

PLAY **LAWTON** FLAG FOOTBALL RULE BOOK

Rev. 01/2024

2024 EDITION

PURPOSE

This program is designed to give children an opportunity to play sports under good adult supervision. The primary goal of the program is the molding of good character; winning and the attainment of exceptional athletic skills are secondary.

ADMINISTRATIVE ORGANIZATION

Every team in the program should designate a Manager who serves as an organizer and contact person for that team. Their primary responsibility is to obtain competent coaches.

All persons accepting responsibility in this program must strive to teach good sportsmanship, good health habits, and good citizenship. They should exercise the type of behavior that will set a good example for players and follow the rules and regulations. Embarrassment of any player or team must be avoided. Abuse of players will not be tolerated. All coaches should strive to practice and play all players on their team. The participants should be exposed to all game conditions, regardless of wins or losses.

Play Lawton does not issue cash refunds. We do not consider refunds unless a program or event is canceled and is not rescheduled.

COACHES

We want to take the opportunity to thank all of you fine coaches for the many hours you work with our youth. Without you, the sports programs could not possibly function so successfully.

We appreciate that you are helping to build good character traits in the children you coach. Thank you for being patient and considerate with the players, while at the same time maintaining control of your team.

We hope at the end of the season, you may evaluate your work by answering, "Yes" to the following question: "Did I build good character in the players on my team?"

This manual should be a tool to help you in the quest to build good character. We hope you will find the information helpful.

Thank you,
Play Lawton

COACHING GUIDELINES

I agree as coach or assistant coach to comply at all times with the provisions listed below:

1. **To read the “2024 Flag Football Rulebook” that pertains to the sport that I am coaching and will comply with these rules.**
2. To never make abusive or insulting remarks to or about officials of the game, officials of the programs, or opposing coaches and players.
3. To hold regularly scheduled practices and that my assistants or I will be there on time
4. Not to use profanity around players or consume alcoholic beverages before or during any meeting with the players.
5. At all times I will set a good example of sportsmanship for my players, keeping in mind that the primary goal of this program is to build character. I will make the maximum effort to keep my spectators, parents and fans from harassing the game officials. I will congratulate the opponents and have my players do the same.
6. I will play all players who practice regularly and with maximum effort, as the situation permits.
7. I will never take my team off the court until the game is finished.
8. Reasons for Ejection:
 - Using profanity, insulting or vulgar language or gestures;
 - Attempting to influence a decision by an official;
 - Disrespectfully addressing an official;
 - Indicating objections to an Official’s decision;
 - Using a mechanical device to attract attention;
 - Holding an unauthorized conference;
 - Failure of a team to be ready to play;
 - Failure of the head coach, following verification, to have his/her player(s) wear legal and/or required equipment;
 - Be on the playing field except as a substitute or replaced player;
 - Be outside the designated area (i.e., team/coaches box, bench or dugout);

I understand that the penalty for violation of any of the above is automatic suspension from coaching until reinstated.

GAME DISMISSAL/EJECTION

When a coach or assistant coach is dismissed or ejected from a game, said coach must contact Play Lawton to schedule a reinstatement meeting with the League Director before being permitted to participate further in the youth sports programs. It is the coach’s responsibility to contact the sports office and set the meeting. A coach dismissed from a game may be penalized, by sitting out the next game, suspended for the remainder of the season or may not be reinstated to coach in Play Lawton youth sports programs.

If a player or coach is playing (coaching) in two different age divisions and is suspended in one age division; the player or coach cannot play (coach) games in the second age division due to being on suspension. While on suspension, a player cannot participate in scheduled Play Lawton activities until the suspension has been served and the player or coach is reinstated.

