THE SPIRIT OF ALL RULES AND REGULATIONS IS ENSURING A FUN, FAIR AND
COMPETITIVE GAME WHILE UPHOLDING SAFETY AS A FUNDAMENTAL PRINCIPLE
ALL REFEREES WILL ALWAYS UPHOLD THE SPIRIT OF THE RULES IN ADDITION TO
THE LETTER OF THE RULES
TABLE OF CONTENT

| Rule #1 | - General Rules | .......................................................... | 3 |
| Rule #2 | - Equipments | .......................................................... | 3 |
| Rule #3 | - Players Legal Equipments | .......................................................... | 3 |
| Rule #4 | - Players Illegal Equipments | .......................................................... | 4 |
| Rule #5 | - Game Clock | .......................................................... | 4 |
| Rule #6 | - Overtime Period | .......................................................... | 4 |
| Rule #7 | - Scoring | .......................................................... | 5 |
| Rule #8 | - Kick Off | .......................................................... | 5 |
| Rule #9 | - First Downs | .......................................................... | 6 |
| Rule #10 | - Fumbles | .......................................................... | 6 |
| Rule #11 | - Dead Ball and Huddles | .......................................................... | 6 |
| Rule #12 | - Line of Scrimmage | .......................................................... | 6 |
| Rule #13 | - Shift and Motions | .......................................................... | 6 |
| Rule #14 | - Snap, Offside, and Encroachments | .......................................................... | 7 |
| Rule #15 | - Snaps | .......................................................... | 7 |
| Rule #16 | - Blocking | .......................................................... | 7 |
| Rule #17 | - Passing | .......................................................... | 7 |
| Rule #18 | - Rushing the QB | .......................................................... | 8 |
| Rule #19 | - Ball Carriers | .......................................................... | 8 |
| Rule #20 | - Pass interference | .......................................................... | 8 |
| Rule #21 | - Receiving | .......................................................... | 8 |
| Rule #22 | - De-flagging | .......................................................... | 9 |
| Rule #23 | - Punting | .......................................................... | 9 |
| Rule #24 | - Protest Procedures | .......................................................... | 9 |
| Rule #25 | - Foul and Penalties | .......................................................... | 10 |
| Rule #26 | - Fighting | .......................................................... | 12 |

REFEREE ASSIGMENTS | .......................................................... | 13 |
Rule # 1 - General Rules
1. The match is played between 2 teams
2. The match will be officiated by 4 officials and one of them is the timekeeper. The match can be officiated with less than 4 officials with the agreements between the 2 team captains.
3. The minimum player in one team is 6 players and a maximum of 8 players, a minimum of 3 offensive linemen is required.
4. If a team cannot come up with 6 registered players in a match, then the match will be forfeited to the opposing team with a score of 17-0.
5. Teams can have players in multiple roles (1 player can play on offensive, defensive, and special team in 1 match)
6. Substitutions can be made in dead ball situations and before the break of the huddle. The substituted player must go their team bench
7. The clock will run in substitutions.
8. A team cannot have more than 8 players on the field after breaking the huddle.
9. Each team will have captain(s) to make team decisions and they are the only players that can communicate with the officials.
10. Teams may have different captain(s) on offensive and defensive team.
11. Team captain(s) must report to the officials before the start of the match and cannot be replaced unless the captain(s) is injured and substituted by another player. Change of captain due to injuries must be reported to the officials before ball spotting.
12. Players other than captains cannot questions official's decisions
13. All members of the team (players, substitutes, coaches, trainers, etc) must follow the officials in duty.

Rule # 2 – Equipments
Equipments for the match will be provided by IFFA and they are:
1. Football Field – The field is 80 yards x 40 yards, the end zones @ 10 yards and 4 zones @ 15 yards.
2. Football - The football must be made out of skin and agreed by the officials. The officials can ask to change the football in the ongoing match.
3. Field marker – Will be placed on the right and left hand side of the field to mark the zones. Field markers will be at the goal lines and every 20 yards (primary marker) and every 10 yards (secondary marker)
4. Spotter – There will be 2 spotter to 1) mark where the ball is before the play 2) first down line
5. Official's equipments – There will be 1 stopwatch held by the head official, 4 whistles, and 4 flags.

