Extra points are the same in overtime.
- d. Each team is awarded one time-out only, during the entire overtime.
- e. Penalties and fouls will be administered the same during overtime.
- f. The goal line shall always be zone line-to-gain in overtime.
- g. When B secures possession, the ball is dead, and the series is over.

#### **4. Time-Outs, Delays, and Substitutions**

- a. Each team is entitled to 2-30 second charged time-out per half.
- b. An injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has any amount of blood on the uniform shall be considered an injured player. A player must remove blood stained clothing or materials on them before returning to the game.
- c. The ball must be put in play promptly and legally. Any action or inaction by either team which tends to prevent this is delay of game. This includes:
  - i. Failure to snap within 20 seconds after the ready for play whistle
  - ii. Putting the ball in play before the ready for play whistle
  - iii. Deliberately advancing the ball after it has been declared dead
- d. The Referee may order the game clock started or stopped whenever, in his/her opinion; either team is trying to conserve or consume playing time by tactics obviously unfair. If in doubt, apply conserving/consuming time.
  - i. Penalty: Dead Ball Foul, Delay of Game, 5 yards.
- e. All subs shall enter during a dead ball. An incoming sub must enter the field directly from his/her team area prior to the ball being snapped. A replaced player must leave the field at the sideline nearest his/her team area.
  - i. Penalty: Dead Ball Foul, Illegal Substitution, 5 yards.
- f. During the same dead ball interval, no sub shall become a player and then withdraw, and no player shall withdraw and then re-enter as a sub unless a penalty is accepted, a dead ball foul occurs, there is a charged time-out, or a period ends.

#### **5. Extension of Periods**

A period must be extended by an untimed down, if during the last timed down, one of the following occurs:

- a. There was a foul (other than unsportsmanlike or nonplayer or fouls which specify loss of down) by either team or the penalty was accepted. For loss of down fouls, any score by the team which fouled is canceled.
- b. There was a double foul
- c. There was an inadvertent whistle
- d. Fouls for which enforcement by rule result in a safety

#### **Rule 3. Scoring**

##### **A. Forfeited Game**

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1. The score of a forfeited game shall be 21 points.
2. The VBFH Supervisor or Lead Referee on duty will declare forfeits.

#### **B. Mercy Rule**

1. If a team is 21 or more points behind when the Referee announces the 2-minute warning for the second half, the clock will continue to run without stoppage.
2. If a trailing team scores during the last 2 minutes of the second half and that score creates a point differential of 20 or less points, the game clock shall be stopped at each dead ball.

#### **C. Touchdowns and Try**

1. Touchdowns are 6 points and occur when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line. It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent's goal line.
2. It is the responsibility of the player scoring a touchdown to raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, and the player is disqualified.
  - a. Penalty: Personal Foul, 10 yards from the previous spot. If by Team A, loss of down. If by Team B, automatic first down.

3. Field goals worth 3 points can be kicked from anywhere on the field. The kick must be placed on the ground. The ball must be snapped between the legs to the holder either by direct snap or from the shotgun position and the holder can walk back and spot the ball as far back from the line of scrimmage as desired. In the event of a missed Field Goal (the ball touches any part of the goal post/yellow tape or is missed wide to the outside), the ball will be spotted from the original line of scrimmage. Defensive players may jump to block the kick, but they may not cross the line of scrimmage during the process. Kickers must kick the ball within the 30 second play clock. As with passes, the ball is declared dead on field goals when it strikes the ceiling, nets, boards, turf, or any other building structure. In the event that the offense attempts a Field Goal and the try is unsuccessful, and the ball does not touch any part of the ground, net, or wall then the defense is eligible to return the kick and if the defense returns the kick for a touchdown, they will be given 6 points as well as the PAT.

4. Extra points can be scored by kick/pass/run for 1 point from the 5-yard line, pass/run for 2 points from the 10-yard line, and pass/run for 3 points from the mid-field line.

5. After a touchdown, the Referee shall ask the field captain whether the Try shall be from the 5, 10, or mid-field line. Once the offensive captain makes the choice, he/she may change the decision only when a charged time-out is taken.

