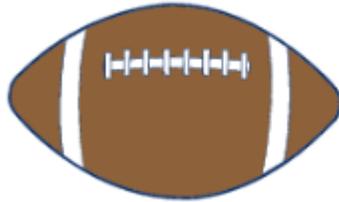


# XFL



# Flag Football

**(A division of Coral Springs Flag Football)**

Rules and Regulations

2020 Season

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# 1. League Directors

## 2020 Board of Directors

<b>President</b>	<b>Mike Gorelick</b>	
<b>Vice-President</b>	<b>Colin Thomas</b>	
<b>Treasurer</b>	<b>Carolyn Gorelick</b>	
<b>Social Media Director</b>	<b>Evan Golden</b>	

League Email: [spydergraphics@bellsouth.net](mailto:spydergraphics@bellsouth.net)

League Website: [www.xflcs.org](http://www.xflcs.org)

## 2. General

a. The Referee Manager and/or Athletic Directors will be available in the vicinity of every game. Their responsibilities are to maintain control of the playing area and to ensure at all times that coach; parents, players, and officials are acting in accordance with the expectations and requirements of the league. In the event of any problem or conflict, the Referee Manager and/or Athletic Directors are the individuals authorized and expected to deal with those problems.

b. The game will be played in the **manner and spirit of the FHSAA** with the following specific exceptions:

1. **Xtreme Football League (XFL)** is a game of skill, both offensively and defensively. Rough tactics are **NOT** to be used. Plays and tactics should be designed to employ speed and deception rather than violent contact. **There is no blocking permitted at any time in XFL.** Blocking is defined as pushing, hitting, or ramming a defender in an attempt to obstruct their progress. An offensive player that runs a pass route that is intended to block a defensive player is considered blocking. Blocking will result in the assessment of an Unsportsmanlike Conduct penalty.

2. A maximum of three (3) practices per week for a total of **four and a half (4.5) hours** of weekly practice activity will be allowed prior to the start of the season. Once the season has started, **four and a half (4.5) hours** of weekly practice or game activity will be permitted (note: ALL practices must take place at Mullins Park in Coral Springs). A game is considered 90 minutes of field time. Any coach found violating this rule WILL be suspended for one (1) game per violation. Additionally, the team violating the practice time limits (or location restriction) may forfeit their next scheduled game (including playoff games), at the discretion of the league.

3. No team may have more than three (3) coaches, consisting of one (1) Head Coach and two (2) Assistant Coaches. **XFL** must approve all coaches and obtain a satisfactory background check in order for any coach to be considered active in the league.

4. A principal goal of **XFL** is to provide equitable playing time for every player and to ensure that every player has the opportunity to experience playing time on both sides of the ball. To achieve this end, as a minimum requirement every player will be designated as a starter on either offense or defense each quarter of the game. Players may start on both offense and defense, but not at the cost of leaving less skilled players on the bench. Coaches are strongly encouraged to rotate players who do not play both ways between various positions throughout the season.

a. During any given quarter, every player will play (at a minimum) every offensive down or every defensive down, unless that player is injured or being disciplined in accordance with Section 2.b.5 of these rules, or has specifically requested to come out of the game. Effect: **If an Athletic Director or other league official sits on the bench through a full consecutive offensive and defensive series and observes a player not playing, the Head Coach is in violation of this rule. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN IMMEDIATE FORFEITURE OF THE GAME and SHALL result in the suspension of the Head Coach for the next immediate game.**

5. Players may be benched for disciplinary reasons. Discipline cases that occur prior to the day of the game must be identified and proper notification made prior to the game. Missing practices and/or prior games constitutes adequate grounds for sitting a player for a game, provided that the appropriate Division Athletic Director is notified of the disciplinary action prior to the game. If the

Division Athletic Director is not available, then the Referee Manager or Athletic Director monitoring the game must be notified before the beginning of the game. Discipline cases, which occur during the game, may be handled at the Head Coaches discretion. Head Coaches are encouraged to report these cases to their Division Athletic Director within 24 hours of the completion of the game.

