

2019

RULE **BOOK**

**THE OFFICIAL PLAYING RULES FOR THE
CANADIAN FOOTBALL LEAGUE**



**THE OFFICIAL PLAYING RULES
FOR THE
CANADIAN FOOTBALL LEAGUE
2019**



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CFL ON-FIELD OFFICIALS

NAME-----	NO -----	POSITION
Ron Barss-----	25 -----	Down Judge
Al Bradbury-----	72 -----	Referee
Blair Brown -----	44 -----	Back Judge
Larry Butler -----	59 -----	Back Judge
Marty Carreau -----	57 -----	Down Judge
Thomas Cesari -----	36 -----	Down Judge
Brian Chrupalo-----	73 -----	Field Judge
Mike Ciona-----	92 -----	Side Judge
Murray Clarke-----	22 -----	Field Judge
Marc Cobb-----	89 -----	Line Judge
Fred Cooper-----	41 -----	Umpire
Iain Cropper -----	65 -----	Side Judge
Steve Dolyniuk-----	56 -----	Field Judge
Chris Donaldson -----	93 -----	Side Judge
Dave Foxcroft-----	30 -----	Referee
Dave Gatz-----	75 -----	Back Judge
Rob Hand-----	68 -----	Side Judge
Walt Hawrysh -----	81 -----	Line Judge
Rob Hill-----	63 -----	Down Judge
David Kendall-----	50 -----	Side Judge
Tim Kroeker-----	74 -----	Referee
Pierre Laporte-----	18 -----	Back Judge
Patrick MacArthur-----	61 -----	Umpire
Jason Maggio-----	37 -----	Field Judge
Ben Major-----	31 -----	Referee
Justin McInnes-----	67 -----	Down Judge
Richie Miller -----	34 -----	Umpire
Dan Mulvihill-----	83 -----	Line Judge
Kim Murphy-----	48 -----	Referee
Davin Overland-----	79 -----	Line Judge
Adam Paradowski -----	45 -----	Umpire
Jocelyn Paul -----	47 -----	Back Judge
Andre Proulx -----	28 -----	Referee
Kevin Riopel-----	40 -----	Side Judge
Troy Semenchuk-----	24 -----	Umpire
Chris Shapka-----	19 -----	Down Judge
Rob Skaggs -----	46 -----	Back Judge
Ryan Stark-----	52 -----	Side Judge
Bryan Taylor-----	51 -----	Field Judge
Jordan Titosky -----	49 -----	Line Judge
Tom Vallesi-----	60 -----	Referee
Andrew Wakefield -----	27 -----	Line Judge

RETIRED NUMBERS

26 - Don Barker	16 - Ross Perrier	38 - Lorne Woods
20 - Jacques Decarie	80 - Ken Picot	62 - Jake Ireland

CFL TIE-BREAKING PROCEDURE

When two or more member Clubs are tied in the final Division standings at the conclusion of the regular season schedule, preferential ranking for playoff purposes shall be determined on the basis of the following descending-order priorities and shall be awarded to the Club that:

- a) has won the greater number of games played against all member Clubs of the League, then
- b) has the higher winning percentage in all games played against all of the other tied Club(s), then
- c) has scored the higher net aggregate of points (i.e. points scored for less points scored against) in all games played against all of the other tied Club(s), then
- d) has scored the higher net quotient of points (i.e. points scored for divided by points scored against) in all games played against all of the other tied Club(s), then
- e) has the higher winning percentage in all games played against all member Clubs of the Division, then
- f) has scored the higher net aggregate of points in games played against all member Clubs of the Division, then
- g) has scored the higher quotient of points in games played against all member Clubs of the Division, then
- h) has scored the higher net aggregate of points in games played against all member Clubs of the League, then
- i) has scored the higher net quotient of points in games played against all member Clubs of the League, then
- j) has won a coin toss against the other tied Club.

Note: If two Clubs remain tied after other Club(s) are eliminated during any step, tie breaker reverts to step a).

LEGEND OF ABBREVIATIONS

AFD	Automatic First Down	L25	Loss of 25 yards
AR	Approved Ruling	LB	Loss of Ball
1D	First Down	LD	Loss of Down
12D	First or Second Down	LS	Line of Scrimmage
3D	Third Down	PBD	Point Ball Dead
Team A	Team putting ball into play	PBH	Point Ball Held
Team B	Other Team	PF	Point of Foul
DR	Down Repeated	PLS	Point of Last Scrimmage
L5	Loss of 5 yards	PPG	Point Possession Gained
L10	Loss of 10 yards	YG	Yards Gained
L15	Loss of 15 yards	YNG	Yards Not Gained

PLAN OF THE PLAYING FIELD

SUMMARY OF PENALTIES

5-YARD PENALTIES

Illegal Handoff Pass	Illegal Procedure
No Yards	Offside
Time Count	Too Many Players in the Formation

10-YARD PENALTIES

Contacting the Kicker	Delay of Game
Holding	Illegal Block
Illegal Contact on a Receiver	Illegal Participation
Illegal Substitution	Illegally Downfield On Kick
Ineligible Receiver	Late Start
Objectionable Conduct	Pass Interference
Punt Out Of Bounds in Flight	Pyramiding
Second Forward Pass on a Play	Sleeper Play
Taunting	Time Count – Last 3 Minutes
Too Many Players	Tripping
Unauthorized Person on Field	Use of an Illegal Substance

15-YARD PENALTIES

Blindside Blocking	Blocking Below the Waist
Chop Blocking	Clipping
Crackback Blocking	Cut Blocking
Face Masking	Hazardous Equipment
Leg Whips	No Yards
Peel Back Block	Piling On
Push Blocking	Roughing the Passer
Roughing the Kicker	Spearing
Unnecessary Roughness	

25-YARD PENALTIES

Illegal Deployment of Designated Quarterback or Designated Import	
Grade 2 Roughing the Passer	Grade 2 Spearing
Physical Abuse of Official	Rough Play
Spitting	

DISQUALIFICATION

Excessive Objectionable Conduct	Hazardous Equipment
Multiple Grade 2 Fouls	Physical Abuse of Official
Rough Play	Spitting

AUTOMATIC FIRST DOWN

Illegal Interference on a Loose Ball	Pass Interference
Rough Play	Unnecessary Roughness

LOSS OF DOWN

Time Count – Last 3 Minutes	Intentional Grounding
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2019 CFL RULE CHANGES

Number of Replay Challenges Allowed per Game

Each team will be granted a second challenge if they are successful on their first challenge.

Rule 1.7.6 (page 18) – Replay Review

Rule 10.2.1 (page 69) – Overview

Roughing the Passer

Introduce a 25 yard Grade 2 Roughing the Passer penalty for delivering a direct blow to the passer's head or neck area with their helmet when the offender has a clear view to the passer and there are no mitigating circumstances.

Rule 7.2.3 (page 56) – Grade 2 Unnecessary Roughness

Allow the Command Centre to assist the Referee in situations where the Referee does not have a clear view of contact to the passer.

Rule 10.3.1 (page 71) – Automatic Reviews

Increase the protection for a quarterback by ruling a play over when a quarterback slides in any manner or dives and part of the body other than the feet or hands touches the ground.

Rule 1.4 (page 15) – Dead Ball

Spearing

Refine the definition of spearing to when a player uses the top of their helmet as the primary point of contact to deliver a blow to an opponent.

Rule 7.2.3(f) (page 57) – Unnecessary Roughness

Introduce a 25 yard Grade 2 Spearing penalty when a player spears an opponent's head or neck area when the offender has a clear view to the opponent and there are no mitigating circumstances.

Rule 7.2.3 (page 56) – Grade 2 Unnecessary Roughness

Multiple Grade 2 Penalties

Any player called for two Grade 2 penalties in the same game will be disqualified from that game.

Rule 7.2.3 (page 56) – Grade 2 Unnecessary Roughness

Rule 7.3 (page 59) – Disqualification

Roughing the Kicker

Allow the Command Centre to assist the Referee in situations where the Referee does not have a clear view of contact to the kicker.

Rule 10.3.1 (page 71) – Automatic Reviews

Crackback Blocking

Add a forcible block component to the current Crackback Block rule to make it illegal to deliver a forcible block or block below the waist when a player moves outside in from more than 3 yards outside the tackle and blocks an opponent.