6. Enforcement of penalty yardage does not change the value of the Try.

7. If the defense intercepts during a Try and/or in overtime, the ball is dead.

8. After a Try, the ball shall be snapped by the opponent of the scoring team at their own 5-yard line, unless moved by penalty.

9. Any penalty on the defense occurring during a touchdown or a successful conversion will be assessed on either:

10. If during the touchdown, on the try or the next play from scrimmage at the 5-yard line.

b. If during the try, the next play from scrimmage at the 5-yard line.

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#### **D. Safeties and Touchbacks**

1. A safety is worth 2 points.
2. Momentum on punts or interceptions may not result in a safety. If a Team B player intercepts a forward pass, fumble, backward pass, or catches a punt between his/her 5-yard line and the goal line and his/her original momentum carries him/her into the end zone where they are de-flagged, the ball belongs to Team B at the spot where possession was gained. This is known as the momentum rule.
3. Any offensive player that fumbles the ball in their own end zone will result in a safety.
4. Any time a penalty is accepted, and measurement is from the spot in his/her own end zone will result in a safety.
5. After a safety the ball will be snapped from the team's own 5-yard line.
6. It is a touchback when a punt is received and downed inside the receiving team's own goal line. All receivers may advance the ball out of the end zone.

#### **Rule 4. General Game Rules**

##### **A. Game Rules**

1. Offensive players on the field or bench are responsible for putting the ball back into play. They must ensure the ball is returned to the huddle in a timely manner judged by the referees. Failure to comply will result in a delay of game warning and 5-yard penalty for a second infraction. The referee will place ball markers only.
2. A team shall have a series of four consecutive downs to advance to the next zone line-to-gain (first down). Upon entering a new zone, a team will be awarded a new series of downs.
3. Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
  - a. Penalty: Live Ball Foul, Illegal Participation, 10 yards.
4. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped next to the orange ball spotter. The ball must also be snapped in one continuous motion, between the center's legs. Shifting the ball in a snapping motion without snapping or "double clutching" is illegal.
  - a. Penalty: Dead Ball Foul, Illegal Snap, 5 yards.
5. The player receiving the snap must be 2 yards off the ball for a scrimmage play.
  - a. Penalty: Live Ball Foul, Illegal formation, 5 yards.
6. Only one offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary without movement of their feet, body, head, or arms.
  - a. Penalty: Live Ball Foul, Illegal motion, 5 yards.
7. Before the snap, all offensive players must come to a complete stop for at least 1 full second. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
  - a. Penalty: Live Ball Foul, Illegal shift, 5 yards.
8. All offensive players must be 3 yards inside of the side lines on or after the ready for play whistle. It must be clear who the seven offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays.

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a. Penalty: Live Ball Foul, Illegal participation, 10 yards

9. When an official blows an inadvertent whistle, the ball is dead at the point when the whistle was blown. The team, against which the inadvertent whistle was blown, has the option of accepting the play at the time of the whistle or replaying the down. No time may be added to the clock.

10. Spiking the ball, taunting, and excessive celebration are considered unsportsmanlike conduct.

a. Penalty: Dead Ball Foul, Unsportsmanlike Penalty, 10 yards.

11. All rostered players, subs, and coaches will remain in the team box which is located between the 20-yard lines and behind the glass wall at all times.

i. Penalty: First Offense: Sideline Warning

ii. Second Offense: Dead Ball, Unsportsmanlike Conduct, 5 yards.

iii. Subsequent Offenses: Dead Ball, Unsportsmanlike Conduct, 10 yards.

#### **B. Passing and Catching**

1. Any player on the field at the time of the snap is eligible to catch the pass.

2. For a legal catch, a pass receiver must come down with at least one foot in bounds and control of the ball.

3. An illegal forward pass is any pass when either of the passer's feet is beyond the scrimmage line, if thrown after team possession has changed, and if there is more than one forward pass per down.

a. Penalty: Live Ball Foul, Illegal forward pass, 5 yards from the spot of the pass and loss of down.

4. If a pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

5. A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether he/she touches the pass, it is roughing the passer.

a. Penalty: Live Ball Foul, Roughing the Passer, 10 yards, automatic first down.

