



Lake Charles Ward 3 Recreation ADULT LEAGUE OFFICIAL RULES.

I. Ball & Field Size- A team must play with a Size 9 (11.2x6.4in) football or bigger. **No plastic or foam balls allowed.** Field is 80 X 40 with 10yrd end zones. The ball will be spotted within the hash marks at the closest spot to where the ball was called dead. After a **touchdown**, the offense has the choice to spot the ball anywhere between the hash marks, but at the distance of the chosen extra point.

II. Ball Spotting- When the play is called dead; the official will spot the ball where the player's **forward foot** was last. The knee, elbow, and/or hips will be an exception to the rule, but only if they touch the ground before the foot (or feet). Note: A player must be eligible (in bounds) to receive the catch, in order for the pass to be completed. Example: When a player catches the ball in mid-air and comes down on anything other than his/her foot (or feet), the official will call the play dead and spot the ball where the player's knee, elbow, or hips first touched the ground. That is ONLY if the player was in bounds before making a jump attempt at the ball. When touching the ground simultaneously, the official will spot the ball at the player's most progressed spot. Note: Diving to gain yards is not allowed. Doing so will result in a 10-yard Flag Guarding Penalty assessed from the spot, with a loss of down.

III. Blocking- Players are not allowed to run over other player while blocking. Tripping is a personal foul and accidental contact is at the official's discretion. While blocking down field, the offensive players blocking must have at least a 2 yard gap in between them (No wedge blocking allowed). Blockers must block with (a) **his/her hands behind their back** or (b) **crossed arms across the chest for ladies' protection**, or (c) **straight arms against the body & crossed at the wrist for men's protection.** Anything other than this will be called as an illegal block.

IV. Clock Stoppage Mode: Clock stops for 60sec after all PAT attempts. In that time, both teams must be lined up and ready for the live ball whistle from the official. A delay of game penalty may be given to the team that isn't ready for kickoff after time has expired.

FIRST HALF- In the last **2 minutes** if a (a) timeout is called, (b) touchdown is scored, or (c) field goal kick attempt/made. **SECOND HALF-** The clock will stop in the last **2 minutes** if a (a) timeout is called, **(b)** on all out of bounds dead balls, (c) incomplete pass/spiked dead balls, or (d) after PAT **IF** the game is a 21 point deficit or within. If the game is a 21 point differential or within, then the clock will stop for a **2 minute warning** (Stoppage Mode).

Clock Stoppage Rule Continues On Next Page ----->

The clock will stop if **(a)** the ball is ran out of bounds, **(b)** the ball is thrown incomplete, **(c)** after a touchdown is scored, **(d)** after a field goal is kick attempt/made, or **(e)** any accepted penalties against the offense. If the score stays 21 points or within, then the clock will remain in Clock Stoppage Mode. After the accepted penalty against the defense is marked off, then there will be a ten second runoff before the play clock and game clock become live. All injuries within the last two minutes of the half will charge a team a timeout. **NOTE:** If the defense is short a timeout, the clock will still stop to assist with the injured player(s), but the player must come off the field for (1) play. After the player has been assisted, there will be a 10 second runoff before the game and play clock becomes live. All rules apply to offense, except for the 10 second runoff rule before the game and play clock becomes live. The official(s) may stop the clock at his/her discretion.

Dead Ball- Officials can whistle the play dead when:

- The ball hits the ground.
- The ball carrier's flag is pulled.
- The ball carrier steps out of bounds.
- A touchdown, field goal, PAT, or Safety is scored.
- The ball carrier's knee or arm hits the ground.
- The ball carrier's flag falls off & defender is within arm's length (official's discretion).
- The receiver/ball carrier is under the violation of Flag Guarding.
- The receiver/ball carrier is under the violation of Players Equipment.
- An inadvertent whistle is blown.

