

**NORTHFIELD FOOTBALL LEAGUE
LEAGUE RULES FOR “C” AND “D” DIVISIONS
8-on-8**

Time of Games ---There will be a 15 minute grace period for only the first games played. Any team not on the field will automatically forfeit and a forfeit fee will need to be paid before the teams next scheduled game. All other game times are as posted. Each team captain is solely responsible for proper game times and fields.

The Number of Players on the Field: 6 Players is the minimum number of players per team is required to play. If a team cannot field 6 or more players the game will result in a forfeit and a forfeit fee will need to be paid before the teams next scheduled game.

Regulation Time of Play -- Games will consist of two 40-minute halves with a running clock. Referee may stop the clock at their discretion. There will be a two minute warning before half and before the end of game. Referee whistle will announce that there is 2 minutes left on the clock. There will be a 30 second play in between plays.

Two Minute Warning - when there is 2 minutes left in the game, the game clock shall stop for incomplete passes, out of bounds, change of possessions, first downs and time outs, starts and re-starts on the snap.

Coin or Puck Toss - A coin or puck toss shall begin each game. One captain from each team will make the call. The captain winning the toss shall choose one of the following options.

1. Kick in the 1st half then Receive in the 2nd.
2. Receive in the 1st half then kick in the 2nd.
3. Designate which goal to defend and let the loser of the toss decide on Kick or receive in the 1st half and rotate in the 2nd half.

Half time and Start of second half ---- There will be a 3 minute half time. There must always be a stoppage of play at the end of the first 40 minutes. A kickoff will begin the second half. Teams will switch defending sides at the beginning of second half.

Flags and Cones - Each team is required to supply their own flags and sideline marking cones or discs. Each Player shall wear Triple Threat (Flag A Tag) Flags. Flags should be a minimum of 1.5 inches wide and 14 inches long. Flags cannot be altered in anyway. The flags must be of a contrasting color of shorts or pants.

Ball Size - Ball must be NFL or U.S.F.T.L. regulation size.

Scoring - Safety = 2 points

Field Goal = 3 points

Touchdown = 6 points. Ball must cross the plain.

Extra points = 1 point from 3 yard line. Play or Kick.

= 2 points from 10 yard line. Play or Kick.

Note: The team captain shall make decision on extra point (s). Once decision is made it can only be changed by taking a charged time-out. Enforcement of penalty yardage on extra points does not change the value of the point (s). The defensive team after interception, blocked kick, or recovers a fumble in the air without the ball hitting the ground may advance the ball to the other goal line. 2 points will be awarded no matter what the value of the extra point. The clock will continue to run on extra points. Only under two mins of each half will clock stop for extra points.

Slaughter Rule -- If a team is winning by 28 points or more with 20 minutes left in 2nd half, or 17 points or more with 2 minutes left to play the game is over.

Time Outs and Play Clock -- Each team is allowed three 30 second time outs per half. A team is entitled to only 2 time-outs during the last two minutes of each half. Timeouts will be recognized by on-field players only and can be indicated to any Ref. Equipment and injury timeouts are at the Referee's discretion, play will resume on their mark. Play will start at the snap of the ball. There will be a 30 second play clock between plays. Failure to snap the ball within this time frame will result in a 5 yard penalty. Clock will begin at the placement of the puck by referee.

Speaking Captains ---- Prior to the start of the game the Referee will ask each team to designate Captains for each side of the ball. These players will be the sole representative during the game and can only be changed if they are disqualified from game. Only the Captain who is not in the game may challenge a penalty on yardage.

Overtime ---- Teams will flip a coin to determine possession at the beginning of any overtime period. Team A will begin possession at the opponent's 20-yard line and have four attempts to score. There will be no first down. Overtime is match play: Then Team B has one possession to match or beat the result of Team A first drive. If the score is matched, play will continue and Team B will make another attempt and then Team A will follow, if score is beaten or there is a failure to score, the game is over. Must go for extra point after you score. The DEFENSE cannot score in overtime-turnovers will result only in a change of possession. If after 2 attempts by both teams with a tied score, there will be another coin flip and each team will be given two downs for the ten yard line to either play or kick.. Kicking value will be 3 points. Scoring touchdown and extra points still the same.

Sportsmanship ---- Captains are responsible for the conduct by their players and fans. Unsportsmanlike conduct by captains, players and/or Fans may result in an ejection from the current game and grounds. If you get ejected the board will review and determine how many games to be suspended for. If player does not return, the team must pay the fine. Captains must control their players, sidelines, and fans.

Team Uniforms and Equipment ---- Teams are required to have the same basic color jersey with numbers on the front and or back. Pants must contrast color of flags. Jerseys must be tucked in at all times and shall not at any given point during a game cover any portion of the flag belt. Half cut Jerseys shall not extend past the waistline nor cover any portion of the flag belt. Baseball Cleats (steel) of any sort, sunglasses, jewelry, and pads or braces worn above the waist are not permissible. Teams must also have an alternate color jersey just in case of conflicting colors. Team with better record will have choice and if tied coin flip will determine.