Rule # 3 – Player’s equipment (Legal)
1. During the match, the players should wear:
   a. Same colored jersey with the other teammates and it must be contrast with the opposing team.
   b. The jerseys must be tucked in so it will not hide the flag belt. Players with flags that are covered up with jersey will be penalized (false start for offensive player and offside for defensive player)
   c. Legal flag belts have flags at: Right – Left - Back
   d. Shoes
   e. Shorts
2. During the match, players can wear:
   a. A clothing with the team color
   b. Mouth brace
   c. Soft protectors for knee, shoulder, and other body parts
   d. Gloves
3. Players that comes into the field with illegal equipments will cause a 5 yard penalty from LOS (false start for offensive players, offside for defensive players)
4. Injured players or judged injured by the officials in a play will have to get out for at least 1 play and may come in after finished with the injury check.
Rule # 4 - Player's equipment (illegal)
  1. Players cannot bring and wear equipment that can injure him self and other players.
  2. These are the examples of a dangerous equipments:
     a. Carrying heavy objects on their pockets
     b. Cleats
     c. Helmet
     d. Hard braces or protectors
     e. Belts
     f. Wrist watch
     g. Jewelry
  3. Officials can eject a player that is considered to bring or use a dangerous object that can inflict injuries to themselves and other players.

Rule # 5 – Game clock
  1. Game clock will be 2 x 20 minutes
  2. Game clock will start after the kick off ball is caught by the receiving team. If the kick off is dropped, went out of bound or it is a touchback, then the game clock will start after the officials placed the ball placed the ball and initiate the start of the game (will start at the same time with the huddle clock). Net time will be used in the last 2 minutes of the half.
  3. Huddle clock: 30 seconds.
  4. The clock will stop only on Touchdown and Timeouts in the first 18 minutes of the half.
  5. Game clock doesn't run on Extra point/PAT.
  6. In the last 2 minutes of the half, the clock will stop when:
     a. Timeouts
     b. Incomplete pas
     c. Out of bounds
     d. Change of possession
     e. Touchdown
  7. Timeouts can be requested/called by any player on the field. Timeouts are 60 seconds and only 2 for each half.
  8. Official's timeout have infinite time and can be called as many as needed to review a play or for injury timeout.
  9. After timeout, the game clock will start after the snap
 10. Team captains or quarterbacks can ask the remaining time to the officials at dead balls.
 11. There will be a 5 minutes break at the end of first half and the officials will blow the whistle at the 3 minute mark as the notice to the player to comeback to the field. A team that does not come back after the break will be considered walk-off and the match will end 17-0 to the opposing team.
 12. There will be overtime if the score is tied after the second half. (Rule #6 - Overtime Period)
 13. Shortened period: Before the start of the match, the game clock may be reduced with the agreements between the 2 teams and the officials. The game clock can be reduced in the middle of the match without the consent if the 2 teams if the conditions is dangerous, such as thunderstorms.
 14. Extended period: There will be 1 extra down in the end of a half if:
     a. A foul on the last play and the penalty is accepted
     b. A double foul
     c. Replay of down
     d. A touchdown and the extra point or PAT will affect the outcome of the match.

Rule # 6 – Overtime Period
  1. Overtime does not use the game clock and only the 30 seconds huddle clock is used.
  2. Each team will have the same opportunity to score points or touchdowns.
  3. Each team will have 4 chances/downs to score a TD within the same regulations/rules.
  4. Conversion or PAT (1 or 2 points) will be run with the same regulations/rules.
  5. The football will be placed on the 20 yard mark.
  6. Interception or a turnover by the defense will end the chances for the opposing offence.
  7. There will be 1 timeout in the overtime period for each team.
  8. If both teams did not score on the given 4 downs, overtime will be repeated until one team score.
Rule # 7 - Scoring

1. **Touchdowns (6 points)**
   - When the ball carrier waist passes over the goal line or a completed catch inside the end zone.