6. Gameplay will be 8-on-8 in all divisions (depending on registrations). There is no minimum player requirement to start a game, **however, if a team is short more than one player to start the game, the other team must play with 7 players (7 v 6). However, if they are only short one player to start then the other team can play with the full 8 players (8 v 7). At no point can a game be played with one team playing with a two player advantage.**

7. All nonparticipating players, parents, and coaches must stay between the ten (10) yard lines and three (3) yards outside the sidelines. The home team is responsible for supplying a regulation game ball, which is to be returned to the home team following the completion of the game. Coaches must also stay between the ten (10) yard lines and one (1) yards outside the sidelines

### 3. Uniforms and Equipment

- a. All players must wear **XFL** league-approved uniforms when on the field during games.
- b. All players must wear solid color black or blue shorts without pockets. Vertical stripes on the hips can be confused with flags and therefore are not permitted.
- c. Home teams will choose the side of the field.
- d. Rubber-soled cleats are recommended. Metal spikes are strictly prohibited.
- e. Mouthpieces must be in the player's mouth once the center touches the ball. Trimming of mouthpieces in accordance with manufacturer's instructions is allowable.
- f. Shirts must be completely tucked in.
- g. **XFL** flag gear may not be altered in any way.
- h. No jewelry may be worn during practices or games. This includes but is not limited to earrings, necklaces, rings, and watches.
- i. Unaltered **XFL** approved flags must be worn by all participating players. Note: at issuance of equipment bags, **XFL** may designate specific flags to be used by specific divisions (e.g., all senior teams wear red flags). In this instance, coaches are required to utilize the designated flags for each division. Wearing improper flags may result in game forfeiture.
- j. Game balls shall be Wilson (or other league approved ball) in the following sizes: Pee-wee (K2) for Freshman Division; Junior-size (TDJ) for Junior Division; Senior Size (TDY) for Senior and Varsity Division. Only league provided balls may be used.
- j. Violations of the uniform rules will result in the following penalty assessments:

#### 1. Metal spikes:

- a. The offending team will be charged a timeout, given a ten (10) yard penalty for Unsportsmanlike conduct, and the player will be ejected from the game.

#### 2. Mouthpiece, jewelry, shirt tucking, illegal shorts, unapproved uniforms:

- a. The first violation will result in a warning to the offending team.
- b. The second violation will result in a charged timeout to the offending team.
- c. Any violation thereafter will result in a ten (10) yard penalty for Unsportsmanlike conduct.
- d. First, second and subsequent violations may accrue to different players on the same team.

3. An automatic ten (10) yard Unsportsmanlike penalty will be assessed against the offending team should any player be caught altering or improperly securing the flags or belt.

### 4. Playing Fields

**a. Freshman fields will be (50) yards wide by eighty (80) yards long, including two ten (10) yard deep end zones.**

**b. Junior fields will be (50) yards wide by eighty (80) yards long, including two ten (10) yard deep end zones. There also will be Junior games on a (50 ) yard wide by one-hundred (100) yard long field, including two ten (10) yard deep end zones.**

**c. Seniors and Varsity will play on a (50) yards wide by one-hundred (100) yards long field, including two ten (10) yard deep end zones.**

### 5. Game Timing

a. A game consists of four quarters

b. Freshman Co-Ed: four (4) quarters at ten (10) minutes per quarter

c. Junior Co-Ed Division: four (4) quarters at eleven (11) minutes per quarter

d. Senior and Varsity Co-Ed Division: four (4) quarters at twelve (12) minutes per quarter

e. Ready for Play

1. Ready-for-play signal is given when all offensive players are on their side of LOS.

2. After the ready-to-play signal, all teams have **thirty (30) seconds to snap the ball in Juniors, Seniors and Varsity. In freshman they will get forty five (45) seconds to snap the ball.**

f. Timeouts

1. Each team in each division will be allowed three one (1) minute time outs per half.

g. Clock Control

1. The clock will run continuously except in the following situations:

a. Official timeouts; the clock will restart on the snap of the ball.

b. Team timeouts; the clock will restart on the snap of the ball.

c. Two-minute warning; the clock will restart on the snap of the ball.

2. During the final two minutes of each half the clock will stop under the following

circumstances:

- d. Incomplete Pass; the clock starts on the snap of the ball
- e. Runner out of Bounds; the clock starts on the snap of the ball
- f. Penalty Called; the clock starts on the snap of the ball
- g. Score; clock restarts on the ensuing kickoff when the receiving team touches the ball. Will stop and start at the snap of the ball.
- h. Change of possession; the clock starts on the snap of the ball
- i. After a 1st down to reset the down markers and cones. Clock resumes on referee whistle.