6. Defensive Pass Interference occurs when the defense hinders the receiver from catching the ball by creating contact/advantage. It is also pass interference if an eligible receiver is de-flagged prior to touching the ball on a pass. Face guarding is also the attempt by a defensive player to wave his/her arm(s)/hand(s) in the face of a receiver who is attempting to catch the pass.

a. Penalty: Live Ball Foul, Pass Interference, 10 yards from the previous spot.

7. Offensive Pass Interference occurs when the offensive player hinders the defender from catching the ball by creating contact or face guarding.

a. Penalty: Live Ball Foul, Pass Interference, 10 yards from the previous spot.

8. Any player may hand the ball forward to another teammate.

9. There are no limits on the number of backward passes per play. Only one forward pass per play from behind the line of scrimmage. Backward passes may take place anywhere on the field. It is considered backward if the initial direction of the pass is backwards.

a. Penalty: Live Ball, Illegal Touching, 10 yards.

Note: Whether a pass is catchable or uncatchable has no bearing on offensive and defensive forward pass interference.

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#### **C. Neutral Zone/Line of Scrimmage**

1. There will be a one (1) yard neutral zone. This is true even when the offensive team is less than one yard from the end zone or the zone line-to-gain.
2. No defensive players are required to be on the one-yard rush line at the time of the snap.
3. Only/Any two (2) defensive players who are on the field at the time of the snap are eligible to rush the quarterback.
4. No players may go into the neutral zone prior to the snap.
  - a. Penalty:
    - i. Defense: Dead Ball Foul, Encroachment, 5 yards.
    - ii. Offense: Dead Ball Foul, False Start, 5 yards
4. No players may line up in the neutral zone (both offense and defense).
  - a. Penalty: Live Ball Foul, Offside's, 5 yards.

#### **D. Flag Guarding**

1. An offensive player may not stiff arm or guard his/her flags by blocking them with his/her hands, the ball, or lowering the shoulders in such a manner which places the arm over the flag belt.
  - a. Penalty: Flag guarding, 10 yards from the spot of the foul.
2. It is not flag guarding if a defensive player is not within distance to de-flag.
3. If a shirt, towel, playbook, etc are covering the flags, it will result in flag guarding.
4. If flag guarding occurs and the defender de-flags at the same time, there is no penalty.
5. Flag guarding is a spot foul and can result in positive yards once the penalty has been assessed.

#### **E. Fumbles and Stripping**

1. Fumbles are dead when the ball touches the ground. It is not considered a fumble if the player has control of the ball and touches the ground.
2. After a fumble the ball is put into play at the point where the ball first touched the ground.
3. Any passed or fumbled ball that does not touch the ground may be advanced by any other player catching the ball. If any part of the player other than his/her hand touches the ground, he/she is down at that spot.
4. If the ball is fumbled into the opponent's end zone, the result is a touchback (opponent's ball on their 5-yard line).
5. No player shall attempt to steal the ball, trip an opponent, contact an opponent from the ground, make unnecessary contact with an opponent, deliberately dive, or run into an opponent or tackle the ball carrier.
  - a. Penalty: Live Ball Foul, Personal foul, 10 yards (if flagrant, ejection).

#### **F. Flag Belt Removal**

1. When a flag is taken from the belt of the runner with the ball, the down shall end, and the ball is dead.
2. A player who removes a flag from the runner should immediately hold the flag above his/her



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head to assist the official in locating the spot where the “tackle” occurred.

3. A ball carrier is considered de-flagged when and where the flag becomes detached, not where the flag falls to the ground.

4. If a flag inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a “tackle”.

5. The ball becomes dead when:

a. A legal de-flagging occurs.

b. The ball carrier touches the ground with anything but their hands or feet.

i. NOTE: The ball-in-hand is considered an extension of the hand.

c. A fumble hits the ground.

d. A snap from the center touches the ground.

6. To remove a flag from the belt of the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push, or mow the ball carrier down to remove the flag.

#### **G. Blocking/Screening**

1. Blocking, as in tackle football, is prohibited. A block shall take place without full body contact.

2. The blocker shall have his/her arms and hands fully extended prior to contacting the defensive player or arms at his/her side or behind his/her back.

3. Any use of the forearms, elbows, legs, or hips to initiate contact during a block is illegal.

4. A blocker may use his/her hand or arm to break a fall or retain his/her balance.

5. A player must be on his/her feet before, during and after blocking.

a. Penalty: Live Ball Foul, Personal foul, 10 yards.