2. **1 point conversion/PAT (1 point)**
   - The team that just scored the touchdown will have the chance to score a 1 PAT at the 2.5 yard line.

3. **2 point conversion/PAT (2 points)**
   - The team that just scored the touchdown will have the chance to score a 1 PAT at the 10 yard line.

4. **Safety (2 points)**
   - If an offensive player is tackled inside their own end zone or when the offensive team got a penalty that causes the ball goes inside the end zone. The team that got the safety will punt from the 20 yard line.

5. **Mercy rule**
   - The match will be considered done when the point difference reaches 28 points or more. The losing team can opt to continue until the end of the game.

Rule # 8 - Kick off

1. There will be a coin flip before the kick off; it will be done by the officials and each team captains.
2. Visiting team will choose a side of the coin; if the match will be done in a neutral field then the first captain to come will choose the side of the coin.
3. The winner of the coin toss will choose:
   a. To receive
   b. To kick and the side of the field
4. The loser of the coin toss will choose the remaining options.
5. Kickoff will be placed on the 20 yard line.
6. The kicking team cannot crosses the 20 yard line before the kick except the place kicker (if no kicking tee available)
7. **NO ONSIDE KICK ALLOWED.**
8. The receiving team cannot crosses the 40 yard line on the kicker side of the field before the kick.
9. If the football goes beyond the end zone then the football will be placed on the 20 yard line of the receiving team field.
10. If the football dropped inside the end zone (touchback) then the football will be placed on the 20 yard line of the receiving team field.
11. If the football goes out to the sides of the field, the football will be placed on the 40 yard line of the receiving team field or at the point where the ball went out of bounds (whichever the receiving team choose). If the ball went out from the field in the end zone then it is a touchback and the football will be placed on the 20 yard line.
12. Receiving team returner can signal a fair catch and the play will start at where the ball first touches the ground or when caught by the returner. There are no interference allowed after signaling for a fair catch.
13. If the ball is caught in the end zone by the receiving, the returner may opt to kneel down and it will result in a touchback and the play will start at the 20 yard line.
14. If the ball touches any part of the returner and is dropped to the ground inside the end zone then it is a SAFETY (point of contact rules).
15. Fair catch can be signaled at any point of the field except in the end zone. The play after the fair catch will be held at the point of the catch.
16. Returner can have a try to return as far as possible until he is tackled or deflagged.
17. There are no muffed balls or fumbles in kickoffs: if the ball touches or bounces off the receiving team body parts then the play will be rules dead at the point of contact or at the point where the ball stops or goes out of bounds.
18. If the ball was not caught by the receiving team and did not hit any body part of the receiving team, the kicking team may stop the ball by catching it. Then the play will start at the point where the kicking team catches the ball.
Rule # 9 – First downs
1. Offense is given 4 tries/downs to go from a zone to the other zone (a zone is between 2 primary markers).
2. The waist of the ball carrier must pass the first down line to get the first down or passes the goal line for a touchdown. (Not the ball)
3. Offense can opt to go for it or punt on 4th downs.
4. If the offense fails to convert the 4th down, there will be a turnover of possession and the football will be placed on the last point of dead ball.
5. Offense can advance with a passing or running play
6. If the football advances forward to the next zone due to a penalty, then the offense will get a first down.
7. If the ball goes backwards to the previous zone after a penalty or a play (tackle for loss), the first down line doesn’t move from the previous spot.

Rule # 10 – Fumble
1. If the ball carrier loses the football and have not touch the ground, then the offense or defense can try to recover it.
2. The football may not be tipped or kicked forward by the receiver to another offensive player. Defensive player may tip the ball to another defensive player to get the interception.
3. If the ball touches the ground, then the play will be ruled dead.