**3. If at any point the difference in the score is 25 points or greater at halftime, the 2nd half will have a running clock. The clock will not stop other than a 1 minute water break at the end of the 3rd quarter or if the losing team calls a timeout. The winning team can not call a timeout during a running clock. If at any point the difference in the score is 17 points or greater at the end of the 3rd quarter, then the 4th quarter will have a running clock. The clock will not stop unless the losing team calls a timeout. The winning team can not call a timeout during a running clock.**

## 6. Kickoff and Kickoff Returns

**a. A coin toss determines first possession. The away team shall call the toss. If the team that wins the toss chooses kickoff then the team that loses the toss will kick off in the second half. If the team that wins the toss chooses to receive then the team that loses the toss will receive in the second half.**

**b. Freshman Division will kick off five (5) yards from midfield. Juniors will kick off fifteen (15) yards from midfield and Seniors and Varsity Division will kick off from their own (40) yard line**

c. All kickoffs must be made from a kicking tee.

d. If a kickoff goes out of bounds without first being touched by the receiving team, the receiving team has the following two options:

- 1. Put the ball in play at the in-bounds hash mark where the ball went out of bounds.
- 2. Forces re-kick after a five (5) yard penalty assessed to the kicking team.

**a. On the sole re-kick, if the ball is kicked out of bounds, the receiving team can choose to spot the ball where the ball went out of bounds or at midfield.**

e. For all divisions, the receiving team must have a minimum of four (4) players between ten (10) and fifteen (15) yards from the free kick line. Players in this area cannot leave this area until after the ball has been kicked.

f. Any player on the receiving team may advance the ball. If the ball has struck a player and then the ground (a muff), only the player who initially touched or was touched by the ball may pick the ball up and advance it. If that player drops the ball a second time or another player picks the ball up after the initial 'muff, the ball is dead at the spot of the second drop or touched by the second player. If the ball touches/is touched by a player and then goes into the end zone and is touched by a second player, the play is a touchback and the **ball will be placed at the (25) yard line for all divisions.** If the ball touches/is touched by a player and then goes into the end zone with the same player recovering the ball, the player may advance the ball. If the player does not leave the end zone prior to a flag pull, the play is a touchback and the **ball will be placed at the (25) yard line for all divisions.**

g. Kickoffs must advance at least ten (10) yards before any player on the kicking team is permitted to touch the ball. Any kick that does not travel at least ten (10) yards shall be called dead at the spot where it lands and awarded to the receiving team. Onside kicks are not permitted.

**h. After FG or Extra Point, the clock will restart on the ensuing kickoff when the receiving team touches the ball. The clock will then continue to run unless under two minutes, then it will stop until the snap of the ball.**

## 7. Punts and Punt Returns

a. The offensive team shall immediately notify the referee of their intent to punt. Once a team declares its intent to punt, it may not change the play unless a team timeout is called and the defensive team is informed of the change. **\*\*Failure to declare a punt, shall be an unsportsmanlike conduct penalty and loss of down.**

b. After the ball is snapped, the ball must be kicked within eight (8) seconds. If not, the ball is dead at the spot where it was when the eighth second elapsed. The defense may not rush during this eight (8) second period.

c. Anyone on the receiving team may receive and advance the ball. If the ball has struck a player and then the ground (a muff), only the player who initially touched or was touched by the ball may pick the ball up and advance it. If, after one attempt to recover a muffed punt, the ball touches the ground, it is dead at that spot. **However, for the safety of the punt returner, the referee has the discretion to blow the play dead.** If a second player touches the ball, it is dead at the spot. If the ball touches/is touched by a player and then goes into the end zone and is touched by a second player, the play is a touchback and the ball will be placed at the 20-yard line. If the ball touches/is touched by a player and then goes into the end zone with the same player recovering the ball, the player may advance the ball. If the player does not leave the end zone prior to a flag pull, the play is a touchback and the ball shall be placed on the 20-yard line.

d. No player on the punting team may move forward (except the kicker) until after the kick.

e. The defense must have four (4) players between five (5) and ten (10) yards from the LOS. All other players may position themselves anywhere on the field of play behind the front four players.

## 8. Offense

**No longer does everyone have to run a route. However, if you do not run a route, you can not move. You can just stand there and turn around for a pass if you want. But you can not shuffle to the side or back to "shield" a ball carrier/passers from a defender. Anyone not on the Line of Scrimmage MUST run a route.** There will be a minimum of four (4) players on the Line of Scrimmage. **The player closest to the center must be at least five (5) yards away (Freshman Division 3 yards). All other players can extend the width of the field.** A violation of this alignment after the first warning shall result in a False Start penalty (5-yard penalty). A player is on the LOS if his feet are in line with the center. On the SET cadence, a single player can go in motion. Any motioning player must motion behind the quarterback unless the quarterback is in a shotgun formation.