V. Disciplinary Actions- Any person (Coaches, Players, and/or Spectators) who is asked to leave the premises by a Lake Charles Ward 3 Staff Member **MUST** leave at the time of the request given. If he/she declines this request, it can lead to his/her team forfeiting the game, including but not limited to game or season suspension(s), and/or can be banned from Lake Charles Ward 3 Recreation. All decisions made by staff will be further investigated by the Lake Charles Ward 3 Administration.

VI. Eligibility: Before any players are eligible to play in the League, he/she MUST sign the team's roster/waiver sheet. **Rosters are finalized by October 19, 2023.** Any person(s) on a roster that has not participated in the league before this date will not be allowed to participate after this date, no exceptions. Teams will be allowed to be pick up other players to fulfill a game's roster, but ONLY if it is allowed by the opponent's team captain. If accepted, the player will be allowed to play, but only until the original player(s) on their roster shows up. After a team has 6 original players, they are to play with those original 6 players. ***No picking up players for games, no changing teams, or adding players after the October 19, 2023*** date unless it is approved by the League's Director.

VII. Field Goals- A team can kick a field goal (**NEW: MAX of 3 drop steps**) on any down.

1 - 29 yard line = (3) points

30 yard line or more = (4) points

Women players will be awarded (1) extra point for their field goal. Once a team elects to kick a field goal, they must kick a field goal or (a) call a timeout to the change play or (b) take a delay of game penalty to change play. When kicking a field goal the player will kick off a tee, or have a teammate hold.

VIII. First Downs- The field will be mark every 20 yards, and a team will have (4) downs to get past the nearest 20th yard line. Note: In some cases the nearest 20th yard line will be the 40 yard line. On 4th down, a team can elect to **(a)** kick a field goal, **(b)** punt, or **(c)** go for it. Note: If a team crosses the nearest 20th yard marker (1st down line), but is penalized and spotted behind that line, then they will still have to go to the furthest 20th yard marker to gain the 1st Down. Ex. If a team crossed the 1st Down at the 20-yard line, but is called for a Flag Guarding Penalty and is spotted back at the 15 yard line, then they will still have to get to the 40-yard line to gain the 1st Down.

IX. Flag Guarding- An attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, charging, or jumping. Spinning is allowed, but players cannot leave their feet (in a jumping motion) when doing so. Ball carriers must make an effort to avoid defenders that has an established position. By not doing so, can result into a flag guarding penalty. If a runner leaves his/her feet to avoid injury, they will not be penalized. If this occurs, then will be called dead and the ball will be placed at the spot where the runner jumped from. As long as the ball carrier is running in stride, then he/she cannot be penalized for obstructing a defenders flag pull- For it is not considered a Stiff Arm. Although if it occurs, the official may stop play and call the player down at the spot of the runner's forward foot but without enforcing a Flag Guarding Penalty. ***Official's Discretion: If a uniform is not tucked in, a holding penalty may not be called.***

X. Flag Usage- Flags MUST is visible at all times. Defenders may dive to pull flags, but cannot tackle, hold or run through the ball carrier when doing so. If a player's flag inadvertently falls off during the play, then **the play will be called dead if the defender is within arm's length of the player that has possession of the ball.** A defensive player may not intentionally pull the flags off of a player who does not have possession of the ball. If doing so, it will result in 5 yard Illegal Flag Pull Penalty added to the yards gained on the play and will give the offense an automatic first down.

XI. Foul Play/Unsportsmanlike Conduct- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, it can result in a 10-yard penalty or an ejection from the game. Offensive or confrontational language will also **NOT** be tolerated. **Officials have the right to determine offensive language.** If offensive or confrontational language occurs, the referee may give out warnings. If it continues, the player(s) will also be ejected from the game under direct violation.

XII. Fumbles- If a player loses possession of the ball and it hits the ground, then the play will be called dead, and the ball will be spotted where (a) the ball hits, or (b) where the runner's forward foot is when they lose possession (if fumbled forward). If a player loses possession of the ball and it hasn't hit the ground yet, the defender can take possession of the ball. Note: No stripping is allowed; for it is the result of a 10 yard penalty that will be added to the yards gained on the play.