Rosters ---- Rosters must be handed in at the First game and are frozen after third game. No more than 30 players on rosters. If a team uses an illegal player they will forfeit the game (s) the illegal player played in. No Inter-league play is allowed during season and playoffs. An individual cannot play in different divisions, *e.g.* Player (x) cannot play in A/B division and then play in "C" or "D" or vice-versa. A forfeit fee will assess and will be reviewed by the board. League officials can ask for identification at their discretion.

Referees ---- An official will not take any abuse. If any player curses or gives the official any trouble it will be a 15 yard penalty. Any abuse given to an official before, after, or during a game will result in an ejection from game or of future game (s) and will be reviewed by the Board. Only the speaking captain may approach an official in a calm and respectful voice about a rule clarification or interpretations.

Inadvertent Whistle – If the referee whistles the play prematurely, the offense shall have the choice of a: accepting the ball where it was whistled dead, or b: repeat down.

Basic Rules

Offense ---

- First down is every painted zone line.
- The center must snap the ball between his legs. Direct snap is allowed. Center must wait for the official to set the puck before snapping the ball.
- Ball is dead when any part of the ball or ball carrier other than his hand or foot touches the ground. On a snap or fumble the ball will be spotted where the ball touched the ground.
- Two feet in bounds for a completion. Player's feet hit the lines and cones they are out of bounds.
- All players must be 5 yards in from the sideline. A 5 yard Dead ball foul from previous spot will be accessed
- There will be no jumping by an offensive player, to advance the ball, unless you are jumping over a player to avoid injury. An offensive player can jump backward or sideways to avoid being deflagged. The player with the ball can spin, but the ball must be above the waist. Holding ball below the waist is considered flag guarding. 10 yard penalty will be accessed.
- The ball carrier cannot dive to advance the ball. 10 yard Personal foul will be called
- One hand touch when a carrier flags fall off inadvertently.
- The ball will be spotted at the forward most point, not the players body, upon being deflagged or touched (flags come off).
- Ball caught by two opposing players will be become a dead ball at the spot and the offense will retain possession. Referees discretion.
- Only one player can move in motion sideways at a time. Players must set himself for one second if he is facing the opponent's goal line before ball is snapped.
- Runners in possession of the ball may not stiff arm, swing arm\hand, or lower shoulder that puts your arm over the flags, and prevent team from deflagging. 10 yard flag guard penalty will be accessed.
- Intentional Grounding. When a passer intentionally throws the ball to the ground or out of bounds to save loss of yardage without making an obviously-honest attempt to complete a pass to a teammate. Referees discretion on penalty. Penalty for Intentional Grounding will be as follows: 5 yard penalty where the penalty occurred, and there will be a loss of down.
- QB must have possession of ball before he actively spikes ball down from a snap. Under 2 mins QB must at least bat ball forward to stop clock. If he fumbles snap or goes over his head clock will continue to run.

Defense --

- No defensive player may line up over the center. Lining up over center is defined, as any part of the defenders body may not be inside the shoulders of the center and must be two yards off the line of scrimmage. A 5 yard penalty and repeat down will be accessed, however if the QB lines up under center then defense can line up directly over center.
- QB ARM** --Defenders need to approach the passer with both arms straight up in the air, or go for the flags. A defender that lowers their arms, or hit and makes contact with arm of the passer is considered roughing the passer. Penalty is 10 yard penalty and automatic first down. If pass is completed, the yardage from the completed pass will be gained, then 10 yards extra will be added on and an automatic first down.

-One bump within 5 yards, no carrying with a bump. Illegal contact down field is a 10 yard penalty, and repeat down.

-A defender must always attempt to grab a flag no pushing or hitting out of bounds. 10 yard personal foul.

-LAST MAN RULE --- If a player is on the verge of scoring and there is one player left to prevent the touchdown he needs to make an attempt to grab the flags. If he tackles, trips, or pushes the player out of bounds, and the penalty happened outside the 20 yard line, the ball will be spotted at the 5 yard line. If the penalty happened at/or within the 20 yard line, the ball will be spotted at 1 yard line. Referee Discretion.

Special Teams ---

-Kickoffs are from 40 yard line. Ball kicked out of bounds is placed at 35 yard line or where ball went out of bounds. Receiving team must line-up at least 4 players at the 50 yard line

-Fake Field Goal/Extra Point -- Place kicker can come up from his knee and throw the ball/or run, but the place kicker cannot lift his knee and then set his knee back down. I.e. high snap. Dead ball foul will be called.

- Punt rule: On 4th down the rule will revert to USFTL ruling. The ref will ask the offense if they wish to punt, play, or No Declare.

Punt - No Rushing the kicker and the center must snap the ball to kicker (kicker must be at least 2 yards from center) and kicker has 5 sec to kick ball. 4 men on Defensive line of scrimmage and no one can leave until the ball is kicked.

No Declare: Full live rush and offence can choose to punt the ball at any given time.