Rule 7.2.3(m) (page 57) – Unnecessary Roughness

Rule 7.2.7 (page 58) – Crackback Blocking

Leg Whips

Make it illegal to use a whipping motion to deliver a blow to an opponent with the leg or foot while executing a roll block or while on the ground or on the way to the ground.

Rule 7.2.3(u) (page 57) – Unnecessary Roughness

Rule 7.2.14 (page 59) – Leg Whips

Long Snapper

Make it illegal to deliver a forcible blow to the long snapper while their head is down and they are in a vulnerable position and unable to protect them self.

Rule 7.2.3(h) (page 57) – Unnecessary Roughness

Wedge Blocking

Make it illegal for 3 or more players to align shoulder to shoulder within 2 yards of each other and move forward together in an attempt to block for a ball carrier on kick return plays.

Rule 5.2.6 (page 42) – Wedge Blocking

Adjust use of Replay

When a team is unsuccessful on a challenge it will lose a time-out.

Allow a coach to challenge any reviewable play at any time during the game.

Rule 1.7.6 (page 17) – Replay Review

Rule 10.2.1 (page 69) – Overview

Simplify the types of Standard Reviewable Rulings that a coach can challenge.

Rule 10.2.3 (page 70) – Standard Reviewable Rulings

Allow a coach to challenge for Illegal Contact – Blocking Downfield only by eligible receivers and not interior line players.

Rule 10.2.2 (page 69) – Coach Challengeable Penalties

Add Roughing the Passer and Roughing the Kicker to situations where the Command Centre assists the Referee by automatically reviewing.

Rule 10.3.1 (page 71) – Automatic Reviews

Have the Command Centre review plays when the Injury Spotter stops the game to remove an injured player to determine if the injury was caused by an uncalled penalty.

Rule 10.3.1 (page 71) – Automatic Reviews

Diving

Create a 10 yard Objectionable Conduct penalty for embellishing contact by an opponent to try to draw a penalty.

Rule 7.4(e) (page 60) – Objectionable Conduct

Too Many Players in the Formation

Reduce the penalty from 10 yards to 5 yards when the offense is called for Too Many Players in the Formation

Rule 1.11.5 (page 26) – Too Many Players in the Formation

Time Count

Add a 10 yard penalty option when a team takes a Time Count foul on 1st or 2nd down in the last 3 minutes of a half.

Rule 1.7.9 (page 19) – Time Count

Manipulating the Clock

Add the time back onto the clock and apply the penalty when a team commits multiple fouls in a deliberate attempt to run time off of the clock.

Rule 8.8 (page 66) – Manipulating the Clock

Defense Offside and Intentional Grounding

Make Defensive Offside and Intentional Grounding offsetting penalties when they occur on the same play.

Rule 8.3.3 (page 62) – Offsetting Fouls

Crowd Noise, Stopping the Clock for Substitutions, Ball Automatically Dead when Hitting the Goal Post Ribbon

Eliminate these rules that are no longer applicable in the current game.

NOTE: All 2019 rule changes have been printed in bold throughout the Rule Book.

RULE 1 – CONDUCT OF THE GAME

SECTION 1 – THE FIELD

Article 1 – Regulation Fields

The field shall be 110 yards long by 65 yards wide. It shall be distinctly marked as indicated herein:

- The lines marking the sides of the field shall be named Sidelines.
- The lines marking the ends of the field shall be named Goal Lines.
- The area bounded by these two sets of lines shall be called the Field of Play.
- Twenty yards behind each Goal Line, and parallel to it, shall be marked a line named the Dead Line.
- The Sidelines extended from Goal Line to Dead Line shall be named the Sidelines in Goal.
- The area bounded by the Goal Line, the Dead Line and the Sidelines in Goal shall be named the Goal Area.
- The bounds shall be defined as the inside of the Sidelines, Sidelines in Goal and Dead Lines.
- The Field of Play shall be marked every 5 yards with lines extending from Sideline to Sideline and parallel to the Goal Lines.
- Twenty-four yards in from each Sideline each 5-yard stripe shall be marked by a short cross stripe parallel to the Sidelines (Hash Marks).
- Markers shall be placed opposite each 5-yard line from the Goal Line, indicating the distance of each such line from the Goal Line toward the centre of the field.
- The four intersections of Goal Lines and Sidelines and the four intersections of Dead Lines and Sidelines in Goal shall be indicated by flexible markers that must be placed so that they are not touching the surface of the playing field.
- Vertical posts (goal posts) shall be placed and centred on each Goal Line. The distance between the posts shall be 18 feet 6 inches. The goal posts shall extend 40 feet above ground level and shall be joined by a crossbar parallel to the ground at a height of 10 feet. The diameter of each post above the crossbar shall be not less than 3 inches or greater than 4 inches.
- At the extreme top of each post, there shall be attached a coloured ribbon 4 inches wide and 42 inches long.
- A wishbone type or single-shaft goal post assembly may be used, provided that it complies with the above standards and the base of the assembly is not further than 75 inches from the Goal Line.

Article 2 – Fields Less Than Regulation Size

If the regulation length of a field is not available because of a fence, a running track or any other object, a clear line of demarcation shall be established at least one foot toward the playing surface from such fence, track or object.

A line shall be painted on the playing surface and shall be considered as the boundary line. A player who touches this line, the surface outside the line or any object outside the line shall be ruled as having gone Out of Bounds.

SECTION 2 – THE BALL

The official football for a Canadian Football League game shall be the Wilson CFL Official Game Ball, which shall be inscribed with the signature of the Commissioner.

The game is played with a ball made of Wilson Exclusive Game ball Leather in four panels that shall be inflated to a pressure not less than 12 1/2 psi nor greater than 13 1/2 psi. The circumference of the long axis shall be not less than 28 inches nor greater than 28 1/2 inches. The circumference of the girth or short axis shall be not less than 21 inches nor greater than 21 1/4 inches. The length of the long axis shall be not less than 11 inches nor greater than 11 1/4 inches. The total weight of the ball shall not be less than 14 ounces nor greater than 15 ounces. The exposed laces shall be not more than 4 3/8 inches in length and 1 1/8 inches in width.

The ball shall be painted with 1-inch white stripes around the short axis, commencing 3 inches away from the point of greatest circumference of the short axis.

A minimum of eighteen footballs shall be used in a game. Each team will supply to the Game Officials, no later than 90 minutes prior to the scheduled start time, a minimum of twelve balls stamped with their team name to be used exclusively by their team when they are on regular offence ("Offensive Balls"). These Offensive Balls may have been used in practice prior to game day and may have been used in previous games. They must however meet a new ball standard at the discretion of the Referee to be used during a game.

Once the balls are under the control of the Game Officials 90 minutes prior to the game, no team may alter the footballs in any way. Teams may present additional balls to the Game Officials for use after this time. The additional footballs must meet the new ball standard to be used in the game.

The home team must also supply a minimum of another twelve new, unmarked and unaltered balls to be used for kicking plays ("Kicking Balls"). Both teams will use the Kicking Balls for all kickoffs, punts, kicked convert attempts, and field goal attempts. The home team must also have on hand a sufficient supply of additional Kicking Balls and make them available to the Game Officials should they be required due to weather or other circumstances. If the visiting team runs out of Offensive Balls, they will use Kicking Balls for the remainder of the game while on regular offense.

Any team that uses an illegal football or alters a ball during a game will be subject to a fine or suspension by the Commissioner.

SECTION 3 – POSSESSION

Possession means having the ball firmly held in hand or hands, arm or arms, leg or legs, or under the body.

When players of the opposite teams have possession of the ball, it shall belong to the player who first gained possession and who has not lost possession.

If players of both teams legally gain possession of the ball simultaneously, it shall belong to the team that last previously had possession.

A ball not in possession of a player is still in play. A ball shall be considered to have been fumbled if the player last in possession has lost control of it.

If a kicked ball other than a kickoff is legally touched by a player of either team, such touching shall be deemed to be possession.