XIII. Grace Period: GRACE PERIOD IS ONLY FOR THE FIRST GAME. Teams are expected to arrive 15 minutes prior to game time. A **10 minute grace** period will be given to the team(s) that does not have enough players to start the game. Games are allowed to start early, but that is ONLY IF THE COACHES/CAPTAINS from each team agrees to do so. Other than that, games are to start on time according to the game's schedule. The game will be cancelled once the 10 minute grace period has expired, and there will not be an exception to this rule. The team that was short players will receive an "L" on their record. If both teams are short players, it will be considered a tie. Under certain circumstances, the rescheduling or time changing of games will be taken into consideration, but only at the League Director's consent.

XIV. In Bounds- Any play that goes on within the lines of play is considered in bounds, until he/she steps foot outside the lines of play. If a player gains possession in the air is still considered in bounds, as long as **one foot** comes down in the field of play.

XV. Inadvertent Whistle- When an inadvertent whistle is blown by an official, the ball is dead at the point of when the whistle was blown. **The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.** Note: A flag doesn't necessarily have to be pulled for an official to stop play- they have the right to blow a play dead at any time. For instance, when a defender and offender make contact with one another accidentally, the officials will stop the play to avert an injury.

XVI. Interceptions- In case of simultaneous possession by both an offensive and defensive player, possession will be awarded to the offense. Change the possession of the ball at the point of interception. Interceptions may be returned. When this happens, the defense becomes offense and all blocking rules will be enforced. Interceptions that happen within the end zones can be returned, but if they are not returned it will result as a touchback and the ball will be placed at the team's 15-yard line.

XVII. Kickoff Returns- The return team must have at least (4) players on the 40 yard line. This rule also apply to teams with (6) players. Once the ball is kicked, the return team is allowed to start blocking. While blocking, players must have at least a 2 yard gape in between them (No wedge blocking allowed). If a defender makes contact with a blocker that wasn't initiated by a blocker a 5-yard Illegal Use of the Hands Penalty will be added at the end of the play. The return man has the right to a 2 yard halo to catch the ball. If the ball is bobbled into the air a defensive player is eligible to catch it, but must not hit the returner in the process. If this occurs, then the possession of the ball will change and the all blocking rules becomes in effect. Touchbacks will be brought to the 15 yard line.

XVIII. Kickoffs - All kickoffs will start from the 30-yard line, and can be kicked off of a tee or punt style. Kickoffs will start each half and will be used to change possessions after each score, **unless a safety occurs**. The kicking team are allowed to have (2) players take running starts from behind the line of scrimmage, but the rest of the team members of the kicking team must stay on the line until the ball has been kicked. This rule also apply to teams with (6) players. The ball **must travel at least 10-yards** – IF NOT, the ball will be **spotted where the ball first hit the ground, goes out at, or at the 25-yard line if the ball was kicked out of bounds passed the 25-yard line**. Balls that are kicked inside the 10-yard line without being touched will go to the 10-yard line. If the ball is touched (makes contact with player/ attempt to obtaining possession) inside the 10-yard line, it will be spotted where the player's forward foot is when contact was made. If the ball is touched (makes contact with player/ attempt to obtaining possession) by a player that is standing in the end zone, and the ball drops onto the field of play, then the ball will be considered a touchback and placed at the 15-yard line. No onside kicks allowed, and touchbacks will be spotted at the 15-yard line.

XIX. Lateral Passing- Thrown at any time, as long as it is passed to a teammate behind him/her. Note: If a defender catches it in play, then it becomes a turnover and the play is live until the defender's flag is pulled.