MISCONDUCT

Play lawton reserves the right to suspend any player, coach, and/or fan for misconduct of any kind. Examples of misconduct include, but are not limited to:

- Fighting
- Profanity
- Obscene gesture
- Disrespectfully addressing an official
- Objecting to an official's decision
- Improper contact with an official
- Illegal player

NOTE: If a player legally playing in two different age divisions is suspended in one age division; the player cannot participate in any games until the suspension has been served and the player is reinstated. When a player is suspended, the player is not allowed to participate in any scheduled Parks & Recreation sporting activities. That player will miss games in both age divisions until the suspension is served and the player is reinstated.

Misconduct reports will be filed with the League Director. Game Officials, Field Marshals, the League Director and/or his representative may eject a player, coach or fan from the game or game site, as he or she deems necessary. All other player ejection penalties will be imposed at the discretion of the League Director. The League Director is responsible for deciding the level of penalty imposed in cases of misconduct.

ASSAULT ON AN OFFICIAL

Oklahoma Statutes

Title 21. Crimes and Punishments

§21-650.1. Athletic contests - Assault and battery upon referee, umpire, etc.

Universal Citation: 21 OK Stat § 21-650.1 (2016)

Every person who, without justifiable or excusable cause and with intent to do bodily harm, commits any assault, battery, assault and battery upon the person of a referee, umpire, timekeeper, coach, official, or any person having authority in connection with any amateur or professional athletic contest is guilty of a misdemeanor and is punishable by imprisonment in the county jail not exceeding one (1) year or by a fine not exceeding One Thousand Dollars (\$1,000.00), or by both such fine and imprisonment.

USE OF LAW ENFORCEMENT

Play Lawton will utilize Law Enforcement as a last resort measure when enforcing game dismissals/ejection or site dismissal/ejections. We expect that when a player, coach, manager and/or fan are asked to leave the site, they do so on their own accord. If a party who is asked to leave refuses to do so under their own power, law enforcement may be called to remove said individual(s).

PLAYER ELIGIBILITY

6U DIVISION

Players who are 4 - 6 years of age on 01/01/24 are eligible. Players who turn 7 prior to 01/01/24 are not eligible for this division.

8U DIVISION

Players who are 6 - 8 years of age on 01/01/24 are eligible. Players who turn 9 prior to 01/01/24 are not eligible for this division.

10U DIVISION

Players who are 8 - 10 years of age on 01/01/24 are eligible. Players who turn 11 prior to 01/01/24 are not eligible for this division.

12U DIVISION

Players who are 11 - 12 years of age on 01/01/24 are eligible. Players who turn 13 prior to 01/01/24 are not eligible for this division.

14U DIVISION

Players who are 13 - 14 years of age on 01/01/24 are eligible. Players who turn 15 prior to 01/01/24 are not eligible for this division.

RECREATION LEAGUE PLAYER ELIGIBILITY

A player must meet the age requirement for their age division. A player cannot be over the division age before the age cutoff date. Parents should consider a player's skill level of play when registering.

Recreational Leagues are for players who are learning the game and developing their skills. Recreational leagues will play seven (7) regular season games and a postseason championship tournament for top teams.

COMPETITIVE LEAGUE PLAYER ELIGIBILITY

A player must meet the age requirement for their age division. A player cannot be over the division age before the age cutoff date. Parents should consider a player's skill level of play when registering.

Competitive Leagues are for players who are more skilled or have more experience. Competitive leagues will play seven (7) regular season games and a postseason championship tournament for top teams.

Play Lawton has the right to merge divisions as it sees fit.

PLAYER ELIGIBILITY VERIFICATION

Birth Certificates or Report Cards may be required to verify player eligibility if questions or concerns arise. Birth certificates made from affidavits are not acceptable unless approved by the League Director. Report cards must be from the current school year. Documents may be required on protest of eligibility. Parents should be prepared to present verification documents if requested. The player is not eligible to play until they can be verified by

supporting documentation.

Protesting an Illegal Player

Only the **Head Coach** or **Team Manager** may protest the eligibility of any player on an opposing team at any time. The protest must be filed, in writing (email), with the League Director within **seven (7) days** after the supposed illegal player participated in a game. If the protest is deemed valid, it will be reviewed by the League Director. Players suspected of being ineligible will be unable to participate until their eligibility has been verified.

