

Crews are encouraged to use a 4-play cool-off rule for situations that may warrant them instead of an Unsportsmanlike Conduct foul.

Runner is only down by contact after contact from the other team

Rule 4-2-2 (page 46-47)

The ball becomes dead the down is ended:

- a. When a runner goes out of bounds, is held so his forward progress is stopped or allows any part of his person other than hand or foot to touch the ground **after being contacted by an opposing player.**

15 minute quarters

Rule 3-1 (page 38-39)

Art. 1...The clock running time for a game shall be **60** minutes with periods and intermissions as indicated in table 3-1

Table 3-1

PERIOD OF TIMING	CLOCK TIME
<u>First Half:</u> First period Intermission for changing goals Second period	<b>15 minutes</b> 1 minute <b>15 minutes</b> <b>2 Minute Warning</b>
<u>Intermission</u> When Teams Leave the Field 15 minutes is normal	<b>15 minutes</b>
<b>There is no mandatory warm-up period</b> <u>Second Half:</u> Third Period Intermission for changing goals Fourth Period	<b>15 minutes</b> 1 minute <b>15 minutes</b> <b>5 Minute Warning</b>

Kick offs, punts and field goals can be returned from the end zone

Rule 6-2 (page 53)

Art 5...When any K player touches a scrimmage kick beyond the expanded neutral zone to R's **End Line** before it is touched beyond the neutral zone by R and before the ball has come to rest, it is referred to as "first touching of the kick" and the place is the "spot of first touching." Such touching is ignored if it is caused by R pushing or blocking K into contact with the ball.

Rule 6-3 Touchback (page 54)

Art. 1...It is a touchback if any free kick or scrimmage kick:

- a. Which is not a scoring attempt or which is a grounded three-point field-goal attempt, breaks the plane of R's **End Line**, unless R chooses a spot of first touching by K.
- b. ~~Which is a a three-point field-goal attempt, in flight touches a K player in R's end zone, or after breaking the plane of R's goal line is unsuccessful~~

NFL offsides

Section 8 – Encroachment/**Offsides**

**Encroachment occurs when a player enters the neutral zone and makes contact with an opponent or the ball before the ball is snapped.**

**Art. 1...A player is offside when any part of his body is beyond his scrimmage or free kick line when the ball is snapped or kicked.**

Rule 7-1-5 (page 57)

**No player shall encroach after the ball is marked ready for play by touching the ball or an opponent.**

~~Rule 7-1-6~~

~~Following the ready-for-play and after the snapper has placed his hand(s) on the ball, encroachment occurs if any other player breaks the plane of the neutral zone.~~

Pass interference is a spot foul

Rule 7-5-10 (page 61)

**PENALTY: Pass Interference (Art. 10) – (Signal 33) The penalty for defensive pass interference is an automatic first down at the spot of the foul. If interference is in the end zone, it is first down for the offense on the defense's 1-yard line. If previous spot was inside the defense's 1-yard line, penalty is half the distance to the goal line.**

Pants pads and mouthpieces are optional

Rule 1-5-1c (page 19)

Pads and Protective Equipment – The following pads and protective equipment are **optional** for all players:

1. Hip pads and tailbone protector
2. Knee pads
3. Thigh guards
7. Tooth and mouth protector