XX. Live Ball/Snapping- The ball is live at the snap of the ball and remains live until the official whistles the ball dead. The snap doesn't have to be between the legs but the motion of **the snap must start on the ground**. If the ball touches the ground after it is released by the snapper, the ball is dead at the spot and that will be the new line of scrimmage. Ex. If the snap goes 3 yards back and touches the ground, it will be the result of a 3 yard loss on the play. The snap must be **received at least two (2) yards** off the line of scrimmage.

XXI. Mercy Rule- Becomes in effect when a team is up by 28pts at any time in the second half. Once the mercy rule is in effect, the losing team must get within the 28pt on the following possession AND STAY within 28pts (27pts or less) to continue playing. If ever the winning team goes up by 28pts again, the game will be over, and the winning team will get the W. Note: Forfeit games the winning team will receive 14pts towards the point system.

XXII. Motion- Only one player is allowed to be in motion at the snap of the ball. In doing so, the player can only move (a) backwards or (b) parallel to the line of scrimmage. Any motion towards the line of scrimmage is prohibited. Any offensive players that are not in motion must be at a complete stop for at least one second before the ball is snapped. Note: The offense **Must have (5) Players** on the line and at a complete stop for at least one second before the ball is snapped.

XXIII. Neutral Zone/Line of Scrimmage- The officials will indicate the neutral zone and line of scrimmage. The offense **must have at least (5) players on the line at the snap of the ball**. No players are allowed to line up in the neutral zone, for it can result in a 5 yard penalty. Note: In goal line situations where the ball is within 2 yards of the goal line, then **all defenders are allowed to toe the goal line, but the pass rushing rules will still apply (2) players are allowed to cross.** Note: In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.

XXIV. Overtime- A coin toss will determine which team gets the ball first. The winner of the toss can elect to go on defense or offense first. **The ball will be placed at the 20 yard line**, and each team will have (4) downs to score a touchdown or kick a field goal. The team who scores the most points on their respective drives will be declared winners. Note: If a second overtime is needed, then the team who went first on offense will go on defense first. Each team must go for a 2 point conversion if touchdowns are scored. If a third overtime is needed, then the same rules as the second overtime. If a winner is not declared by score at the end of the third overtime, the game ends in a tie. **Note: NFL Overtime rules will be played in the playoffs.**

XXV. Pass Rushing- A team can only rush (2) two players on defense on any given play. Any and all player(s) must be 2 yards off the line at the snap of the ball, including rushers. Any defender &/or rusher that isn't at least two yards off the line of scrimmage at the snap of the ball, will result in a 5-yard Illegal Rush Penalty (if accepted), and the down will be replayed. All defensive players are allowed to cross the line of scrimmage once (a) if the ball has crossed the line of scrimmage anytime during the play &/or (b) the quarterback hands it off or releases it. **No defensive player is allowed to bat the ball or jump at the quarterback at any time. A quarterback is considered a player that is eligible to throw the ball forward.**

XXVI. Passing- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense. All passes must be from behind the line of scrimmage, and shuffle passes are allowed. Quarterbacks are allowed to jump to make a pass, but as long as it is in the motion of the pass. If any forward pass is thrown after the ball has crossed the line of scrimmage, then a 5-yard Illegal Forward Pass Penalty will be enforced resulting in a loss of down. Note: Quarterbacks always have the right to run.

XXVII. PATs- After the team scores a touchdown, they must declare whether they wish to attempt a 1-point play, 1-point kick, or a 2-point play before the ball is set by the official. (a) An offensive play from the 5-yard line for a 1pt. conversion, (b) A field goal attempt from the 5-yard line for a 1pt. conversion, or (c) An offensive play from the 12-yard line for a 2pt. conversion. Note: If a team chooses to kick an extra point, all players will clear the field. All scores will add an additional point if converted by a woman. If a team chooses a 1pt. play, they must use a timeout to change it or take a 5-yard Delay of Game Penalty (10-yard, 1-point kick/ 17-yard, 2-point play). If a team chooses a 1pt. kick, they must use a timeout to change it or take a 5-yard Delay of Game Penalty (10-yard, 1-point play/ 17-yard, 2-point play). If a team chooses a 2pt. kick, they must use a timeout to change it or take a 5-yard Delay of Game Penalty (10-yard, 1-point play/ 17-yard, 2-point play).