Offensive and Defensive line can leave the line of scrimmage as soon as the ball is snapped.

-On a punt, extra point, or field goal attempt the defense cannot rush the A gap. A gap is the space between the center and the 2 guards. The center and guard's feet must stay in contact. A 5 yard penalty and down over will be assessed, unless the Lineman vacate the A gap (feet separate).

-Onside kick is allowed only with 2 minutes or less left in the game and the losing team has a 16 point or fewer deficits. The receiving (winning) team must return the ball past their own 20 yard line or further (even after a penalty is assessed, ball must cross over the 20). If not, the kicking (losing) team will receive the ball at the 50 yard line with 1st down and next zone-line to gain. If the ball crosses the goal line of the end-zone a touchback will occur and the receiving (winning) team will have the ball at the 20 yard line. **An onside kick only applies to the losing team.**

Penalties ---

Obscene Language: Any obscene language on or off the field of play. It will result in a player warning and will result into a fifteen yard penalty for that team. Numerous infractions will result in an ejection from that game. Referee discretion.

-No roll or blocking below the waist. It will be a personal foul (10 yard penalty and automatic first down)

-Pass interference on defense is a spot foul and an automatic first down.

-Offensive pass interference = 10 yard penalty from the line of scrimmage, repeat the down.

-Holding is a 10 yard penalty; down goes over. (Offense or Defensive)

-Defensive players may not hold, grasp, or impede the forward progress of the runner. A 10 yard personal will be assessed.

- Off-sides on offense or defense is a dead play. 5 yard penalty. Second consecutive offside penalty is 10 yard penalty.
 - Flag guarding is a 10 yard penalty from the spot of infraction and a loss of down.
 - No tackling -- 10 yard penalty from the spot of the tackle. If the same player, in the same game gets penalized twice for tackling a player he will be ejected from the game and will be reviewed by the Board.
 - No blocking in the back at all! 10 yard penalty.
 - No lowering of Shoulder on either side of ball. Ball carriers cannot drive or run deliberately in a defensive player. The charge/block principles used in basketball apply. A 10 yard personal foul will be assessed.
 - Any hit to head is a personal foul. Two personal fouls by the same player will be ejected from that game and will be reviewed by the Board. (Even if it is done accidental)
 - Any player going for the knees is a personal foul there will be a 10 yard penalty. If the player repeats the foul he will be ejected from game and reviewed by the Board.
 - Ongoing problems with players and/ or teams may result in suspension or expulsion from participation in league.
 - Any dispute among your own team will be not be handled by the league. This is a team matter.
 - When rushing on a punt and the defense runs into the kicker it is a 5 yard penalty and repeat the down. Roughing the kicker is a 10 yard penalty and an automatic first down. If the ball is blocked, on a punt or Field goal, the defense can advance the ball, if the ball does not hit the ground. If the ball does hit the ground it is a dead ball
 - Running into the kicker (holder) on extra points or Field goal is a 5 yard penalty. Rougher kicker (holder) is 10 yards and automatic first down. On an extra point, ball will be place on the 1 yard line.
 - Two personal fouls from the sideline is a forfeit.
 - If a player (s) comes on the field from the sideline during any altercation, the player (s) will be ejected from the game and will be reviewed by the Board. Referees discretion.
 - At all times, if any player doesn't have flags on before the start of play it is a 5 yard penalty. If a player ties or adjusts flag in any way, so they cannot be removed, he will be ejected and a 10 yard penalty for the team he plays for.
 - If for any reason a player(s) is ejected from a game that person(s) will be suspended for a minimum of one game and a \$50 fine will be assessed. Any player(s) involved in any fighting manner will be suspended for twelve games and a \$100 fine will be assessed to the team. This fine is to be paid by the teams next scheduled game. Teams that do not comply will be issued a forfeit and a forfeit fee of \$50 will accessed.
- Ejected players:** Any player ejected from the game has 2 mins to gather his belonging and must leave the field and parking lot. Any member that doesn't comply, his team will be penalized as well as his suspension will be extended.
- Forfeit fee:** Teams will be charged \$125 a game and is to be paid before your next scheduled game. If a team forfeits twice in a season, they will be removed from the schedule and no refunds.
- Suspensions:** Any member that is issued a suspension cannot be at or around the field of play. Any member found there while on suspension will be extended. Boards discretion.

Garbage left on the sidelines: Any team that doesn't pick up any remaining garbage during or after their game will be fined \$10. Teams must report to the ref before the start of their game that garbage was left from the previous game otherwise that team will be charge with a fine! Money is to be paid by the start of your next scheduled game. If the fine is not paid by your next scheduled game, it will be forfeited and another fee will be administered.

Referee conduct: The referee will be responsible for their conduct towards players. Any threat or out of line conduct made by a referee will be handled by the Board.

All other rules not defined in the Northfield Football rule book will be reverted to the USFTL rulebook and procedures.

All ejections and suspensions will be reviewed by the Board. All fines must be paid before next scheduled game.