#### **H. No Punts or Kick offs**

1. 4<sup>th</sup> down try must be announced before the ball is ready for play. Once the decision to go for it or turn the ball over to the opposing team has been made by the captain, it cannot be changed unless a charged time-out occurs.

a. Penalty: Live Ball Foul, Illegal Procedure, 5 yards.

#### **Rule 5. Conduct of Players and Advisory Board**

##### **A. Non-contact Player Acts**

1. Refusal to comply or abide by the request or decision of an official.

2. Using words like the offensive audible and quarterback cadence prior to the snap in an attempt to interfere with the offense’s signals or movements.

3. Intentionally kicking at the ball, other than during a punt.

4. Leaving the field between downs to gain an advantage unless replaced.

5. Intentionally kicking at any opposing player.

6. Intentionally swinging an arm, hand, or fist at any opposing player.

7. Participate while wearing illegal player equipment.

8. Being outside the team box, but not on the field.

a. Penalty for 1-7: Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be

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ejected.)

b. Penalty for 8: First offense is a warning, the second offense is Unsportsmanlike Conduct 5 yards, and each subsequent offense is 10 yards.

#### **B. Dead Ball Player Fouls**

1. Intentionally kick the ball.
2. Spike the ball into the ground.
3. Throw the ball high into the air.

a. Penalty for all listed: Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be ejected.)

#### **C. Prohibited Acts**

1. Attempting to influence a decision by an official.
2. Disrespectfully addressing the official.
3. Indicating objections to an official's decision.
4. Using profanity, taunting, insulting or vulgar language or gestures.
5. Intentionally contacting a game official physically during the game.
6. Fighting an opponent.
7. Leaving the team area and entering the playing field during a fight.

a. Penalty for all listed: Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be ejected.)

8. A nonplayer deflags or interferes with a runner.

Penalty: Personal foul, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.

#### **D. Multiple Unsportsmanlike Fouls**

1. The second unsportsmanlike foul by the same player will result in the player being ejected.
2. The third unsportsmanlike foul by the same team results in their forfeiture of the game.
3. The Referee shall warn the captain after the 2nd foul that the next one will result in forfeiture.

#### **E. Unfair Acts**

1. No player, sub, coach, or others subject to the rules shall use words or phrases or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.

a. Penalty: Live Ball Foul, Unsportsmanlike Conduct, 10 yards.

2. Unfair acts are plays used to fool the opponent and are at the discretion of the Referee.

#### **F. Personal Fouls**

1. Stripping or stealing the ball.
2. Contact another player who is on the ground.
3. Throw the runner to the ground.
4. Hurdle any other player.
5. Contact an opponent either before or after the ball is declared dead.
6. Make contact of any nature with an opponent who is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule.
7. Deliberately drive or run into a defensive player.

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8. Position himself/herself on the shoulders or body of a teammate or opponent to gain advantage.
  9. Tackle the runner by grasping or encircling with the hand or arm and taking the opponent toward the ground as in tackle football.
    - a. Penalty for all listed: Personal Foul, 10 yards. (If flagrant, the offender will be ejected.)
- Rule 6. Enforcement of Penalties
- A. Penalty Procedure after a Foul
1. Once the penalty is committed, the Referee will approach the offended team captain and offer the choices. Once the captain decides, it is final unless a charged time-out is taken.
  2. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
  3. If there is a foul by the defensive team (other than unsportsmanlike or non player foul) during a down which results in a successful touchdown and there was no change of possession, the scoring team may choose to have the foul enforced in one of two ways:
    - a. To take the yardage on the Try
    - b. To take the yardage on the play after the Try, 5-yard line.
  4. If there is a foul by the defensive team (other than unsportsmanlike or non player foul) during a down which results in a successful touchdown and there was a change of possession and the foul occurs after the change of possession, the scoring team may accept the result of the play and then choose to have the foul enforced on the Try, or after the Try, at the 5 yard line.
  5. If there is a foul by the defensive team during the Try which is successful, the penalty shall be enforced on the next play from the 5-yard line.
  6. A team may be double penalized for infractions on both the touchdown and the Try.
  7. The goal line will be the enforcement spot for any foul committed by the defensive team and if the offensive team's end of the run is in the offensive team's end zone.