XXVIII. Penalty Calling- The referee will call all penalties, and will determine incidental contact. All penalties will be assessed from the line of scrimmage, except spotted fouls. Games cannot end on a defensive penalty, unless the offense declines it. Note: Some penalties may be assessed on the kickoff. Two forms of penalties can be assessed: (1) Live ball (2) Dead ball. Note: Live ball penalties must be assessed before the play is considered completed. Ex. Roughing the Passer (10-yards added to the end of the yardage gained on the play). Penalties that are less than the distance to the goal line will be assessed half the distance.

>Spot Fouls:

- Flag Guarding.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Bull Rushing.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Defensive Pass Interference.....From the spot of the foul, **Automatic 1st Down**
- Stripping.....From the spot of the foul, add 10 yards & **Automatic 1st Down**
- Unn. Roughness..... At the spot of the foul, 10 yard Penalty & **Automatic 1st Down**
- Diving.....From the spot of the foul, 10 yard Penalty & **Loss of Down**

>Defensive Penalties:

- Offsides.....5 yard Penalty & **Replay the Down**
- Bull Rushing.....5 yard Penalty **Assessed**
- Interference.....From the spot of the foul & **Automatic 1st Down**
- Illegal Contact.....From the spot of the foul, 5 yard Penalty & **Automatic 1st Down**
- Illegal Flag Pull.....5 yard Penalty **Assessed & Automatic 1st Down**
- Neutral Zone Infraction.....5 yard Penalty & **Reply the Down**
- Roughing the Passer.....10 yard Penalty **Assessed & Automatic 1st Down**
- Unn. Roughness.....From the spot of the foul, 10 yard Penalty & **Automatic 1st Down**
- Stripping.....From the spot of the foul, 10 yard Penalty & **Automatic 1st Down**
- Holding.....From the spot of the foul, 5 yard Penalty & **Automatic 1st Down**
- Tackling....From the spot of the foul, 10 yard Penalty **Assessed & Automatic 1st Down**
- Taunting.....10 yard Unsportsmanlike Penalty **Assessed**

>Offense:

- Illegal Motion.....5 yard Penalty & **Reply the Down**
- Illegal Blocking (Clipping or Holding).....5 yard Penalty & **Reply the Down**
- Offensive Pass Interference.....5 yard Penalty & **Loss of Down**
- Flag Guarding.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Bull Rushing.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Delay of Game.....5 yard Penalty & **Replay the Down**
- Diving.....From the spot of the foul, 10 yard Penalty & **Loss of Down**
- Taunting.....10 yard Unsportsmanlike Penalty **Assessed**

XXIX. Play Clock- Once the official blows the ball live, a team has **25 seconds** to snap or kick it. The official may inform all players when there is 10 seconds remaining on the play clock. Note: Once all officials are in position, they may give both teams a courtesy warning before blowing the ball live. This rule applies to field goals and kickoffs as well. Keep in mind the official may blow the play clock live if he/she sees the teams slow playing the game clock in between touchdowns/field goals and kickoffs.

XXX. Player/Coach- Only coaches/captains will be allowed to speak to officials on a ruling. All players are allowed to call timeouts. Note: Any player can lose the right to talk to the official.