- **Freshman coaches will be allowed on the field for the entire season.**

- If a player goes in motion after SET and stops motion prior to the snap, he must remain set for a full second prior to the snap or resuming motion.

- As in the NFL, only one player is allowed in motion at a time, but prior to being set, multiple players can shift at a time. Being SET is defined as the center placing his hand on the ball.

- At the snap, all players on the Line of Scrimmage must be set for one (1) second.

- Only one person may call signals after the center has put their hands on the ball.

- Timeout requests must come from a designated captain or coach.

- The ball is ruled dead when it hits the ground, **except on shotgun snap**, when one attempt to pick up the ball (muff) **by the QB** is allowed. (Direct snaps to RB are not subject to the muff rule and the ball is ruled dead when it hits the ground).

h. The ball carrier cannot run through a defensive player. The ball carrier must attempt to evade the defender.

1. Penalty: ten (10) yard charging penalty from the spot of foul, loss of down.

i. Spinning (1 - 360-degree spin or less) is permitted, but players cannot leave both feet to avoid a defensive player. Diving and leaping are specifically prohibited. Leaving the ground to catch a pass is not considered to be a diving or leaping infraction. A ball carrier can spin three hundred sixty (360) degrees as long as the player makes a football move between consecutive spins.

2. Penalty: Diving or Leaping - **Ten (10) yard penalty at the spot of the foul**

j. Flag guarding is defined as any intentional or unintentional action which results in contact by either hand of the ball carrier with the defensive player's arm, hand, or any other body part in an attempt to stop the defender from pulling the ball carrier's flag.

3. Penalty: Ten (10) yard penalty from the spot of the violation and loss of down.

k. If the ball carrier falls down the play is dead at that point.

l. A player must have at least one foot inbounds when making a reception.

m. If a player loses their flag during a play and then secures possession (on a pass) of the ball outside of the end zone, the play will be dead at the spot that possession is secured by that player. If the player is in the end zone, the play will result in a touchdown.

n. If a player's flags are not worn properly, the play will become dead and the ball will be returned to the previous spot with a loss of down. Proper wearing of flags is defined as follows:

4. Jersey tucked into shorts.

5. Flag belt securely fastened around the waistband of shorts

6. The loose end of flag belt tucked into shorts

7. Flags positioned at each hip, not behind or in front of the player

8. Flags securely fastened as intended by the manufacturer of the flag belt

o. Intentional grounding is when the passer throws the ball away to avoid having his flag pulled. This will result in loss of down and **a ten (10) yard penalty at the LOS and loss of down**. If the passer is in the opponent's end zone at the time of the throw, safety will be awarded.

p. An illegal forward pass is defined as a forward pass made from beyond the Line of Scrimmage, or a second forward pass made by any player after the completion of an initial forward pass, either behind or beyond the Line of Scrimmage.

q. All players are eligible receivers.

r. The center may not receive the ball on a handoff, and center sneak plays are not permitted. Fumblerooski plays are not permitted. All center snaps will be either direct snaps to the quarterback or shotgun snaps to any player behind the LOS. Penalty: Loss of down and ball returned to the previous spot.

s. There are no fumble recoveries in **XFL**. Fumble recoveries without equipment carry a large risk of injury. If the ball hits the ground outside of the kickoff, the ball is dead at that spot.

**Attempts** by any player on offense or defense to recover a fumble by diving on it will result in an Unsportsmanlike Conduct penalty.

t. **If a player crosses the line for a first down and then an offensive penalty occurs, the penalty yards will be assessed. If the penalty yardage marked off brings the ball beyond the line to gain, it is a repeat of the down.**

## 9. Defense

a. For offensive downs with greater than five (5) yards remaining to the first down marker, the defense must line up at least five (5) yards off the Line of Scrimmage.

b. For offensive downs with less than five (5) yards remaining to the first down marker, the defense must line up no closer than the first down marker.

c. For offensive downs in less than five (5) yards and goal situations, the defense must line up no closer than the goal line. For offensive downs with less than three (3) yards remaining **no defensive player shall line head up on the center.**

d. Defensive players shall not use their hands to strike, grasp or hold any offensive player.