Rule # 11 – Dead ball and huddles
1. Officials will announce the dead ball that ends the play with 1 long whistle for first and second down, and 3 shot whistles for third downs.
2. The last ball carrier must return the ball to the officials after the play is ruled dead and the player cannot bring the football back to the huddle (unsportsmanlike conduct if fails to complete this rule).
3. After the placement of the football, the official will announce to the captains that the huddle clock will start.

Rule # 12 – Line of Scrimmage (LOS)
1. Line of scrimmage (LOS) is the point where the play starts or where the football is placed. It will be virtually placed with a black line from the right to the left hand side of the field.
2. A minimum of 3 players and a maximum of 7 players at LOS for offence.
3. Defensive players must be 1 yard away from LOS (± 1 meter).
4. Defensive and Offensive Linemen may choose to use then 3 point stance or not, only center must use the stance for snapping purpose.
5. 3 defensive linemen must be at LOS. 2 defensive linemen are only when the team has less than 8 players in the match and with the agreement between the teams and the officials.
6. The defensive linemen must be in front of the offensive linemen. The position of the defensive linemen lined up in front of an offensive line must be between the shoulders of the offensive line. Failed to execute this rule will result in the illegal formation penalty.
7. The stance of the defensive linemen doesn't have to be facing straight to the offensive linemen.

Rule # 13 - Shift and Motion
1. Shift of formation is a movement of 2 or more offensive players before the snap/
2. Offensive players cannot make a sudden move after the quarterback signaled "SET". Movements by the offense after "SET" is called Motion.
3. Only one offensive player can move in Motion and the movement must be parallel to the goal line or LOS and behind the LOS. If there are more than 1 player moving in Motion, the offense will get a FALSE START Penalty.
Rule # 14 - Snap, Encroachment, and Offside

1. Quarterback must signaled "SET" and the ball must be snapped at the first "HUT/HIKE" to prevent false starts and encroachments. (No fake "HUT/HIKE").
2. There must be no other signal other than "HUT/HIKE" to snap the ball.
3. Quarterbacks can use silent snaps after the "SET" signal.
4. Encroachments are when a defensive player crosses the LOS and touches an offensive player prior to the snap.
5. Defensive players cannot scream or make sudden movements to make the offensive player to move before "HUT/HIKE". (Unsportsmanlike conduct penalty).
6. Offside is when the defensive player crosses the LOS simultaneously with the snap.
7. Players at LOS cannot move or change their stance before the snap.
8. False starts are when the offensive player crosses the LOS or make a sudden movement prior to the snap.

Rule # 15 – Snap

1. The offense will have 30 seconds to snap the ball after the officials placed the ball at LOS.
2. Snap may only be executed by the Center at any formations.
3. A snap can be thrown to any offensive player behind the offensive line.
4. Bad snap will be counted as a fumble and the play will be ruled dead at the point where the ball first touches the ground.

Rule # 16 – Blocking

1. Blocking must be done with open hands, not with elbows or with a fist. (Open hands means the hand must be extended from the elbow not loaded up from the sides).
2. Line block must be done from the front of the player. Linemen can move to adjust with the direction of the rush from the defensive player and cannot block from the back, holding, and clipping.
3. Blocking outside of LOS must also be done with an open hand forward block.
4. Bump and run: Bumping can be executed 5 yards from LOS and the player can be penalized with pass interference if the bump occurs beyond the 5 yard.
5. Offensive player can execute a block 5 yards from LOS after the snap.