USING AN ILLEGAL PLAYER

Any coach found using illegal players on their team will be automatically suspended from coaching the remainder of the season. If the infraction accrues and/or is discovered at the end of the regular season or playoffs; the suspension will carry to the next coached sport. In addition to being suspended, the coach may also be placed on probation by the Play Lawton Management until the end of the athletic season at which time a decision will be made as to whether the coach may continue to coach in Play Lawton youth sports programs. Any game an illegal player participates in will be forfeited. It is the coach's responsibility to ensure all players are registered

PLAYER MOVE UP

Players at the top of their division (10yr old in 10U or 12yr old in 12U) may play up a division. The parents or legal guardian must contact the League Director for approval prior to participating in any league games. The League Director may move players up a division to maintain competitive balance.

ROSTERS

All players must be registered, paid, have a waiver signed, and be on the DaySmart Roster prior to game start. Exceptions may be made at the discretion of the League Director. Players who do not meet the requirements will not play. **All rosters will be locked after the second week of play.**

Playoff Rosters - players must play in a minimum of two (2) regular season games AND meet all previous roster requirements to be eligible to play in playoffs. Exceptions may be made at the discretion of the League Director.

FREE AGENT REQUEST

Free agents will be placed on to rosters when team registration is finished. If a free agent has a specific team request they can submit it to the League Director via email or by registration note in DaySmart.

If you have one to two players over the max team size, email programs@playlawton.com to request additional players. Your request will be reviewed and, if approved, the player(s) will be added to your roster.

MAXIMUM TEAM SIZE

Flag Football: 15 players per team

If you have one to two players over the max team size, email programs@playlawton.com to request additional players. Your request will be reviewed and, if approved, the player(s) will be added to your roster.

COACHES ON THE SIDELINE

A maximum of four (4) coaches are allowed on the sideline.(all coaches must be on the roster and have a

background check no exceptions.)

TIE GAMES

At the end of regulation play, if the game is tied, the following overtime procedures will be used:

At the coin toss, the visiting team captain shall be given the privilege of calling the coin before the coin toss. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss.

Each team shall be permitted one (1) time-out for overtime. The team scoring the greater number of points in overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team shall put the ball in play, 1st and Goal on the 10-yard line anywhere between the inbound lines. The offensive team shall have a series of four (4) untimed downs. If the offensive team scores a touchdown, it is entitled to the opportunity to try for extra points.

Extra points will be:

- Attempt from the 5-yard line: **one (1) point**
- Attempt from the 10-yard line: **two (2) points**

If the offensive team fails to score in four (4) downs, it will be a turnover on downs. The opposing team will gain possession of the ball with a 1st and Goal on the 10-yard line.

If the defensive team gains possession, the ball becomes dead immediately and the offensive series is ended.

If the score remains tied after each team has been given one series, it will be declared a tie game. In the playoffs only, the procedure shall be repeated until a winner is declared.

TIE BREAKER ANALYSIS

If there is a tie in the standings at the end of regular season play, the following tie breaker configurations will be used to break the tie or ties:

- Winning Percentage
- Head-To-Head
- Head-To-Head Differential
- Total Point Differential
- Lowest Number of Forfeits

COACHES

- There will be one coach allowed on the field for each team to help direct players, however, they should not interfere or assist with the play in any way.
- Coaches are expected to adhere to the coaching guidelines and code of conduct outlined above.
- Coaches and Team Managers are responsible for the conduct of their players and parents.

PARENTS/SPECTATORS

Parents/spectators will be held to the same code of conduct as coaches.