SECTION 4 – DEAD BALL

The ball is dead:

- Whenever a field official blows the whistle
- When an official has signalled a score
- When the ball goes Out of Bounds
- When a forward pass is declared incomplete
- When a kicked ball strikes the opponent's goal post assembly in flight, without first touching the ground, a player or an official
- When the ball carrier is tackled and the forward progress has been halted (tackling is defined as the act of grasping or encircling a ball carrier with hands and arms)
 - When the ball carrier behind the line of scrimmage is firmly in the grasp and control of a tackler to the extent that the ball cannot be thrown
 - When a ball carrier is tackled and driven back towards the ball carrier's own Goal Line, an official must assume that an attempt was being made to advance the ball and that only the actual contact with an opponent prevented such advance. Therefore, the most forward point of advance shall be considered the point where the ball became dead
- When the ball carrier is contacted by an opponent and loses balance so that a portion of the body, other than feet or hands touches the ground, the ball shall be dead at the point where it was held when touching the ground, or the point where the ball was held when contacted, whichever is the furthest point of advance
 - When the quarterback, in possession of the ball, intentionally kneels on the ground during the last three minutes of a half
- **When the quarterback, in possession of the ball, gives them self up by sliding in any manner or dives, the ball shall be declared dead at the point it was held when another part of the quarterback's body, other than feet or hands, touch the ground**
 - When a player, having possession of the ball in their own Goal Area, intentionally kneels on the ground
 - When a ball carrier is on the ground and, in the judgment of the official, is not attempting to advance the ball, the official shall immediately declare the ball dead.
 - If a ball carrier's helmet comes off, the play shall be blown dead immediately.

NOTE: A ball lying on the ground and not in possession of a player is not dead. A ball striking an official is not dead except on a forward pass.

SECTION 5 – TEAMS

For reference hereinafter, the team that puts the ball in play shall be identified as Team A and the other team shall be named Team B. The game is played by teams of 12 players.

SECTION 6 – TEAM CAPTAINS

At all times, each team must have on the field a player designated as Captain, and so identified to the Referee.

The Captain shall be the sole communicator between the team and the officials (through the Referee) and may appeal to the Referee only on questions of interpretation and application of rules. Such consultations should be held apart from other players on the field.

A Captain is entitled to an explanation of any Referee's decision but no prolonged argument is to be allowed. When the yardsticks are called in from the Sidelines to determine whether a first down has been gained, the on-field Captain for each team shall be the only players permitted in the vicinity of the measurement.

In case of a foul, the Captain or Head Coach of the non-offending team shall be given the choice of the penalty or the option provided.

SECTION 7 – STARTING & TIMING**Article 1 – Starting**

The game shall start promptly at the time prescribed by the Commissioner. If the team is late appearing on the field at the start of the first or third periods, they will be penalized.

PENALTY: L10

At the start of the game, the captains of both teams shall meet the Referee at centre field. The Referee shall toss a coin with the visiting team captain making the call. The captain of the team winning the coin toss shall declare whether to have first choice at the start of the first or second half.

The captain of the team having first choice at the start of the first half shall choose between:

- (a) kicking off or receiving the kickoff or,
- (b) which end of the field to defend.

The captain of the other team shall have first choice at the start of the second half, when both captains shall again meet the Referee at centre field to make their choices.

Article 2 – Playing & Rest Periods

The length of game shall be 60 minutes of actual playing time, divided into four periods of 15 minutes each. The scoreboard clock shall be the official time for the game and shall be operated under the direction and control of the Timekeeper. (See Rule 2, Section 2, Article 10).

Goals shall be changed at the end of the first and third periods. At the start of the second and fourth periods, the ball shall be put into play at a point corresponding exactly to the point at the other end of the field where the ball became dead at the end of the previous period. It shall be put into play in exactly the same manner as if play had not been interrupted.

The kickoff to start the second half shall take place at exactly 16 minutes after the conclusion of the first half and a team shall be subject to penalty if the players are not lined up on the field ready to start the second half at that time.

PENALTY: L10

Article 3 – Time Out

Time shall start when the ball is touched following the kickoff at the start of a half, or after a scoring play, and shall continue until the ball is ruled dead and an official signals to the timekeeper that time shall stop for any of the following reasons:

- When a score has been made
- When the ball goes Out of Bounds
- When a forward pass is incomplete
- For the application of penalties
- For delay caused by player injury
- When time expires at the end of each period
- When the ball becomes dead after the three-minute warning has been given in any half
- When a player or head coach requests a team timeout
- For a convert attempt during the last three minutes of a half
- When the Referee deems it necessary to suspend play.

If in any period the ball becomes dead with only a short period of time remaining, the team in possession shall be entitled to one complete play even though that play may extend beyond the normal termination of that period.

If a touchdown is scored on the last play of a period, the period shall be extended to include the convert attempt.

Article 4 – Time In

After a time out for any reason, time shall start again on the signal of the Referee for any of the following reasons:

- When the ball is touched on a kickoff
- When it is ready to be scrimmaged
- When it is snapped immediately after a time count foul
- When it is snapped following a team time out
- When it is snapped after Team A commits an offensive foul prior to the snap inside their own 25 yard line or on any convert attempt
- When it is snapped after Team A creates two consecutive fouls prior to the ball being put legally into play prior to the 3 minute warning of either half

When the ball is snapped on the play immediately after the following situations after the 3 minute warning has been given in either half:

- A kickoff or a kick from scrimmage or an open-field kick
- A play during which possession changed
- An incomplete legal forward pass
- When the ball is carried Out of Bounds
- A score
- The application of a penalty however, the non-offending team may decline the penalty and permit time to resume as though a foul had not occurred
- The application of dual penalties

When an infraction is committed before the ball can be snapped after the 3 minute warning in either half, the non-offending team may:

- (a) accept the penalty, in which case time shall resume on the snap or,
- (b) decline the penalty and elect whether time shall resume on the snap or when the Referee declares the ball in play.

After a touchdown, time shall stop and shall resume when the Referee declares the ball in play for a convert attempt, except during the last three minutes of a half, when time shall resume when the ball is touched on the ensuing kickoff.

Article 5 – Team Time Out

Each team shall be granted two time outs per game and will be permitted to use them at any point during regulation time, subject to the following:

- (a) the time out may be requested by any player on the field, or the Head Coach, and may be directed to any official on the field,
- (b) the time out shall be 30 seconds in duration,
- (c) the game time will resume on the snap,
- (d) a team shall not be permitted to request or use a second time out in the same dead ball period in which they have used a time out,
- (e) a team may use only one time out in the last three minutes of the fourth quarter,
- (f) there are no team timeouts in overtime.

Article 6 – Replay Review

A Replay Review must be initiated by the Head Coach by throwing a challenge flag prior to the next legal snap. It is the responsibility of the coach to get the attention of the nearest official and to throw the challenge flag.

Each team will start with one challenge per game. **If that challenge is successful, the team will be granted a second challenge.**

If the challenge is unsuccessful, the team will lose a time-out.

A team must have a time-out remaining to challenge a play. In overtime, a team does not need a time-out to challenge.

The Command Centre will automatically review plays in certain game situations.

The team can challenge any challengeable ruling at any time during the game.

See Rule 10, Replay for complete details on this rule.

Article 7 – Ball in Play

The ball shall be considered in play until an official stops the game by sounding the whistle.

The game shall not be stopped because of player injury until the ball is dead.

The Referee shall not stop the game to impose a penalty until the ball is dead.

Article 8 – Delay of Game

The game shall not be delayed except by permission of the Referee. Any unauthorized delay shall be subject to penalty.

(a) If the Referee finds it necessary to suspend play while a player in the game has equipment repairs, that player shall be required to leave the game for a minimum of three plays.

(b) If the Referee finds it necessary to suspend play while an injured player receives medical attention on the field (an "Injury Timeout"), that player shall be required to leave the game for a minimum of three plays. If the reason the game was stopped is for a TV Timeout or a Team Timeout, a player may receive medical attention on the field during the TV Timeout or Team Timeout and shall be able to return to play immediately after the TV Timeout or Team Timeout provided that the game is not further delayed due to the injury. If the game is further delayed, an Injury Timeout shall be called and the player shall be required to leave the game for a minimum of three plays.

(c) On a kickoff, Team A shall be required to kick the ball within 20 seconds of notification by the Referee that play is to commence.

(d) If a Team B player interferes with the placement of the ball after it has been declared in play by the Referee, that team shall be penalized.