Rule # 17 – Passing

1. There can only be one forward pass allowed in 1 play and the forward pass must be thrown behind the LOS or it there will be an illegal forward pass penalty against the offense.
2. Forward pass can be thrown by any offensive player except the linemen and must be thrown behind the LOS.
3. There's no limit in lateral or backward pass.
4. An offensive player cannot throw a forward pass when the player crosses over the LOS and the goes back behind the LOS.
5. Backward passes that failed to be received and falls to the ground will be ruled a fumble and the play will be dead at the point the football touches the ground. The ball will belong to the passer except if it happens on 4th down. The players cannot fight for the fumble recovery.
6. Backward pass that goes out of bound will belong to the passer except if it happens on 4th down. The play will be ruled dead at the point where the ball went out of bounds. If the ball is dropped or went out of bound inside the end zone then it will be counted as a safety.
Rule # 18 - Rushing the Quarterback.
1. A SACK is when a defensive player pulled the flag off the quarterback behind the offensive line and the quarterback still possesses the football.
2. Pass rushers or defensive players may not come in contact with the quarterback trying to de-flag the quarterback. Any dangerous contacts can result in a roughing the passer penalty for the defense.
3. Pass rushers may not attempt to block the quarterback's pass unless if there are offensive linemen in front of the rushers or behind the LOS.
4. Defensive players cannot force a fumble out of the quarterback.
5. A sack is not counted if it happens simultaneously with the pass from the quarterback and the play will continue. This judgment will be judged fairly by the officials.
6. Quarterbacks cannot throw the ball away to avoid a sack. If the ball is thrown to an empty field (no receiver in the area) then it will be ruled intentional grounding.

Rule # 19 - Ball carriers
1. Ball carriers must by all means avoid contact. Officials will judge fairly on whether the ball carrier tries to avoid contact or not (unavoidable contact).
2. Stiff arm counts as making a contact with a defender and not avoiding contacts.
3. No spins or dive is allowed.
4. Ball carriers cannot protect their flags with any part of their body; a player that tries to de-flag must have clear and safe access to de-flag the ball carrier.
5. Ball carriers cannot intentionally throw the football out of bounds in the last 2 minutes of the half to stop the clock. The clock will stop only when one or both legs of the ball carrier went out of bound. If this happens then the offense will be given a 5 yard penalty from POI and the time will keep running.
6. If the football is fumbled before the ball carrier gets in to the end zone and the ball falls inside the end zone, then the play will ruled dead at the point where the player fumbles the football and there will be no touchdown.

Rule # 20 - Pass Interference
1. Pass interferences apply for the passes from behind LOS and it applies for forward or lateral passes.
2. After the pass is thrown, both the defender and the receiver cannot make an active contact with each other before one the player came in contact with the football.
3. Defenders cannot strip the ball away from the receiver when the receiver has full possession of the football (both hands on the football). Defenders must go for the flag if the receiver already has possession.
4. The defender or the receiver cannot interfere with the vision of each other to catch the ball.

Rule # 21 - Receiving
1. All players can catch the ball in a play except the offensive linemen.
2. All players have the same rights to catch the pass except the offensive linemen.
3. Offensive linemen can only catch a pass if it already bounces or deflected off another player.
4. The play will be ruled a catch if both feet of the receiver is inside the field.
5. The ball may be touched by several players prior to the catch.
6. If both the receiver and the defender catch the football at the same time then the ball can be fight for while the players are in the air. Once the player touches the ground and the football still being possessed by several players, the football will belong to the offense.
7. If the receiver loses control of the football when trying to catch it, the play will be ruled dead as an incomplete pass when the football touches the ground.
8. If the receiver loses the football after securing the catch it will be ruled a fumble, and the play will start at the point where the football hits the ground. There will be no forward fumbles; therefore if the football fumbles forward, the football will be spotted at the point where the player loses control of the football not when it hits the ground.
Rule #22 - Deflagging
1. Full contact tackle is replaced by de-flagging the ball carrier.
2. Ball carrier is ruled down by de-flagging when the flag is stripped off.
3. Ball carrier who falls down on a play is ruled down by contact from the defense. If the ball carrier falls down and was not touched by any defensive player, the player may continue running towards the end zone.
4. Defense can not grab or hold any body parts or clothing, or wrap the ball carrier with the arms.
5. Defense may contact the ball carrier lightly but cannot contact the neck or the head of the ball carrier. The defensive players cannot grab, push, or throws the ball carrier down.
6. Defensive player can only de-flag an offensive player when they have the football.
7. Illegal de-flagging is when a defensive player de-flags an offensive player before the players possess the football. The offensive player can continue to run with the football until touched by a defense.
8. If the flag accidentally drops, the offensive player is ruled down after touched by one hand by the defense.
9. Defender may dive to de-flag the ball carrier only if it is necessary. Dangerous contact by the defender caused by diving to de-flag will result in a foul tackle penalty.
10. De-flagger should not move from the spot where the player de-flags the ball carrier and hold the flag up. This will help the official with the spotting of the de-flagging.
11. De-flagger have to return the flag to the owner afterwards.
12. After a touchdown, an official will check the flag of the ball carrier. The official will check the flag with one pull to check if the flag is tied down or illegally used. If the flag cannot be stripped easily, the play will be repeated.
13. Special Note: De-flagging means that the defender succeeds in pulling the flag off the ball carrier and holds the flag. If the defender fails to de-flag but manages to strip the flag off, then the ball carrier will be ruled down where the flag falls off.