Parent/Spectator/Fan Misconduct

The following punishments will be handed down if a parent/spectator/fan is thrown out of the game for misconduct (defined under 'Misconduct'):

- **FIRST STRIKE:** If a parent/spectator/fan is removed from a game for misconduct, the TEAM will receive a warning which lasts the entire season, including playoffs.
- **SECOND STRIKE:** If a parent/spectator/fan is removed from a game for misconduct, after the team has already received their first strike, the TEAM will immediately forfeit the game they are playing, resulting in a score of 24-0 for the team not forfeiting.
- **THIRD STRIKE:** If a parent/spectator/fan is removed from a game for misconduct, after the team has already received their first and second strikes, the TEAM will forfeit their remaining games for the season, and will not be eligible for playoffs, regardless of record.

ALL Misconduct will be reviewed by the League Director

BOTTOM LINE:

As a parent/spectator/fan who is passionate about the sport, your child, and/or your team. It is your right to feel emotion, for example, happiness of your team scoring a touchdown, or frustration with a call that didn't go your way. However, it is also your RESPONSIBILITY, to conduct yourself in a way that is appropriate and aligns with the purpose as stated above. Misconduct of any kind will not be tolerated.

OFFICIALS

The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee's decisions are final in all matters pertaining to the game. The game officials shall assume authority for the contest.

The game officials' authority extends through the referee's declaration of the end of the game including overtime. The game officials retain clerical authority over the game through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the game officials had jurisdiction. Play Lawton may intercede in the event of unusual incidents that occur before, during or after the game officials' jurisdiction has ended or in the event that a game is terminated prior to the conclusion of regulation play. The game officials shall have the authority to make decisions for infractions of the rules. **The use of any replay or television monitoring equipment by the game officials in making any decision relating to the game is prohibited.**

RAINOUTS

Visit www.facebook.com/playlawton to get information on rainouts. Information on rainouts will be posted by 3:00 PM if Play Lawton staff has determined that games should be canceled. The League Director, Field Marshal, or game officials may terminate any game due to inclement weather. Games canceled due to weather, electrical issues or any other reason are not guaranteed to be made up. Every effort will be made to reschedule a canceled game.

LIGHTNING SAFETY PROCEDURE

Lightning Safety Procedure:

1. Keep an eye on the sky. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
2. Listen for the sound of thunder. If you can hear thunder, go to a safe shelter immediately. If you **“See it, flee it”** and if you **“Hear it, Clear it”**
3. Postpone activities promptly. Don't wait for rain. Many people take shelter from the rain, but most people struck by lightning are not in the rain!
4. Go quickly to your vehicle. An open garage, baseball dugout or picnic shelter does not provide safety. An enclosed building is the best location to go to. However, if no enclosed building is convenient, get inside your hard-topped all-metal vehicle.
5. Stay away from tall or individual trees, lone objects (light or flag poles), metal objects (metal fences or bleachers), standing pools of water, and open fields. Avoid being the tallest object in a field. Do not take shelter under a single tall tree.
6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch to minimize your body surface area.
7. Avoid leaning against vehicles. Get off bicycles and motorcycles.

Decision to Postpone and Resume Game:

1. Allow 30 minutes to pass after the last sound of thunder or flash of lightning before resuming any athletic activity.
2. No consideration will be given to completing the game when making the decision to postpone or resume the game. The only factor that will be considered is the presence/absence of lightning/thunder/threatening skies.

What to do if someone is struck by lightning:

1. Call 9-1-1 or your local ambulance service for help.
2. Get medical attention as quickly as possible

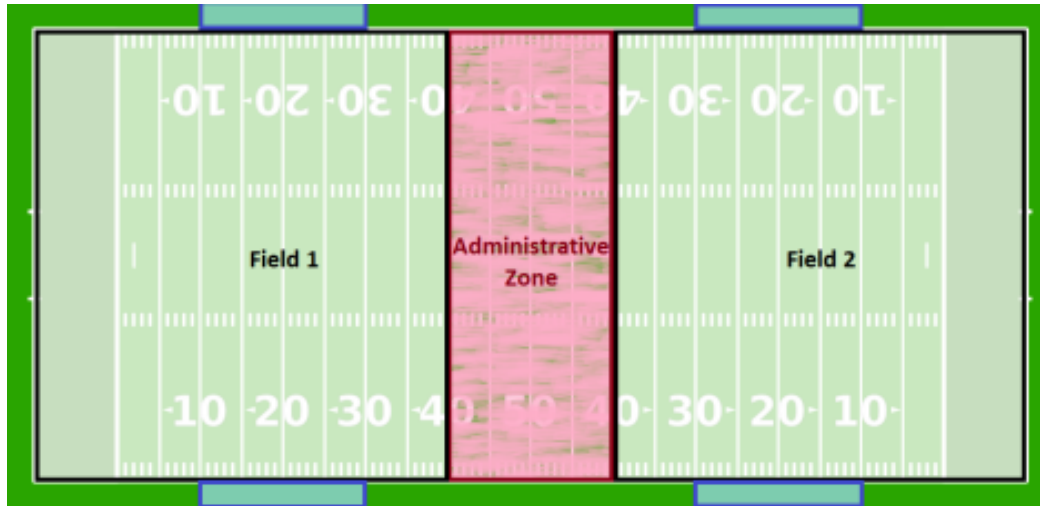
For questions or more information call the Play Lawton at (580) 448-0123 or emailprograms@playlawton.com

FLAG FOOTBALL LEAGUE RULES

All Rules are governed by NFL Flag Football

GENERAL

Flag Football games are played using a **7-on-7 format**. The offense will consist of a center, a quarterback, and a mix of receivers and running backs. The defense will consist of rushers who can rush the quarterback or pass defenders who can play in man-to-man or zone defensive strategies.



GAME

- A coin will be tossed at the start of the game, the away team will call the result of the coin toss. If called correctly, they will have the option to start on defense. If they call the toss incorrectly, the home team will have the same options. The team that starts the first half on offense will start the second half on defense and vice versa.
- The offensive team will start with the ball on the 40-yard line and will have **ten (10) downs** to score. If the ball is turned over via downs or interception, the opposing team will take possession of the ball starting on the 40-yard line. Offensive drives are always in the same direction.

SCORING

- A touchdown is **six (6) points**. After scoring, a team will attempt a Point(s) After Touchdown (PAT):
 - Attempt from the 5-yard line: **one (1) point**
 - Attempt from the 10-yard line: **two (2) points**
- A team that scores must declare whether it wishes to attempt a 1 point PAT or a 2 point PAT. Once that decision is confirmed by the official, it cannot be changed unless a timeout is called. This decision also cannot be changed after a penalty.
- **Mercy Rule:** After one team is winning by 24 or more points:
 - The losing team will have twelve (12) downs to score while on offense
 - The winning team cannot rush the quarterback while on defense
- Forfeits will be scored 24-0 for the team not forfeiting.

EQUIPMENT

Footwear

- All players must wear shoes. Rubber cleat shoes will be allowed. Open toe, open heel or hard soled shoes will not be allowed. Absolutely NO metal cleats.

Clothing

- Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his or her shorts inside out or tape his or her pockets in order to play.
- Shirts/Jerseys must be tucked inside the shorts and cannot have knots tied in them.
- All team members must wear the same color shirt/jersey.
- Shorts/Pants can't be the same color or close to the same color as the flags.
- No hooded sweatshirts. (In the case of inclement weather a hoodie can be worn but must stay tucked in and can not prohibit a flag from being pulled.)

Flag Belts

- Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- Players must use triple flag belts. One flag should be on each hip, and the third flag should be on the player's back side.
- Individual flags must be detachable from the belt. If the flag does not detach from the belt, the equipment is considered illegal and the player with the illegal equipment will be disqualified. If the entire team has illegal equipment the game will be considered a forfeit.
- All flag belts must be free of knots.

Ball

Each team must provide their own football.

6U Division will use a **Size 6 PeeWee Ball**

8U & 10U Division will use a **Size 7 Junior Ball**

- The referee shall be the sole judge of any ball offered for play and may change the ball during play at his or her discretion. Each team will use their own ball while on offense.