e. The defender must play (grab) for the flag. The defender shall not hold, push or run through the ball carrier, and must play the flag rather than the ball carrier. This includes pushing the ball carrier out of bounds, grabbing the ball carriers clothing, or any other action against the ball carrier other than pulling the ball carrier's flag. Violation of this rule shall result in the assessment of an Illegal Tackle penalty.

f. 'Flagging' is defined as a defender legally pulling one of the ball carrier's flags. The Flagger must stop at the spot of the tackle and hold the flag in the air until the referee's whistle is blown. The Flagger will then return the flag to the ball carrier, hand the flag to an official, or place the flag on the ground.

g. The ball is declared down when and where the flag is pulled.

h. Throwing or spiking the flag is prohibited and will result in a five (5) yard penalty.

i. A defensive player may not make contact with the body of the passer in the backfield. Defenders may attempt to block or deflect passes provided they are playing the ball. Attempting to block passes by hitting or attempting to hit the passer's throwing arm, charging the passer directly or lunging at the passer is prohibited.

j. If a defensive player gains possession of the ball in the end zone and in the attempt to advance the ball out of the end zone has their flag pulled, the play will be ruled a touchback. However, if the player gains possession of the ball, advances the ball out of the end zone, retreats back into the end zone and has their flag pulled, the play will be ruled a safety.

k. For the Freshman and Junior Division, the spot of the ball following a touchback will be at the possessing team's fifteen (15) yard line. For the Senior and Varsity Division, the spot of the ball following a touchback will be at the possessing team's ten (20) yard line.

## 10. Scoring

a. A touchdown shall be worth six (6) points. A touchdown is scored when the flags of the ball carrier

crossed the goal line. The ball carrier may not extend the ball in order to score.

b. Diving for a touchdown is strictly prohibited. Jumping to catch a pass at the goal line is not considered to be diving for a touchdown.

1. Penalty: Touchdown will be called back. The ball will be spotted on the five (5) yard line and loss of offensive down.

**c. Running or Throwing a Point After Touchdown (PAT) conversions attempted from the 2-yard line shall all be worth one (1) point in Freshman and (2) points in Juniors, Seniors and Varsity**

**d. Kicking an extra point is worth 1 point in Juniors, Seniors & Varsity (2 points for Freshman). The ball will be snapped from the 2-yard line. There will be no movement by either team on the line of scrimmage except for the center who may take a knee for safety precautions. Once the ball is snapped, the kicking team has 8 seconds to kick the ball or the play is ruled a failed attempt. If the ball hits the ground prior to kicking the try is also ruled a failed attempt.**

**e. Field goals will be allowed. if you miss from inside the (20) yard line, the ball will be placed at the (20) yard line. If you miss from outside the (20) yard line, the ball will be placed from the spot of the kick.**

f. Safety shall be worth two (2) points for safeties on offense, defense (following an interception), kickoff returns, and punt returns. A safety is called when a player touches the ball outside the end zone, retreats into the endzone and the player's flag is pulled. If during a kickoff return or punt return that occurs in the endzone, the player attempts to advance the ball out of the endzone and has the flag pulled prior, the result of the play will be a touchback.

g. The defense may return an intercepted PAT attempt for a score. If the defense intercepts any PAT and returns it across the opponent's goal line the defense shall be awarded two (2) points.

**h. The defense may return a missed PAT (Kick) if caught in the air prior to passing the endline for a score. The defense shall be awarded two (2) points.**

**i. The defense may return a missed field goal if caught in the air for a score. The defense shall be awarded six (6) points.**

j. If the defense intercepts a PAT attempt and the possessing defender's flag is pulled prior to reaching the opponent's goal line, the ball will be dead at the spot the flag was pulled, and the PAT will be ruled no good.

k. The above scoring rules apply identically to all divisions.

l. The Head Coach from each team must report their scores to the league email within 24 hours of the completion of the game.

## 11. Use of Overtime

a. Overtimes will not be permitted during regular season games. Games that result in a tied score at the end of regulation play shall be over and the tie recorded as the final score.

b. During the playoffs, any game that results in a tie at the end of regulation play shall be

determined by use of the rules posted below.

c. In playoffs, all ties must be broken.