Rule #23 – Punting
1. Offense team captain must inform the officials if they decided to punt immediately after the officials spot the football.
2. The punting team cannot cross the LOS before the punt.
3. Receiving team should be 10 yards away from LOS and can not cross over it before the punt.
4. No fake punts allowed.
5. The receiving team can line up in any formation as long as they don't cross the 10 yard line from LOS.
6. The punt returner may attempt to return the football as far as he can go after receiving.
7. If the returner drops the ball, then the play will be called dead when the ball touches the ground.
8. If the punt goes beyond the goal line then it will be a touchback and the offense will start at the 20 yard line.
9. If the punt goes out of bound, the play will start at the point where the ball went out.
10. There’s no muffed ball or fumbles in a punt. If the ball bounces off a receiving team player and falls the ground, the offense will start their drive from where the point where the ball hits the ground or when it contacts the receiving team.
11. The punting team can catch the ball and the opposing offense will start from the ball is caught by the punting team.

Rules #24 – Protest Procedure
1. Only the team manager or captain can make a protest/challenge the call with the officials and it should be done before the start of the next play and with a rule book in hand.
2. If the decision of the official does comply with the rule book after the protest/challenge, the protesting team will be charged with 1 time out.
3. The final score or result of the match cannot be disputed.
Rule #25 – Fouls and Penalties

1. Only captains can question the foul called by the referees.
2. The referees must call the name or number and committed foul.

3. There are 2 type of fouls in the game:
   a. **Dead ball foul**: penalties that stops the game
   b. **Live ball foul**: penalties that does not stop the game and can be accepted or declined by the opposing team.

4. If the **dead ball foul** is called, the referee will immediately blow the whistle, throws the flag, explain the penalty, stop the game, and the penalty will be given instantly.
5. If the **live ball foul** is called, the referee will throw flag but will let play continues. The referee will then blow the whistle when the play is over. The referee will explain the penalty and give the option to the non-penalized team to accept or decline.

6. If the football moves forward because of a defensive penalty and passes the 1st down, then the 1st down will be given to the offense.
7. If a double foul occurred between the two teams then the play will be repeated.
8. **Half the distance rule**: A penalty cannot move the ball more than half the yard to the end zone unless specified. If the penalty yardage is larger than the distance to the end zone, the football will then be placed at half the distance to the end zone.
9. If an offensive penalty moves the football back to their own end zone, then it will result in a safety.
10. If a defensive team commits a live ball foul in their own end zone and the penalty moves the ball beyond the end zone, then the football will be placed on the 1 yard line.
11. **Foul on a scoring play**: If the offense commits a penalty during a touchdown resulting play, the defense can choose to accept the penalty and it will nullified the touchdown. If the defense commits a penalty during a touchdown resulting play, then the touchdown will be counted immediately.
12. **Foul prior to a PAT**: If there’s a foul between the touchdown and the PAT, the penalty will be measured from the point of PAT.
13. **Multiple live ball fouls**: If a team commits more than 1 foul in a live ball situation, then the foul with the longest penalty yards will be counted. If there’s an unsportsmanlike conduct, the penalty will be measured from the point where the play ends.
14. **Multiple dead ball fouls**: If a team commits more than 1 foul in a dead ball situation, then the penalty will be measured by each foul committed. If there’s an unsportsmanlike conduct, the penalty will be measured from the point where the play starts.