Pads/Braces/Other Equipment

- Equipment such as helmets, billed hats, bandana's, pads, braces made of hard, unyielding substances, casts, and all jewelry are strictly prohibited.
- Knee, ankle, shoulder, elbow, and wrist braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

TIMING

- 6U Division: the game will be played with two 20 minute halves using a running clock.
- 8U/10U Divisions: the game will be played with two 20 minute halves using a running clock.
- The clock will only stop for halftime, coach's timeout, official's timeout, or injury timeout.
- Halftime is four (4) minutes long.

- Each team has two (2) 45 second timeouts per half. Timeouts do not carry over from first to second half.
- There will be NO two-minute warning or stop clock period.

OVERTIME

If the score is tied at the end of regulation, the game will enter an overtime period:

- **Regular Season:** each team will have one offensive possession from the 10-yard line, in which they will have four (4) downs to reach the endzone. Each team will have one timeout per overtime period. If the score is still tied after each team has had one possession, the game will be declared a tie.
- **Playoffs:** the overtime period will be repeated until a winner is determined. (This over time period will not exceed ten minutes. If after ten minutes the game is still tied the game will be called a draw.)

LIVE BALL/DEAD BALL

1. The ball is considered live at the snap and remains live until an official whistles the ball dead.
2. The officials will indicate the line of scrimmage as well as the rush line, the area in between these lines will be considered the neutral zone. The official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage or the rush line.
3. Substitutions may be made on any dead ball. If the offensive team sends in substitutions, the defense must be allowed an opportunity to also sub players.
4. Play is ruled “dead” when:
 - a. The ball hits the ground. If the ball is fumbled, either as the result of a bad snap or otherwise, the ball will be placed where it hit the ground and the team will maintain possession.
 - b. The ball is intercepted by the defending team.
 - c. The ball-carrier’s flag is pulled.
 - d. The ball-carrier’s flag falls off.
 - e. The ball-carrier steps out of bounds.
 - f. A Touchdown or PAT is scored.
 - g. The ball-carrier’s knee or arm touches the ground.
 - h. Inadvertent whistle.

If inadvertent whistle occurs the offense has two options:

- A) take the ball where the whistle blew and the down is consumed
- B) replay the down from the original line of scrimmage.

NOTE: There are no fumbles, if the ball is fumbled, it becomes a dead ball and the team retains possession. If the ball is fumbled forwards then it will be spotted where the ball carrier lost possession.

RUNNING

1. The ball will be spotted where it was when the runner’s flag is pulled.
2. The Quarterback CANNOT directly run with the ball. The quarterback must hand off or pass the ball. During the play, the quarterback can become an eligible receiver or runner after they have made an initial hand off or passed the ball. The quarterback is defined as the player who receives the snap.
3. The “Center Sneak” is not allowed, additionally, the quarterback may not hand off to the center.
4. Spinning/Jump Cuts are allowed.
5. Blocking or Screening is not allowed at any time.

PASSING

1. All passes must be from behind the line of scrimmage, any pass thrown forwards beyond the line of scrimmage will be considered an illegal forward pass. Only one forward pass per down.
2. Shovel passes and laterals are allowed.
3. There will be a seven (7) second passing clock on each down. If the quarterback fails to throw the ball before the passing clock expires, the ball is dead.

RECEIVING

1. All players are eligible to receive a pass (including the quarterback if the ball has already been handed off).
2. A player must have possession of the ball and at least one foot in bounds when making a reception.
3. In the case of simultaneous possession by the offense and defense, possession is awarded to the offense.
4. Interceptions are not returnable, if the defense intercepts the ball it will be blown dead and the team will take over possession at the 40-yard line.