PENALTY: L10

Article 9 – Time Count

The Referee shall allow Team A 20 seconds in which to put the ball into play. If the stadium countdown clock is not in operation, the Referee shall be the sole judge as to when the time count shall commence, after allowing both teams reasonable time in which to line up after the preceding play.

PENALTY: L5 DR – Yardage penalty may be declined.

NOTE: After the three-minute warning has been given in a half the penalty shall be 1D or 2D – LD or **L10 DR**, 3D – L10 DR.

NOTE: The penalty for a time count violation on a convert attempt shall be L5 DR at any time during the game.

NOTE: If in the opinion of the Referee, Team A is taking a deliberate third down time count penalty, the Referee may order Team A to put the ball in play legally within 20 seconds or forfeit possession to Team B.

Article 10 – Electronic Noise

In the event that the home team permits in its stadium the use of either electronic equipment or high volume loudspeakers when the visiting team is attempting to put the ball in play, with the result that the game is delayed, the home team shall be subject to penalty for delay of game.

PENALTY: L10

Article 11 – Ball In Goal

The ball is in goal if it is on or behind the Goal Line, even in the air.

SECTION 8 – TIE GAME

In the event that the score is tied at the end of the second half of a game, each team will be given the opportunity to score using the following procedure:

- The first team, as determined by coin toss, shall scrimmage the ball at the opponent's 35-yard line and may advance by consecutive series of downs until it makes a score or loses possession.
- The second team will then scrimmage at the same 35-yard line and proceed as above.
- If the score is a touchdown, the convert attempt must be a two point attempt scrimmaged from the 3-yard line.
- If the score is still tied, the procedure shall be repeated at the opposite end of the stadium.
- A winner is determined only if both teams have had equal opportunities to score.
- If a winner is not determined after two attempts the game will be declared a tie.
- If the game is a playoff or championship game and a winner must be determined, the same procedure shall continue until a winner is finally declared.

There are no team timeouts in overtime.

SECTION 9 – OUT OF BOUNDS**Article 1 – Definitions**

The ball is Out of Bounds when it touches a Sideline, Sideline in Goal, Dead Line or the ground or any other object on or beyond these lines. The ball is Out of Bounds when a player in possession of the ball touches a Sideline, Sideline in Goal, Dead Line or the ground or any other object on or beyond these lines.

NOTE: The ball shall remain in play when it is knocked or batted back into the Field of Play by a player who is off the ground and who has not touched the ground or any object Out of Bounds, see Rule 1, Section 9, Article 3.

NOTE: If a player gains possession of the ball while off the ground in bounds and is contacted by an opponent, that player must still get one foot or other body part in bounds to retain possession.

NOTE: A player who gains possession of the ball near the Sideline and touches the ground in bounds with the first step shall retain possession even if the next step is Out of Bounds.

Article 2 – Ball Kicked Out Of Bounds

When the ball is kicked Out of Bounds in the Field of Play, it shall belong to the opposite team, subject to the penalty applicable on a kickoff.

Article 3 – Ball Fumbled Out Of Bounds

When, on any play, the ball is fumbled Out of Bounds, or touches a player in the Field of Play and then goes Out of Bounds, it shall belong to the team that last touched the ball in the Field of Play.

A team shall be entitled to possession when a player of the team, while off the ground, knocks or bats the ball directly Out of Bounds, provided that player lands in bounds.

The ball shall next be scrimmaged:

- (a) at the point where the ball went Out of Bounds or,
- (b) at the point where the ball was last touched in the Field of Play, whichever point is closer to the Goal Line of the team entitled to possession.

Article 4 – Ball Going into Opponent's Goal Area

When a player directs the ball, other than by kicking, from the Field of Play over the opponent's Goal Line and hence Out of Bounds in the Goal Area without the ball touching an opponent, it shall be ruled as a fumble Out of Bounds in the Field of Play, with the ball declared dead at the point where it was last touched in the Field of Play.

Article 5 – Ball Going into Own Goal Area

When a player fumbles or directs the ball from the Field of Play into their own Goal Area, where the ball goes Out of Bounds without possession being gained by either team, a Safety Touch score shall be awarded.

Article 6 – Ball Touched in Goal Area

When a player directs the ball other than by kicking, from the Field of Play over the opponent's Goal Line where it is recovered by an opponent, or is touched by an opponent before going Out of Bounds in the Goal Area, there shall be no score and the ball shall be awarded to the opponent's team at its 25-yard line. If in attempting to run the ball out of the Goal Area, the opponent's team commits an infraction the penalty shall be applied from the 25-yard line.

Article 7 – Ball Fumbled out of Goal Area

When a team in its own Goal Area fumbles or directs the ball, other than by kicking, across the Goal Line and Out of Bounds in the Field of Play without touching an opponent, the non-offending team may:

- (a) accept a two-point score if the offending team had previously directed the ball into its own Goal Area or,
- (b) accept a one-point score if the non-offending team had kicked the ball into the Goal Area or,
- (c) decline the score and require the team entitled to possession to scrimmage the ball 24 yards in from the point where the ball went Out of Bounds or,
- (d) if prior to the fumble or offside pass Out of Bounds, the player's team had gained possession in its Goal Area by intercepting a forward pass or recovering an opponent's fumble from the Field of Play, it shall be awarded the ball at its 25-yard line without option.

Article 8 – Illegal Participation

A player of either team, who goes Out of Bounds, except as a result of bodily contact, must remain out of that play.

NOTE: If a player goes out of bounds, as a result of bodily contact with an opponent, that player is not required to remain out of the continuing play. However, in order to participate further, the player must re-establish them self in the field of play with at least one foot in bounds and no contact with out of bounds.

If a player goes out of bounds, as a result of bodily contact with a teammate, which was not initiated by an opponent, that player must remain out of that play.

PENALTY: L10

If such player reaches back into or re-enters the field of play and touches or recovers a loose ball:

PENALTY: LB PF

A player who loses their helmet shall not be allowed to continue to participate in the play.

PENALTY: L10

Article 9 – Ball Kicked out of Bounds in Own Goal Area

When a team in its own Goal Area kicks the ball Out of Bounds in its own Goal Area, the ball shall be deemed to have become dead in the Goal Area and the opponent shall be awarded:

(a) a single point if the ball had been kicked into the Goal Area by the opponent or,

(b) a safety touch score if the ball had been kicked, passed or carried into the Goal Area by the team scored against.

If the team in its own Goal Area had gained possession through interception of a forward pass or recovery of an opponent's fumble, there shall be no score and the team shall take possession at its 25-yard line.

If, under similar circumstances, a team should kick the ball Out of Bounds in the opponent's Goal Area without gaining possession, the play shall be ruled as though the opponent had kicked the ball out of its own Goal Area.

SECTION 10: PLAYING UNIFORMS**Article 1 – Equipment**

Equipment or apparel that, in the judgment of the Referee, may endanger or confuse opponents is illegal.

The use of metal or other hard objects – including casts, guards and braces – to protect body parts, is permitted provided that such are appropriately covered on all edges and surfaces by foam rubber or similar material.

PENALTY: L10 PBD. The offending player shall be required to leave the game for a minimum of three plays and shall not be permitted to return until the illegal equipment has been removed. Substitution for the player shall be allowed.

Article 2 – Helmets

A player shall be required to wear a helmet when on the Field of Play and shall not voluntarily remove it while the play is in progress.

PENALTY: L10 PDB

NOTE: If a ball carriers helmet comes off, the play shall be blown dead immediately.

Any player's chinstrap must be completely fastened prior to the snap.

PENALTY: L10 PBD. The offending player shall be required to leave the game for three plays.

The use of helmets or other objects to deceive opponents as to the whereabouts of the ball is prohibited.

PENALTY: L5

NOTE: See Rule 7, Section 2, Article 3 & Rule 7, Section 4.

Article 3 – Numbering of Players

Each player shall be conspicuously numbered on the front and back of the jersey, and on the upper arms or shoulders. Such number must correspond with that listed with the scorer. A player shall retain the same number throughout the game except when permission to change is given by the Referee. Such change shall be reported to the scorer.

In the event that a Team A player is required to wear a different jersey number in order to play at a different position, the jersey must be changed in the team bench area. Under no circumstances shall the jersey be changed while the player is on the playing field.