15. **Dead Ball Foul for OFFENSE**:
   a. **Offside** – **5 Yard loss, repeat down**.
      A player crosses the LOS at the snap.
   b. **False start** – **5 Yard loss, repeat down**.
      A sudden move by an offensive player.
   c. **Illegal motion** – **5 Yard loss, repeat down**.
      More than one offensive player moves after “SET” and before “HUT”/Snap
   d. **Delay of game** – **5 Yard loss, repeat down**.
      No snap after the 30 second huddle clock starts.
   e. **Too many man on the field** – **Loss of Down**.
      More than 8 players on the field after the snap.

16. **Dead Ball Foul for DEFENSE**:
   a. **Enroachment** - **5 Yard loss, repeat down**.
      A player on defense player touches a player on offensive prior to the snap.

17. Live ball foul can be accepted or declined by the opposing team captain.
18. Live Ball Foul for OFFENSE:
   a. **Offensive pass interference** – *10 yard loss from LOS.*
      Interfering with the view of a defensive player with hands, pushing to create separation, blocking or pushing a defensive player when the ball is in the air.
   b. **Illegal forward pass** – *5 yard loss from LOS, lost of down.*
      Passing forward after crossing the LOS, 2nd forward pass.
   c. **Flag guarding** – *Ball is dead at POI, 5 yard loss, lost of down.*
      Preventing a defensive player from de-flagging with the use of their hand or any other part of the body.
   d. **Intentional grounding** - *5 yard loss from LOS, lost of down.*
      QB throwing the football away to avoid sack inside the pocket.
   e. **Offensive holding** - *10 yard loss, repeat down.*
      Illegal block or grab by a player from offense on a defense player.
   f. **Illegal contact by the ball carrier** – *dead ball, 10 yard loss from POI, loss of down*
      Illegal contact by the ball carrier such as running into a defender and stiff arm.
   g. **Helping the ball carrier** – *dead ball, 10 yard loss from POI, loss of down.*
      Pushing or pulling the ball carrier by an offense player to gain extra yards.
   h. **Personal foul** - *15 yard loss from LOS, lost of down.*
      Any unsportsmanlike conduct such as tackling an opposing player, pushing an opposing player after the play is ruled dead, throwing an opponent to the ground, shouting at the referee.
   i. **Illegal blocking down the field** - *5 yard loss from LOS, lost of down.*
      Blocking can be done after 5 yards after LOS. Grabbing jersey, cut block, or pushing from the back is considered illegal blocks

19. Live Ball Foul for DEFENSE:
   a. **Offside** - *-5 yard from LOS, repeat down.*
      A defense player jumps across the LOS before the snap or simultaneously at the snap.
   b. **Defensive Pass Interference** - *at POI, automatic first down. If occur in end zone ball placed at defensive team 1 yard line.*
      Interfering with the view of an opposing player with hands, blocking or pushing an opposing player when the ball is in the air, illegal contact after 5 yard from LOS.
   c. **Tackling** - *15 yard from POI, automatic first down.*
      An intentional tackle: hurdling, diving, tripping, any body contact that is not open hand.
   d. **Defensive holding** - *10 yard from POI, repeat down if the ball doesn't go across the 1st down line.*
      Illegal block or grab by a player from defense on an opposing player.
   e. **Roughing the passer** – *15 yard from LOS, automatic first down.*
      A player from defense comes in contact with the QB when he tries to throw the football.
   f. **Illegal formation/Too many man on the field** – *5 yard from loss, lost of down.*
      The defensive linemen do not go 3 vs. 3 at the snap of the ball or more than 8 players on the field when the ball is snapped.
   g. **Personal foul** - *15 yard from loss, lost of down.*
      Any unsportsmanlike conduct such as tackling an opposing player, pushing an opposing player after the play is ruled dead, throwing an opponent to the ground, shouting at the referee.