B. Summary of Fouls and Penalties (all are from Previous Spot, unless otherwise noted)

1. Loss of 5 yards
  - a. False Start: Dead Ball
  - b. Illegal Snap: Dead Ball
  - c. Encroachment: Dead Ball
  - d. Illegal Substitution: Live or Dead Ball (dependent on situation)
  - e. Delay of Game: Dead Ball
  - f. Failure to Wear Required Equipment: Live Ball
  - g. Failure to Punt the Ball in a Timely Manner: Live Ball
  - h. Illegal Formation
    - i. Offensive Player not within 15 yards of the ball or huddle prior to the snap: Live Ball
    - ii. Not having enough players on the line of scrimmage at the snap: Live Ball
    - iii. Player out of bounds at the snap: Live Ball
    - iv. Receiving the snap less than 2 yards from the center: Live Ball
  - i. Illegal Motion: Live Ball
  - j. Illegal Shift: Live Ball
  - k. Intentionally Throwing a Backwards Pass Out-of-Bounds: Live Ball, Loss of Down if by Offense and Penalized from the Spot the Ball goes Out-of-Bounds.

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- l. Aiding the Runner: Live Ball, Penalized from the Spot
- m. Intentional Grounding: Live Ball, Loss of Down if by Offense, Penalized from the Spot of the Throw.
- n. Illegal Forward Pass
  - i. Forward pass thrown from beyond the line of scrimmage: Live Ball, Loss of Down if by Offense and Penalized from the Spot of the Throw.
  - ii. Two forward passes on the same down: Live Ball, Loss of Down if by Offense and Penalized from the Spot of the Second Throw.
  - iii. Two consecutive Male-to-Male Forward Passes (Co-Rec): Live Ball, Loss of Down and Penalized from the Spot of the Throw
  - iv. Male catches forward pass behind the line of scrimmage and advances through the line (Co-Rec): Live Ball, Loss of Down and Penalized from the Spot of the Throw
  - o. Illegal Advancement (Co-Rec): Live Ball
- 2. Loss of 10 yards
  - a. Illegal Player Equipment: Live Ball
  - b. Blank
  - c. Kick-Catch Interference: Live Ball
  - d. Two or More Consecutive Encroachments During the Same Down: Dead Ball
  - e. Offensive Pass Interference: 10 yards from previous spot
  - f. Defensive Pass Interference: 10 yards from previous spot.
  - g. Illegally Secured Flag Belt During a Touchdown: Live Ball, Player is Ejected
    - i. If by Offense: Loss of Down
    - ii. If by Defense: Automatic First Down
  - h. Unsportsmanlike Conduct: If flagrant, player shall be ejected. (Succeeding spot)
  - i. Fighting or Striking an Opponent
    - ii. Spiking, Kicking, or Throwing the Ball During a Dead Ball
  - i. Personal Fouls/Illegal Contact
    - i. Strip or Attempt to Strip the Ball (end of the run)
    - ii. Contact with Opponent on the Ground: Live Ball, if flagrant, player shall be ejected.
    - iii. Throw Runner to the Ground: Live Ball, player will be ejected.
    - iv. Hurdle any Player: Live Ball (spot of the foul)
    - v. Contact Before or After the Ball is Dead
    - vi. Dive or Run into a Player: If flagrant, player shall be ejected.
    - vii. Climb on top of another player
    - viii. Tackle the Runner: Player shall be ejected.
  - ix. Illegal Offensive Screen Blocking: Live Ball
  - x. Interlocked Screening: Live Ball
  - xi. Stiff Arm: Live Ball
  - j. Roughing the Passer: Live Ball, Automatic First Down (result of the play)
  - k. Illegal Flag Belt Removal: Live Ball
  - l. Holding: Live Ball (offense: spot of the foul, defense: end of the play)
  - m. Illegal Kicking: Live Ball
  - n. Illegal Batting: Live Ball
  - o. Illegal Participation: Live Ball
  - p. Illegal Substitute/Replaced Player: Live Ball

**Addendum to By-Laws**  
**VBFH Rules Flag Football**

q. Flag Guarding: Live Ball (Spot of the foul)