## **12. Protests - There are no protests or challenges. The referee's call is final.**

## **13. Unsportsmanlike Conduct**

a. All coaches of **XFL** will at all times conduct themselves in a manner that youth can look up to, respect and emulate. Coaches must wear their **XFL** provided Coaches Shirt and remain in the coaches are on the sideline. Only **XFL** approved coaches may coach any game.

b. At no time will the coaches, players or parents tolerate unsportsmanlike conduct. There will be zero tolerance from the Board of Directors and referees for any player or coach who taunts, uses inappropriate language on the field, or shows disrespect to officials. Failure to comply with this rule will result in at least a ten (10) yard Unsportsmanlike conduct penalty plus loss of down (offense only) and can result in an ejection from the game and/or park at the sole discretion of the Board of Directors and officials.

c. No coach may put his or her hands on any referee, or on any player on the opposing team, except to render assistance in the event of an injury. **No Exceptions.** All coaches shall address the referees by name, or by saying "excuse me, ref." Normal rules of civility and courtesy shall apply at all times. Failure to comply with this rule will result in ejection, and may additionally result in suspension for one or more games.

d. Any person ejected from a game for Unsportsmanlike conduct may be ineligible to participate in or attend that team's next scheduled game at the Board of Directors' discretion.

e. The Board of Directors reserves the right to revoke coaching privileges at any time, for behavior and/or actions that it deems "detrimental to the well-being of **XFL**."

f. ALL SANCTIONS ARE AT THE DISCRETION OF THE BOARD OF DIRECTORS.

## **14. Standings**

a. Standings shall be maintained by overall record and head-to-head victory. In the event of a tie at the end of the season, playoff seeding will be determined by a coin flip executed by the League Commissioner and at least one other Board member.

## **15. Conduct of Playoffs**

a. All teams will participate in the playoffs. Playoff seeding will be selected by final regular season standing as stated in Section 14. Playoffs shall be in a double-elimination format.

b. For all playoff games, the home team is the highest ranked team in each game based on regular season record for all games up to and including the championship.

c. All playoff games will be played until there is a winner. In the event of a tie at the end of regulation play, the winner will be determined by the following rules:

**The away team will call the coin toss.**

- **The team that wins the coin toss shall have the choice of playing offense or defense first, or**

which side of the field they want to defend.

- Each team will get 1 set of downs from the 10 yard line to either score a TD or FG.
- If a TD is scored, you may go for 1 or 2 all from the two (2) yard line.
- The opposing team will get their chance from the 10 yard line.
- If there's a tie after the 1st OT, the same rules will apply for the 2nd OT. The only difference is that the team that had the ball at the end of the 1st OT, will start with the ball in the 2nd OT.
- If the game is still tied after the 2nd OT, same rules apply with the team who started the 1st OT on offense getting the ball first.
- However, in the 3rd OT, after a TD, in the juniors and seniors the team must now go for 2. In the freshman they must either kick an extra point from the 2 yard line for two (2) points or go for one (1) point from the 5 yard line.
- This last option will continue until a winner is declared.
- Each team is permitted 1 timeout per overtime.
- Regular penalty rules apply

## 16. All-Star Game

a. Each team in each division will supply a specified number of players to their division All-Star team. This may vary by age division depending on the number of teams in each division.

b. The All-Star Games will be played the following week after the championship game.

c. The Head Coaches of the All-Star team will be chosen by the Board.

d. Each team will provide one coach to assist on the All-Star team.

**e. The Head Coach of the All Star team will ensure that all players sent to the All Star team get equitable playing time. Failure to do so may result in revocation of coaching privileges for the following season.**

## 17. Summary of Penalties

a. All penalties are categorized as a live ball or dead ball foul, and player or non-player foul

b. Administration of the foul will always be from either the spot of the foul, the previous LOS, or the spot where the play ended.

c. If a penalty occurs after the offensive team advances the ball beyond the line to gain (first down line) and the enforcement of the penalty carries the ball back behind the line to gain, the offense will be awarded the first down. At this point, the offense will now have two lines to gain for the next first down.

d. FHSAA rules apply in situations not included in these rules.

e. No players shall participate if, in the opinion of the coach, and/or the official, the participation of a player may result in injury or danger to the player.