PENALTY: The offending player shall be removed from the game until the proper playing number is determined. Substitution shall be allowed.

Article 4 – Illegal Substance

A player shall not be permitted to wear or apply or have applied on the uniform, equipment or body:

(a) an adhesive substance, a rosin bag or tacky cloth that, in the sole judgment of the Referee, has made the game ball unsuitable for play as a result of direct or indirect contact with that player, and/or,

(b) a greasy substance that, in the sole judgment of the Referee, has the potential to give that player an unfair advantage.

PENALTY: L10 PBD. The offending player shall be required to leave the game for a minimum of three plays and shall not be permitted to return until the illegal substance has been removed. Substitution for the player shall be allowed.

Article 5 – Blood Hazards From Open Wounds

If a player has an open wound that, in the opinion of the Referee, is bleeding significantly, then that player will be required to leave the Field of Play to have the wound properly dressed by club medical staff. The player would be permitted to re-enter the Field of Play after receiving clearance from the Referee.

Article 6 – Hazardous Equipment

A player shall not be permitted to wear unauthorized equipment (ex. baseball cleats, track spikes or golf shoes) or equipment that has been deliberately altered so that, in the sole judgment of the Referee, it has the potential to cause injury to an opponent.

PENALTY: L15 The offending player shall be disqualified from the game.

NOTE: If the infraction is detected during or following a play in which that player participated, the Referee may apply the penalty at the point of origin of that play, or PBD.

Article 7 – Dress Code

A team is required to dress in a professional manner and shall be subject to penalty if a player fails to comply with the following requirements:

(a) The team jersey shall be tucked inside the top of the pants and shall remain tucked in throughout the game. If the jersey is pulled out during the game, the player shall be required to tuck it in during a break in the play.

(b) Uniform stockings shall be worn in such manner that no part of the player's knee or leg is exposed.

(c) Protective gear shall be worn underneath the team jersey, pants and stockings. When a short-sleeved jersey is worn, the color of protective gear on the elbow or lower arm shall be the same as one of the basic colors of the team.

(d) The team uniform shall not be cut away or altered in any manner whatsoever.

(e) White tape may be used on wrists and hands, but tape used on stockings or any part of the uniform shall be the same color as the uniform or equipment it covers.

(f) Shoes of a standard football design, with appropriate football cleating, that have not been altered, deliberately or otherwise, in any manner and judged suitable by the Referee for the playing surface, may be used. Sneaker type shoes with no cleating may also be used.

PENALTY: L10 PBD The offending player shall be required to leave the game for a minimum of three plays and shall not be permitted to return until the dress code violation has been remedied. Substitution for the player shall be allowed.

SECTION 11 – TEAM PERSONNEL

Article 1 – Bench Area

The team bench area shall be a rectangular area situated not closer to the Sideline than 6 feet and extending for a distance of 30 yards parallel to the Sideline. During a game, the area may be occupied only by substitute players in uniform and other accredited persons including coaches, doctors, trainers, equipment assistants and water carriers. All such personnel are required to remain within the rectangular area with the exception of the coaches, who may take positions between the bench area and the Sideline. The coaches shall not be permitted on the playing field at any time during the game, except with the permission of the Referee.

PENALTY: L10

Article 2 – Official Time Out

When the Referee has called an official time out, not more than one player of each team may proceed to the Sideline to talk with the coach.

PENALTY: L10

Article 3 – Trainers & Injured Players

During a stoppage in play for injury or other reason, not more than two representatives of each team, other than medical personnel, shall be allowed to enter the field.

The Referee need not permit the attendants of both teams to enter the field in case of injury to a player of one team only and shall indicate such permission to the attendants of one or both teams.

When time out has been called for player injury or equipment repair, that player shall be required to leave the game for a minimum of three plays.

PENALTY: L10 PLS DR or L10 PBD or option.

Article 4 – Substitution Procedure

A substitute may enter the Field of Play at any time the ball is dead and only at that time.

A substitute who enters the game and communicates with a team mate on the field must remain in the game for at least one play.

A player leaving the game shall proceed directly to the Sideline on which the team bench is located and, thence, outside the Field of Play to the team bench. A team shall not be permitted to use player substitution as a means of deceiving the opponents.

If Team A substitutes players, the Referee shall give Team B the opportunity to also substitute players prior to starting the Play Clock. When Team A breaks their huddle the DJ and LJ shall turn away from the Sidelines and raise their arms to shoulder level (raise the “gates”). If Team A does not huddle, once the Referee signals the Umpire to leave the football, the “gates” will go up. Further substitution by Team A shall not be permitted once the “gates” are raised. Team B shall be permitted in all situations including after the “gates” have gone up, to substitute up to the snap of the ball.

When, on a kicking play, Team A has 11 or fewer players on the field and the “gates” have gone up, ONE player may enter the field and participate in the play without being penalized for Illegal Substitution, if that player is able to enter the “Close Line Play Area” prior to the snap.

PENALTY: L10

Article 5 – Too Many Players in the Formation

When Team A has more than 12 players in its huddle or formation the play shall be whistled dead before the ball is snapped and Team A shall be subject to a penalty for Illegal Substitution.

PENALTY: L5

Article 6 – Too Many Players

When Team B has more than 12 players on the field during a play it shall be subject to a penalty for Too Many Players.

PENALTY: L10

Article 7 – Sleeper Play

A sleeper play is one in which a team uses substitution procedures to disguise a player's presence on the field and throws a forward pass, lateral pass or kicks the ball to that player.

Team A shall not use player substitution as a means of disguising a sleeper play. If following a substitution, a Team A player does not participate in the team huddle and takes a position within 11 yards of the Sideline adjacent to the Team A bench area when the ball is put into play, that player shall not be able to receive the ball in any manner including a forward pass, lateral pass and kicked ball. That player will be deemed to have committed Illegal Substitution.

PENALTY: L10

Article 8 – Team B Substitution on Kick Plays

It shall be illegal after a substitution on a kicking play for a Team B player who has never taken position inside the numbers (11 yards from the sideline) and is adjacent to the Team B bench area to receive a lateral or kicked ball from a teammate.

PENALTY: L10 PBH

SECTION 12 – OTHER PERSONNEL**Article 1 – Team Personnel**

If a person entitled to be in a team bench area (i.e. a substitute player in uniform or one of the other accredited persons) interferes with the play in progress, that team shall be subject to penalty as follows:

(a) If the opponent had possession of the ball, the Referee shall award an automatic touchdown to the opponent.

(b) If the offending person's team had possession, it shall be penalized for illegal interference (L10 PBH or PBD) while the downs shall continue without interruption.

(c) If neither team had possession, the ball shall be awarded to the opponent at the point of recovery with a penalty of half the distance to the Goal Line and the opponent shall be permitted a series of three downs regardless of the time remaining in the half.

Furthermore, the offending person shall be disqualified from the game immediately and subject to disciplinary action by the Commissioner. There shall not be any additional yardage penalty by reason of the disqualification.

Article 2 – Other Than Team Personnel

If a person other than one described in Article 1 should interfere with the play in progress, the penalty shall be:

(a) If such person interfered to the advantage of the team in possession, that team shall be penalized for illegal interference at the point where the ball was held when the interference occurred.

(b) If such person interfered to the advantage of the team not in possession, the team in possession shall be awarded:

(i) a touchdown score if, in the judgment of the Referee, a touchdown would have been scored on the play or,

(ii) a penalty of half the distance to the Goal Line from:

1.the point where the ball was held when the interference occurred or,

2.the point where the ball became dead or,

3.the point where the ball was put into play or the team gained possession, whichever is the greater advantage to the team in possession, plus a series of three downs regardless of the time remaining in the half.

(c) If such person interferes with the play when the ball is not in possession of either team, the Referee shall whistle the play dead immediately. The entire play shall be repeated at the point the ball was previously put into play, with the down, yardage, score and time remaining the same.

(d) If such person interferes with a forward pass play in the Goal Area, the ball shall be awarded to:

(i) Team A at the one-yard line if the interference was to the advantage of Team B or,

(ii) Team B at the 10-yard line if the interference was to the advantage of Team A.

NOTE: If the non-offending team is awarded a series of three downs with insufficient time remaining, it shall be permitted a maximum of three plays from scrimmage. If that team should score or lose possession, the game will be terminated at the conclusion of that play.