20. Here are the list of fouls that can be committed by both teams:
   a. **Stripping the ball** – *Loss of 10 yards from POI.*
      Aiming and stripping the ball from a ball carrier.
   b. **Fair catch interference** – *Loss of 5 yards from POI.*
      Interfering with the kick/punt returner after the player signaled for a fair catch.
   c. **Not handing the ball to the officials** – *Loss of 5 yards from POI.*
      A player doesn’t give the ball to the officials when the play is over.
   d. **Not handing the flag to the opposing player** – *Loss of 5 yards from POI.*
      Doesn’t give the flag to the de-flagged opposing player when the play is over.
   e. **Flag covering** – *Loss of 5 yards from LOS, repeat down.*
      Flag covered by clothing, towel, or any other material that make it difficult to de-flag
   f. **Illegal timeout** - *Loss of 5 yards from LOS, lost of down.*
      Requesting for timeout when the team is out of timeouts.
21. New fouls or fouls that are not listed in above will be penalized with 5 yard loss and repeat of downs if the penalty doesn't resulted in a first down.

22. A player can be **EJECTED** from the game by the official if:
   a. Intentionally attack another player
   b. Shouting or using foul words to the officials and other players
   c. Unsportsmanlike behavior and other dangerous behaviors.

**Rule #26 – Fighting.**

1. The officials are not responsible to break up a fight. Officials will blow a warning to both teams and the individuals who are involved in the fight should go out of the field.
2. If the both teams cannot break off the fight after the warning whistle, the match will be called off.
3. The team that starts the fight will lose and the team will end the match with 0 while the other team can keep their current score.

Jakarta, 5 May 2009

Denny N. Yustiadi
President of the IFFA

- Compiled and revised by NURBASKORO -

Latest Revision: November 2011
- revised by Alex Alamsyah -
REFEREE ASSIGNMENTS

To avoid overlapping of tasks by the referees, here are the referee assignments:

1. Backfield Referee:
   a. Line up 5 yards behind and 10 yards to the right of the QB
   b. Holds the 35 seconds huddle time
   c. Tells the 10 seconds huddle time warnings
   d. Tells the 20 seconds huddle time warnings
   e. Tells the final 25 seconds huddle time warnings
   f. Check the snap
   g. Check for the illegal blocking
   h. Check for flag guarding by the quarterback
   i. Check for pass rushers that don’t go for the QB’s flag
   j. Check for sack/pass
   k. After the football/runner goes beyond the LOS, check for illegal blocks
   l. Spot the ball and the kick tee in kickoffs and look for illegal blocking in the return.
   m. Moving the marker after plays

2. Downfield Referee:
   a. Line up 10 yards behind the safety and 10 yards to an empty space
   b. Check for contacts down the field (Pass Interference and bumps after 5 yards. Pass interference only called if the football is catchable and on the area where the ball is thrown into. Can also call defensive/offensive holding.
   c. After the football/runner goes beyond the LOS, check for illegal blocks
   d. Check the blocking from the return team in kickoffs or punts

3. Sideline Referee:
   a. Lineup at the LOS on the side of the field.
   b. Act as the head referee and calls the final decision.
   c. Do the coin toss to start the game.
   d. Check the LOS for offside, encroachment, false start.
   e. Check illegal blocking on his side of the field
   f. Follow the football and ball carrier, check on spins, flag guarding, and other fouls
   g. Mark the dead ball spot on his side
   h. Blows the whistles right on dead balls.
   i. Blows the whistle to initiate kickoff.
   j. Check for teams that calls time outs.
   k. Announce the result of the play
      (Example: Fielders 1st down to 40; incomplete pass; 2nd to 40)

4. Scrimmage Referee:
   a. Line up on the other side of the field across the sideline referee.
   b. Responsible for the 20 minutes game time.
   c. Check the LOS for offside, encroachment, false start.
   d. Check illegal blocking on his side of the field
   e. Follow the football and ball carrier, check on spins, flag guarding, and other fouls
   f. Mark the dead ball spot on his side.