## 18. Park Lighting Policy

1. When the Thor Guard Warning System (15-second horn blast) sounds, the following procedure should be followed: Clear the outdoor facilities of all patrons and employees and give the patrons two choices:

- a. Seek and remain in a protected building (a dugout or the picnic awnings are not considered a protected building).
- b. Ask them to wait in their vehicles until the weather clears and the All Clear Signal sounds (3 short horn blasts).
2. Once the park is clear, do a manual check of the Thor Guard System to assure that it is working properly.
3. If park patrons refuse to leave the facilities, they do so at their own risk, but all players must leave the fields and be in a vehicle or secure building.
4. If park patrons return to the facilities prior to the All Clear Signal, they do so at their own risk.
5. Allow activities to resume once the All Clear Signal sounds.
6. The Thor Guard System will be operable from 8:00 A.M. to 11:00 P.M. at the Mullins and Cypress Parks and from 8:00 A.M. to 10:00 P.M. at the Sportsplex.
7. If the park is closed for any reason, the Thor Guard System will be turned off so as not to disturb the park neighbors.
8. The policy will be handed out with all permits.

NOTE: XFL Board Members or A.D. 's can call a game in questionable weather conditions. Therefore, an authorized person may stop a game, even if the siren does not sound if they feel there is a real threat of lightning. Coaches may not call off games or adjust game schedules.

<b>Infraction</b>	<b>Live/Dead</b>	<b>Who</b>	<b>Yd s.</b>	<b>From</b>	<b>Repeat Down? (Offense)</b>
<b>Motion (Offense)</b>	<b>Dead Ball</b>	<b>Player</b>	<b>5</b>	<b>LOS</b>	<b>Yes</b>
<b>Offside (Defense)</b>	<b>Dead Ball</b>	<b>Player</b>	<b>5</b>	<b>LOS</b>	<b>Yes</b>
<b>False Start (Offense)</b>	<b>Dead Ball</b>	<b>Player</b>	<b>5</b>	<b>LOS</b>	<b>Yes</b>
<b>Holding (Offense)</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Yes</b>
<b>Holding (Defense)</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Automatic 1<sup>st</sup> Down</b>
<b>Offensive Diving / Leaping</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>At Spot of Foul</b>	<b>Yes</b>
<b>Intentional Grounding</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>LOS</b>	<b>No</b>
<b>Illegal Hands (Blocking)</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Yes</b>
<b>Flag Guarding</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Yes</b>
<b>Delay of Game</b>	<b>Dead Ball</b>	<b>Player</b>	<b>5</b>	<b>LOS</b>	<b>Yes</b>
<b>Charging</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Yes</b>
<b>Illegal Forward Pass</b>	<b>Live Ball</b>	<b>Player</b>	<b>5</b>	<b>LOS</b>	<b>No</b>
<b>Offensive Pass Interference</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>LOS</b>	<b>Yes</b>
<b>Defensive Pass Interference</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>LOS</b>	<b>Automatic 1<sup>st</sup> Down</b>
<b>Tackling (or hitting passer)</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul</b>	<b>Automatic 1<sup>st</sup> Down</b>
<b>Illegal Flag Pull</b>	<b>Live Ball</b>	<b>Player</b>	<b>10</b>	<b>Spot of Foul Ball Spotted at 1 yd. line if in the endzone</b>	<b>Automatic 1<sup>st</sup> Down</b>
<b>Unsportsmanlike Conduct</b>	<b>Either</b>	<b>Player, Parent Coach</b>	<b>10</b>	<b>Spot of Foul if live ball. LOS if a dead ball</b>	<b>On Defense-Automatic 1<sup>st</sup> Down</b>
<b>UNSPORTSMANLIKE CONDUCT INFRACTIONS</b>					
<b>Intentional Injury Attempt</b>	<b>Live Ball</b>	<b>Player</b>	<b>Unsportsmanlike Conduct + Ejection</b>		
<b>Offensive or Insulting language or gestures</b>	<b>Live Ball</b>	<b>Anyone</b>	<b>Unsportsmanlike Conduct + Ejection</b>		
<b>Intentionally kicking or spiking dead ball</b>	<b>Live Ball</b>	<b>Player</b>	<b>Unsportsmanlike Conduct</b>		
<b>Disrespect to Official</b>	<b>Live Ball</b>	<b>Anyone</b>	<b>Unsportsmanlike Conduct + Ejection</b>		
<b>Intentional Field Interference</b>	<b>Live Ball</b>	<b>Coach</b>	<b>Unsportsmanlike Conduct + Ejection of Coach</b>		