RULE 2 - OFFICIALS

SECTION 1 – DESIGNATION OF OFFICIALS

Article 1 – Field Officials

1. Referee
2. Umpire
3. Down Judge
4. Line Judge
5. Side Judge
6. Back Judge
7. Field Judge

Article 2 – Support Officials

- Downsbox Operator
- Yardstick Operators
- Timekeeper
- Communication Coordinator
- Countdown Operator
- Scorer
- Statistician

SECTION 2 – JURISDICTION & DUTIES OF OFFICIALS

Article 1 – General

All field officials are equally responsible for the conduct of the game and no agreement shall be undertaken that would prevent the calling of any foul, against either team, by an official.

Each field official shall be equipped with a whistle and a coloured marker to be used to indicate a foul.

The sounding of the whistle shall stop the game.

The throwing of a marker indicates that a foul has been committed, but play shall continue until its termination.

The signal of “time in” shall be a clockwise sweep of the Referee’s arm from the overhead position and the sounding of the Referee’s whistle.

Article 2 – The Referee

The Referee shall take primary charge of the game and shall:

- Guide and direct the efforts of the other officials
- Enforce the rules and apply penalties
- Adjudicate upon disputes or matters not provided for in the rules
- Cover the actions by and against the passers and kickers
- In co-operation with the Down Judge keep count of the downs
- Notify each team captain when three minutes remain in each half

The Referee, if necessary, may:

- Overrule any other official
- Remove and replace any Sideline official

NOTE: The Referee will have sole authority to judge when a measurement is required to determine if first down yardage has been gained.

Article 3 – The Umpire

The Umpire shall have jurisdiction over the conduct and actions of players on the scrimmage lines of both teams. **The Umpire shall assist the Referee’s coverage of the passer should a defensive player break free on route to the Quarterback on the Umpire’s side of the centre.**

Article 4 – The Down Judge

The Down Judge shall supervise and control the Stick Crew and their actions in the placement and movement of the yardsticks, under the direction of the Referee. The Down Judge shall record the number of each down and assist the Referee in this respect and shall systematically check the Sideline for player substitutions and ensure that only approved substitution procedures are used.

Article 5 – The Line Judge

With the exception of:

- (a) the supervision and control of the Stick Crew and,
- (b) the recording of downs,

the jurisdiction and duties of the Line Judge are identical to those of the Down Judge.

Article 6 – The Side Judge

The duties of the side judge shall be identical to those of the Back Judge.

Article 7 – The Back Judge

The Back Judge shall have jurisdiction over the conduct and actions of players of both teams on Team B's side of the line of scrimmage and shall be responsible for Sideline violations downfield.

Article 8 – The Field Judge

The Field Judge shall have jurisdiction over the conduct and actions of players of both teams on Team B's side of the line of scrimmage and shall take a position downfield between the hash marks.

Article 9 – Downsbox Operator & Yardstick Operators (Stick Crew)

Under the direction of the Down Judge, the Downsbox Operator shall place a marker at the forward point of gain or loss after each play and shall indicate the number of each down on the marker provided.

Two Yardstick Operators shall function on one Sideline under the direction of the Down Judge. They shall remain outside the Field of Play unless called to assist in measuring for a possible first down. They shall be equipped with two pickets, connected near the lower ends by a chain. The distance between these pickets shall measure 10 yards.

A third Yardstick Operator shall be used to hold a single picket on the opposite Sideline to mark the 10-yard objective line. However, such picket shall not be used to determine whether a first down has been gained.

Article 10 – Timekeeper & Scorer

Prior to the game, the Scorer shall be provided with a complete list of the eligible competing players and the starting lineups, and shall keep a record of all scoring plays in the game.

The Timekeeper shall keep the time according to Rule 1, Sections 7 and 8, and shall notify the Down Judge or Line Judge when three minutes remain in each half.

If the scoreboard clock should fail to operate, the Timekeeper shall, prior to the last minute of play in each quarter, take a position in order to be clearly visible to the Referee and at the commencement of the last minute of play, shall raise a flag and continue to hold it in a raised position until time has expired in that quarter.

RULE 3 - SCORING

SECTION 1 – TABLE OF SCORES

Touchdown	6 Points
Single Point or Rouge	1 Point
Field Goals	3 Points
Convert	1 Point or 2 Points
Safety Touch	2 Points

The team scoring the majority of points shall be the winner.

SECTION 2 – DEFINITIONS

Article 1 – Touchdown

A touchdown is scored when the ball is in possession of a player in the opponent's Goal Area, or when the ball in the possession of a player crosses or touches the plane of the opponent's Goal Line. Should the ball subsequently be fumbled, or the player in possession forced back into the Field of Play, the touchdown shall score.

After a touchdown, the team scored against may kickoff from its own 35-yard line or require the scoring team to kickoff from its (scoring team's) 35-yard line.

Article 2 – Field Goal

A field goal is scored by a drop kick or place kick (except on a kickoff) when the ball, after being kicked and without again touching the ground, goes over the cross bar and between the goal posts (or goal posts produced) of the opponent's goal.

The ball shall be dead immediately when it crosses the cross bar.

After a field goal, the team scored against may scrimmage or kickoff from its own 35 yard line or require the scoring team to kickoff from its 35 yard line.

A team scoring a field goal on a play that started after the 3 minute warning has been given in the 4th quarter will kickoff from their own 35 yard line.

AR: Team A attempts a field goal. After the ball is kicked and before crossing the line of scrimmage, it touches or is touched by a player of either team and then proceeds through the uprights and over the crossbar in flight. **RULING—**Field Goal.

AR: Team A attempts a field goal. After the ball has crossed the line of scrimmage, it touches or is touched by a Team B player before it proceeds through the uprights and above the crossbar in flight. **RULING –**Field Goal.

Article 3 – Safety Touch

A safety touch is scored when the ball becomes dead in the possession of a team in its own Goal Area, or touches or crosses the Dead Line or a Sideline in Goal as a result of the ball having been carried, kicked, fumbled or otherwise directed from the Field of Play into the Goal Area by the team scored against, or

as a direct result of a kick from scrimmage having been blocked in the Field of Play or Goal Area.

After a safety touch, the options to the scoring team are to:

- (a) Scrimmage at their own 35-yard line,
- (b) kickoff from their own 35-yard line or,
- (c) Accept a kickoff from the 25-yard line of the team who conceded the safety touch.

If while in the act of conceding a safety touch, a team deliberately, in the judgment of the official, commits a Holding infraction, the score shall count and the penalty applied at the point where the ball is next put into play.

When a Rough Play or Unnecessary Roughness foul is committed on a play during which a safety touch is scored by the non-offending team, the score shall be allowed and the penalty assessed from the point where the ball is next put in play.

Article 4 – Single Point or Rouge

If the ball is kicked into the Goal Area by an opponent, a rouge is scored:

- (1) when the ball becomes dead in possession of a team in its own Goal Area or,
- (2) when the ball touches or crosses the Dead Line or a Sideline in Goal, and touches the ground, a player or some object beyond these lines.

AR: Team A kicks to Team B. B1 attempting to catch the ball on Team B's 3-yard line, fumbles it and is tackled with the ball in possession in the Team B Goal Area. **RULING** – Rouge (ball deemed to have been kicked into Goal Area by Team A).

AR: Team A kicks to Team B. B1 catches the ball in the Field of Play while moving towards own Goal Line and, in the judgment of the official, the momentum carries B1 into own Goal Area. **RULING** – Rouge (possession deemed to have been gained in the Goal Area).

After a rouge, the team scored against shall next put the ball into play by a scrimmage as first down at any point between the hash marks on its 35-yard line.

If the single point was scored as the result of an unsuccessful field goal attempt, the team scored against may elect to scrimmage the ball at any point between the hash marks on its own 35-yard line or at the previous line of scrimmage.

NOTE: For the purposes of this Article, a drop kick or place kick shall, without exception, be deemed to be a field goal attempt.

NOTE: If during a kickoff, the kicked ball proceeds through the Goal Area and across the Dead Line or Sideline in Goal without being touched, there shall be no score and the ball shall be awarded to the receiving team at any point between the hash marks on its own 25-yard line.