XXXI. Players Equipment- The proper Jersey/Shirt and Pants/Shorts are required. This does **NOT** include: Cut off shorts, Cut off shirts, Spaghetti straps, Tank tops, Training bras, and/or Muscle Shirts. All Jerseys/Shirts are expected to be tucked in at all times. They must not interfere with the pulling of the flag, and must not expose a player's undergarments. Cut off sleeves are allowed, but it is requested that the shirt is cut only at the stitching; for it does not cause interference with the pulling of the flag (hand or finger can be caught in it). All bottoms above the point of a player's mid-thigh are not allowed. Any player that is in violation of Players Equipment **WILL NOT BE ALLOWED TO PLAY**. Flag belts must be worn by both teams during play. Each belt that is worn should have three flags hanging with one showing on the backside, and one showing on both sides of the player. Flags should be clipped (**NOT TIED**) at the front of the waste. Any and all players can be penalized by the official for the improper use of the flag. Note: If the official may enforce an "All Shirts Tucked In" rule to eliminate interference with the pulling of the flag. It is the official's discretion on rather the shirt is an interference with the pulling of the flag.

XXXII. Playoffs: All teams will make the playoffs. Tie breakers for the top seeds will be determined by the point system. **Note:** The max number of points a team can receive/lose is 28pts per game. Ex. If a team wins by 33pts, they will only receive 28 of those points. In an event of a tie, coins will be flipped to determine which team gets the higher seeding.

XXXIII. Punting- Prior to the punt, the punt team must have everyone on the line of scrimmage, and the return team must have at least (5) players lined up two yards off the line of scrimmage. Punters cannot cross the line at any time during the punt; for this may result in a false start and the punt team will be penalized. Players on the return team are expected not line up directly in front of the kicker (**NO BLOCKING THE PUNT**). Same rules apply to a team that only has 6 players. Note: The return team can start blocking as soon as the ball is punted, and a 2 yard halo must be given to the player catching the punt.

XXXIV. QB Sack- Occurs when the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's forward foot is when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone. Note: The play can/will still be blown dead with the ball in possession of the Quarterback if he/she's **(a)** knee or elbow touches the ground, **(b)** flag falls off and the defender is within arm's length, **(c)** if the ball is fumbled, or **(d)** if he/she runs out of bounds.

XXXV. Rosters: A full roster is consisted of **eight players**, but a team **MUST** consist of at least **six players to keep a game from being forfeited**. Any team that does not fulfill these roster requirements will receive an “L” on their record.

XXXVI. Safety- If a safety occurs; the ball will be awarded to the defense with their offense starting the series on their own 20-yard line. Safeties can occur when an offensive player with the possession of the ball either **(a)** has their flag pulled, **(b)** knee or elbow touches the ground, **(c)** flag falls off the ball carrier and the defender is within arm’s length, **(d)** if the ball is fumbled or the snap touches the ground in the end zone, or **(e)** if he/she runs out of bounds within the boundaries of the end zone.

XXXVII. Timeouts & Clock: (2) timeouts per half. (1)-30sec & (1)-60sec. (2) 25 minute halves- running time, with a 3 minute halftime. The clock will only stop during timeouts, injuries, and under the clock stoppage rule. If an injury occurs, the official will stop the clock to assist the injured player, but the player **must come off the field for at least (2) plays**. Injuries occurring within the 2-minute clock will cost a team a timeout, and the player must come off the field for at least (2) plays. If a team is out of timeouts, the clock will still stop to assist the player in need, and the player must come off the field for (2) plays. After the player has been assisted and removed off the field, there will be a **10 second runoff before the next live ball is snapped**. The officials may stop and start the clock at his/her discretion.

XXXVIII. Touchdowns/Scoring- Two types of TDs **(Woman’s/Man’s)**. (a) Women’s touchdowns are **(9)** points, and (b) Men’s touchdowns are **(6)** points. If a women converts the PAT (includes: catching, kicking, throwing or running) from either distance, the team will be awarded **(1)** extra point. Ex. If a team goes for a 1 point conversion and a woman catches, kicks, throws, or runs it, then the team will be awarded 2 points. If a defender intercepts a PAT passing play and runs it back, then they will be awarded for the amount of points the offense tried for – only for what the PAT was worth, regardless of who scores the defensive PAT. ****NEW 2022**** All women on the field are eligible to receive extra points, but if a woman throws a touchdown/PAT to a woman, the team will still only receive one set of extra points for the score.