RUSHING

1. The rush line will be established five (5) yards beyond the line of scrimmage. All defensive players must line up behind the rush line, even if they aren't rushing the quarterback. If the line of scrimmage is inside the 5-yard line, the defense may line up on the goal line, however, rushers must still start 5 yards beyond the line of scrimmage.
2. Once the ball is snapped defenders may go past the rush line to rush the quarterback or get to the ball carrier if the ball has been handed off or lateraled.
3. Teams are not required to rush the quarterback.
4. Teams are not required to identify their rusher(s) before the play.
5. Rushers may attempt to defend a pass.
6. The offense cannot impede the rusher by blocking or screening, however, if an offensive player is not moving, it is the rusher's responsibility to go around the offensive player and avoid contact.
7. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage. The ball will be spotted where the flag was pulled, there are no safeties. If a flag is pulled behind the 40-yard line the ball will be spotted at the 40.
8. A penalty may be called if:
 - a. A defensive player leaves the rush line before the snap (offsides).
 - b. A defensive player lines up inside the neutral zone which is the zone between the rush line and the line of scrimmage OR the goal line and the line of scrimmage if the ball is inside the 5-yard line (neutral zone infraction).

FLAG PULLING/DEFLAGGING

1. A legal flag pull must take place when the ball carrier is in full possession of the ball.
2. Players may leave their feet to remove a flag.
3. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the ball will be spotted where the flag landed.
4. Defensive players may not intentionally pull flags off a player who is not in possession of the ball.
5. Flag guarding: This flag football term happens when the ball-carrier prevents a defender from pulling down their flags. For example, they might stiff arm, cover their flag with their open hand, or lower their elbow, or

otherwise intentionally trying to cover their flags with the football, their jersey, or other equipment. A running motion is not considered flag guarding (Must be a fluid arm swing keeping the arm at a 60-70 degree angle at all times)

FORMATIONS/MOVEMENT/PRE-SNAP

1. The offense must have a minimum of **three (3) players** on the line of scrimmage and may have a maximum of five (5) players on the line of scrimmage (the quarterback must be off the line of scrimmage).
2. Before the snap, all offensive players must come to a complete stop for at least one (1) full second. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
3. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker. The center player that is snapping the ball cannot be in front of the ball. This player must be over the ball or behind the ball. A side snap is also allowed but the center can not have his/her back facing the defensive line. The ball must be able to be visible to the defense of line.
4. The ball will always be spotted at the center of the line of scrimmage.

PENALTIES

General

1. The referees will call all penalties. After a flag is thrown the official's may conference to discuss the penalty and either pick up the flag, or call the penalty.
2. A game may not end on a defensive penalty, unless the offense declines the penalty.
3. Penalties will be assessed from the line of scrimmage unless designated as a spot foul.
4. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance.
5. If a penalty would place a team behind the 40-yard line, the ball will be spotted on the 40.
6. All offensive penalties will be a loss of downs and yardage.

OFFENSIVE SPOT FOULS	
Screening/Blocking	10 yard penalty, loss of down
Flag Guarding	10 yard penalty, loss of down
DEFENSIVE SPOT FOULS	
Defensive pass interference	Ball placed at the spot of the foul, automatic first down
Stripping	5 yard penalty, automatic first down
OFFENSIVE PENALTIES	
False start/offsidess	5 yard penalty
Illegal motion/procedure	5 yard penalty
Delay of game	5 yard penalty
Illegal forward pass	5 yard penalty, loss of down
Impeding the rusher	5 yard penalty, loss of down
Offensive pass interference	10 yard penalty, loss of down
DEFENSIVE PENALTIES	
Offside/neutral zone infraction	5 yard penalty
Illegal flag pull	5 yard penalty, automatic first down
Holding	5 yard penalty, automatic first down
Roughing the passer	10 yard penalty, automatic first down
PERSONAL FOULS	
Unnecessary roughness	15 yard penalty, either loss of down or automatic first down
Unsportsmanlike conduct	15 yard penalty, either loss of down or automatic first down

Visit DaySmart Recreation to check your team's schedule and scores.

For questions or concerns email programs@playlawton.com