Article 5 – Convert

A team scoring a touchdown may attempt to add to its score by means of a scrimmage play from any point on or between the hash marks on either the 3 yard-line or the 25 yard-line, as follows:

1 point – By kicking a field goal on a scrimmage play initially scrimmaged on the 25 yard line.

2 points – By scoring a touchdown by means of a ball carrying or passing play initially scrimmaged from either the 3 yard line or the 25 yard line.

Note: The point of scrimmage may be adjusted for yardage penalties applied prior to the convert or as a result of a penalty that occurs during the convert.

Note: When a convert is re-tried due to a penalty, a team that initially elected to attempt a 2 point convert from the 3 yard line cannot change their election to now attempt a 1 point convert on the re-try. They must continue to attempt a 2 point convert. If the convert was initially scrimmaged from the 25 yard line, on the re-try a team may attempt either a field goal to score 1 point or pass or run the ball into goal to score 2 points just as they could have on the original attempt from the 25 yard line.

The ball shall remain in play until a score is made or the play has been terminated.

If Team B legally gains possession during a convert attempt (i.e. interception of forward pass, recovery of a loose ball, or recovery of a short or wide field goal attempt), it may score two points by advancing the ball across Team A's Goal Line. If the play terminates with Team B in possession in its own Goal Area or in the Field of Play, there shall be no score.

If the play terminates with Team A legally in possession in Team B's Goal Area, Team A shall be awarded two points if the ball had been carried or passed across the line of scrimmage, but no points if the ball had been kicked across the line of scrimmage.

NOTE: There shall be no convert attempt on the winning touchdown scored in overtime or if the scoring team chooses not to attempt a convert after scoring the winning touchdown on the last play of regulation time.

NOTE: Penalties that occur on convert attempts shall be applied according to Rule 8, Section 5.

SECTION 3 – TERMINATING A PLAY IN GOAL

A player of the team in possession of the ball in its own Goal Area may terminate the play by dropping to the ground on one knee. The official shall immediately declare the play dead.

SECTION 4 – KICKOFF OUT OF BOUNDS IN GOAL AREA

No score can be made from a kickoff unless the ball, after it is kicked off, is touched by a player of either team within bounds.

RULE 4 - SCRIMMAGE

NOTE: Where a violation under this Rule occurs before the ball has been snapped, the officials are empowered to stop the play and apply the penalty. Such penalty shall apply without option; however, the yardage may be declined. For a violation during the last three minutes of a half, see Rule 1, Section 7, Article 4.

SECTION 1 – DEFINITIONS

Article 1 – Line of Scrimmage

The line of scrimmage is an imaginary line, extending from Sideline to Sideline, parallel to the Goal Line, and passing through the point of the ball farthest from Team A's Goal Line.

Article 2 – Line & Backfield

Players of Team A whose facemask is in line with or in advance of the Centre's backside, and is on their own side of the line of scrimmage, and are formed in a single line when the ball is put in play, shall be considered scrimmage line, or "Line Players".

A player of Team A is considered to be in the backfield if such player is clearly not a Line Player when the ball is put in play. The player occupying the position of Quarterback shall be considered to be in the backfield and not be a Line Player.

No player of Team A shall be in a position that will create doubt as to being a Line Player or in the backfield, when the ball is put in play.

PENALTY: L5

Article 3 – Scrimmage Zone

The scrimmage zone is the area extending one yard on each side of the line of scrimmage and from Sideline to Sideline.

Article 4 – Defensive Line

On a play from scrimmage, players of Team B must line up at least one yard back of, and on their own side of the line of scrimmage until the ball is put in play. This includes the player giving defensive signals.

PENALTY: L5

SECTION 2 – METHOD OF SCRIMMAGE

Article 1 – The Centre

At the commencement of a scrimmage play, one Team A player (the Centre) shall take position facing the opponent's Goal Line with the ball on the playing surface immediately in front and shall put the ball in play by snapping it back between the legs in one continuous motion to another Team A player behind the line of scrimmage. The ball must leave the hands of the Centre, who shall not touch the ball again until it has been in the possession of another player. The Centre may adjust the ball for the purpose of snapping it, but such adjustment is limited to one time.

Article 2 – Illegal Movement

Team A shall be subject to penalty for attempting to draw an opponent offside if:

- (a) the quarterback makes a quick movement towards the centre position without the ball being snapped immediately or,
- (b) the quarterback, having assumed a stance with hands under the Centre bobs the head, moves the shoulders or flexes the knees in a jerking motion without the ball being snapped or,
- (c) the quarterback, having assumed a stance with hands under the centre, moves away quickly or suddenly without the ball being snapped.

Team A shall be subject to penalty for attempting to draw an opponent offside if:

- (a) the Centre fakes a snap, without snapping the ball or moves the ball forward.
- (b) the Centre, having assumed a stance holding the ball quickly or suddenly moves the shoulders or flexes the knees without snapping the ball.

PENALTY: L5

Either team shall be subject to penalty for attempting to draw an opponent offside if a player makes a motion or voices a signal that, in the judgment of the official, is intended to draw an opponent offside. This shall include a “snap down” into a two or three point stance by an offensive lineman.

PENALTY: L5

Article 3 – Offside At The Snap

Team A players must be completely behind the line of scrimmage, except that the head, arms and hands of the Centre and Receivers may be in advance of the line of scrimmage.

If a Team A player clearly crosses the line of scrimmage by more than one yard, prior to the snap of the ball, the officials shall stop the play immediately and apply a penalty.

PENALTY: L5

If a Team B player is offside on their own one-yard line.

PENALTY: Team A shall be awarded a first down or score made.

If a Team B player goes offside and contacts an opponent or breaks the plane of the line of scrimmage before the ball is snapped, the officials shall stop the play immediately and award the penalty, subject to the right of Team A to decline the yardage penalty and order the same down to be repeated as though a foul had not occurred. If the Team B player is within one yard of the line of scrimmage when the ball is snapped, the play shall continue, subject to the penalty against Team B.

If a Team B player enters the neutral zone within one yard of the line of scrimmage causing a Team A player in the immediate proximity to move before the ball is snapped, Team B shall be subject to a penalty for offside.

If players of both teams are offside on the same play, the same down shall be repeated without penalty from the point of last scrimmage.

A player of either team who is offside and contacts an opponent, even though resuming an onside position prior to the snap, shall be penalized for being offside.

Team A may put the ball into play without waiting for Team B players to return to an onside position from the previous play or substitution, but an offside penalty cannot be claimed against Team B. Such an offside player shall not interfere with the play in any manner.

PENALTY: L5

SECTION 3 – INTERFERENCE

Article 1 – General Definition

Interference takes place when a player obstructs, blocks, screens or charges towards an opponent, with or without direct contact, in such a manner that prevents the opponent's approach to the ball carrier, potential ball carrier or the ball. Blocking is identified as the act of creating interference with contact.

Article 2 – By Team A

(a) On a play from scrimmage, a Team A player may interfere with an opponent from Dead Line to Dead Line commencing from the instant the ball is snapped, except in the case of:

(i) a play during which a forward pass is thrown across the line of scrimmage or,

(ii) a play during which the ball is kicked across the line of scrimmage.

(b) For interference on a forward pass play, see Rule 6, Section 4, Article 8.

(c) On a kicking play, a Team A player may interfere with an opponent up to one yard in advance of the line of scrimmage.

(d) A Team A player may use hands, open or closed, and may thrust them forward to contact an opponent, provided that the hands are kept inside the elbows and contact is made from the front or side of the opponent within the frame of the opponent's body that is presented to the blocker.

(e) Hands may not be thrust forward above the frame to contact the opponent on the neck, face or head.

PENALTY: L10

Article 3 – By Team B

(a) On any play from scrimmage, a Team B player may use hands and arms to reach the ball carrier, but shall not hold or encircle any Team A player, other than the ball carrier.

PENALTY: L10

(b) For interference on a forward pass play, see Rule 6, Section 4, Article 8(b).

(c) For interference on a kicking play, see Rule 5, Section 4, Article 5.

Article 4 – Illegal Block

It shall be illegal for a player of either team to block an opponent below the waist except when the block occurs in an area between the tight ends or tight end position, within 2 yards of the defensive side of the line of scrimmage extending back to the initial position of the quarterback or kicker. A player initiating a block below the waist in this area must be positioned in this zone at the snap of the ball for the block to be legal.