Infraction	Live/Dead	Who	Yd s.	From	Repeat Down? (Offense)
Motion (Offense)	Dead Ball	Player	5	LOS	Yes
Offside (Defense)	Dead Ball	Player	5	LOS	Yes
False Start (Offense)	Dead Ball	Player	5	LOS	Yes
Holding (Offense)	Live Ball	Player	10	Spot of Foul	Yes
Holding (Defense)	Live Ball	Player	10	Spot of Foul	Automatic 1 <sup>st</sup> Down
Offensive Diving / Leaping	Live Ball	Player	10	At Spot of Foul	Yes
Intentional Grounding	Live Ball	Player	10	LOS	No
Illegal Hands (Blocking)	Live Ball	Player	10	Spot of Foul	Yes
Flag Guarding	Live Ball	Player	10	Spot of Foul	Yes
Delay of Game	Dead Ball	Player	5	LOS	Yes
Charging	Live Ball	Player	10	Spot of Foul	Yes
Illegal Forward Pass	Live Ball	Player	5	LOS	No
Offensive Pass Interference	Live Ball	Player	10	LOS	Yes
Defensive Pass Interference	Live Ball	Player	10	LOS	Automatic 1 <sup>st</sup> Down
Tackling (or hitting passer)	Live Ball	Player	10	Spot of Foul	Automatic 1 <sup>st</sup> Down
Illegal Flag Pull	Live Ball	Player	10	Spot of Foul Ball Spotted at 1 yd. line if in the endzone	Automatic 1 <sup>st</sup> Down
Unsportsmanlike Conduct	Either	Player, Parent Coach	10	Spot of Foul if live ball. LOS if dead ball	On Defense-Automatic 1 <sup>st</sup> Down
<b>UNSPORTSMANLIKE CONDUCT INFRACTIONS</b>					
Intentional Injury Attempt	Live Ball	Player	Unsportsmanlike Conduct + Ejection		
Offensive or Insulting language or gestures	Live Ball	Anyone	Unsportsmanlike Conduct + Ejection		
Intentionally kicking or spiking dead ball	Live Ball	Player	Unsportsmanlike Conduct		
Disrespect to Official	Live Ball	Anyone	Unsportsmanlike Conduct + Ejection		
Intentional Field Interference	Live Ball	Coach	Unsportsmanlike Conduct + Ejection of Coach		

Infraction	Live/Dead	Who	Yds.	From	Repeat Down? (Offense)
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False Start (Offense)	Dead Ball	Player	5	LOS	Yes
Holding (Offense)	Live Ball	Player	10	Spot of Foul	Yes
Holding (Defense)	Live Ball	Player	10	Spot of Foul	Automatic 1 <sup>st</sup> Down
Offensive Diving / Leaping	Live Ball	Player	10	At Spot of Foul	Yes
Intentional Grounding	Live Ball	Player	10	LOS	No
Illegal Hands (Blocking)	Live Ball	Player	10	Spot of Foul	Yes
Flag Guarding	Live Ball	Player	10	Spot of Foul	Yes
Delay of Game	Dead Ball	Player	5	LOS	Yes
Charging	Live Ball	Player	10	Spot of Foul	Yes
Illegal Forward Pass	Live Ball	Player	5	LOS	No
Offensive Pass Interference	Live Ball	Player	10	LOS	Yes
Defensive Pass Interference	Live Ball	Player	10	LOS	Automatic 1 <sup>st</sup> Down
Tackling (or hitting passer)	Live Ball	Player	10	Spot of Foul	Automatic 1 <sup>st</sup> Down
Illegal Flag Pull	Live Ball	Player	10	Spot of Foul Ball Spotted at 1 yd. line if in the endzone	Automatic 1 <sup>st</sup> Down
Unsportsmanlike Conduct	Either	Player, Parent Coach	10	Spot of Foul if live ball. LOS if dead ball	On Defense-Automatic 1 <sup>st</sup> Down
<b>UNSPORTSMANLIKE CONDUCT INFRACTIONS</b>					
Intentional Injury Attempt	Live Ball	Player	Unsportsmanlike Conduct + Ejection		
Offensive or Insulting language or gestures	Live Ball	Anyone	Unsportsmanlike Conduct + Ejection		
Intentionally kicking or spiking dead ball	Live Ball	Player	Unsportsmanlike Conduct		
Disrespect to Official	Live Ball	Anyone	Unsportsmanlike Conduct + Ejection		
Intentional Field Interference	Live Ball	Coach	Unsportsmanlike Conduct + Ejection of Coach		