PENALTY: L10

NOTE: If such an illegal low block also meets the criteria for an Unnecessary Roughness penalty such as but not limited to Clipping, Blocking Below the Waist, Crackback Blocking, Chop Blocking, Cut Blocking or Peel Back Blocking the player shall be penalized only for the Unnecessary Roughness penalty.

Article 5 – Hands to the Face

No player of either team may thrust their hands forward above the frame to contact the opponent on the neck, face, head or facemask. This does not apply to a ball carrier using a “stiff arm” or “straight arm” tactic where there is no grasping of the face mask.

PENALTY: L10**SECTION 4 – PLACEMENT OF THE BALL****Article 1 – After a Score**

When the ball is placed in play by the Referee after a scoring play, after the ball has been declared dead in the end zone, or following the application of a penalty for a foul in goal or a foul on a convert, Team A may elect to scrimmage the ball at any point between the hash marks.

Article 2 – Within 24 Yards of a Sideline

If the ball becomes dead within 24 yards of either Sideline, or goes Out of Bounds, it shall next be scrimmaged 24 yards in from such Sideline on the hash mark at the yardage point where it becomes dead.

Article 3 – Within 1 Yard of Goal Line

If Team A has possession of the ball within one yard of either Goal Line, it shall be scrimmaged one yard out from such Goal Line.

Article 4 – Within 15 Yards of Own Goal

When, on third down, Team A scrimmages on or within its own 15-yard line, Team A may position the ball out from the goal posts to the nearest hash mark.

Article 5 – Within 10 Yards of Own Goal

If Team A is scrimmaging within 10 yards of its own Goal Line, it shall be permitted to have the ball moved out to the nearest hash mark.

SECTION 5 – PLAYER RESTRICTIONS**Article 1 – Seven Players on Line**

At the instant the ball is put in play, at least seven players of Team A must be Line Players (as defined in Rule 4, Section 1, Article 2). Conversely, Team A can never have more than five players in backfield positions.

PENALTY: L5

Article 2 – Identification & Positions

On all scrimmage plays at least five Line Players, including the Centre, shall be identified as ineligible pass receivers and must be positioned in a continuous, unbroken line.

On scrimmage plays in which Team A punts the ball, the continuous unbroken line of ineligible pass receivers must include two ineligible Line Players on each side of the Centre (aka the Long Snapper). In addition, one player at each end of the line shall be identified as an eligible pass receiver.

PENALTY: L5

Any other Team A player is an eligible pass receiver, if so identified by playing number and, at the snap of the ball, is not a Line Player and is clearly occupying a backfield position.

NOTE: Team A Players shall be identified by numbering as follows:

Eligible receivers will wear numbers from 0-49 and 70-00.

Ineligible receivers will wear numbers from 50-69.

NOTE: A Team A player wearing an eligible receiver number may line up at an ineligible receiver position under the following four circumstances:

- (a) On a third down play or,
- (b) On a convert attempt or,
- (c) On a first or second down kicking formation in the last minute of a quarter,
- (d) On any kicking formation in overtime.

Prior to the game Team A will provide to the Referee a list of eligibly numbered players who may be so deployed. Such eligibly numbered players shall not be eligible as pass receivers, regardless of the position occupied on that play if any player from the list is lined up at an ineligible position.

At any time during the game, an eligibly numbered player may be added to the list by entering the field of play and reporting to the Referee.

If an eligibly numbered player who is not on the list participates at an ineligible receiver position (as a Line Player from tackle to tackle), their team will be warned once and their number will be added to the list. If this occurs a second time, a Procedure penalty shall be called.

A maximum of 2 players wearing an ineligible number (50 – 69) will be allowed to line up in an eligible position as an end or in the backfield after reporting to the Referee prior to a scrimmage play. The player must report to the Referee before EACH play that that player wishes to play in an eligible position. The Referee will inform the opposing team and all officials of the player number and position the player will be playing.

PENALTY: L5

Article 3 – Linemen Stance and Motion

Team A Line Players after having assumed a three-point or four-point stance may not break their stance by lifting a hand, however they may point, signal, shift or move slightly in a manner that does not draw the defense offside. All Team A Line Players, including the Centre, must become stationary and remain motionless for at least one second immediately prior to the snap of the ball.

The Centre is allowed to bob their head any number of times prior to the snap of the ball provided that the Centre pauses for one second between each head bob and remains completely motionless for at least one second immediately prior to the ball being snapped.

No player of Team A, who is a Line Player, shall be moving towards the opponent's Goal Line when the ball is put in play.

PENALTY: L5

EXCEPTIONS: Rule 6, Section 4, Article 4, Note 4

Article 4 – Designated Quarterback

Prior to the game, a team is required to designate three players who shall be permitted to alternate for each other during the game at the Quarterback position exclusively. Not more than one such player may be in the game at any time and none of the three can enter the game as a member of Team B.

PENALTY: L25 PLS DR or L25 PBD or option

NOTE: For the purposes of this Article 4, the duties of the Quarterback position may include punting, place kicking and kicking off. If a team designates three Quarterbacks for a game, the player designated as the third Quarterback shall not be eligible for kicking duties.

NOTE: A team is required to have one designated quarterback or kicker on the field for each of its offensive plays.

Article 5 – Designated International

If a team is using its full complement of international players, it shall, prior to the game, designate four international players as special teams players, who shall be permitted to enter the game at another position, only on the understanding that another international player on that side of the ball is required to leave the game for that play. Such player may enter the game on an unrestricted basis, only if another international player is removed for the balance of the game.

If a designated international participates in the game illegally:

PENALTY: L25 PLS DR or L25 PBD or option.

SECTION 6 – SERIES OF DOWNS**Article 1 – 10 Yards on Three Downs**

Team A shall have three downs in which to gain the required distance of 10 yards. A down may be repeated following the application of a penalty against either team. If in a series of three downs, Team A has not gained the required 10 yards, the ball shall be awarded to the opponents as first down at the point where the ball becomes dead. If the required 10 yards are gained, a new series of downs begins.

Article 2 – Consecutive Downs

“Consecutive” shall mean possession in a continuous series of downs in which the ball is in possession of the one team.

Article 3 – Continuity of Downs

The continuity of downs is interrupted:

- (a) When the ball, having been kicked, other than dribbled, crosses the line of scrimmage.
- (b) When on a scrimmage play, the ball is dribbled by Team B.
- (c) When the ball definitely passes into possession of opponents. Touching the ball by opponents is not possession.
- (d) When the required distance is gained.
- (e) When the ball is kicked Out of Bounds.

Article 4 – Position of Ball in Measuring

In measuring for downs, the forward point of the ball, and not its centre, shall be the determining point and the ball, before measuring, shall be rotated so that its long axis is parallel to the Sidelines. A touchdown cannot be awarded as a result of such rotation.

NOTE: When Team A has failed to gain the distance required for a first down and the ball is awarded to Team B, the official shall reverse the ball in order to have the forward point facing in the opposite direction.

RULE 5 - KICKING

SECTION 1 – DEFINITIONS

Article 1 – Kicked Ball

A kicked ball is one struck by a player's foot or leg below the knee.

NOTE: If the ball accidentally strikes a player's leg or foot, it shall not be ruled as a kicked ball.

Article 2 – Drop Kick

A drop kick is made by dropping the ball from the hands and kicking it with the foot just as it rises from the ground.

Article 3 – Place Kick

A place kick is made by kicking the ball after it has been placed on the ground and held by a Team A player, who shall be considered offside with reference to the position of the ball.

On a kickoff, the ball may be held, placed on the ground or placed on a tee, provided that the lowest part of the ball shall be raised not more than three inches above the playing surface.

On a field goal or convert attempt, a kicking tee may be used provided that the ball shall be raised not more than one inch above the playing surface.

Article 4 – Punt

A punt is made by letting the ball fall from the hands and kicking it with the foot before it touches the ground.

Article 5 – Dribbled Ball

A dribbled ball occurs when the ball is kicked while not in possession or control of a player, i.e. a loose ball following a fumble, a blocked kick, a kickoff or a kick from scrimmage. Such a dribbled ball may be touched by the kicker or an onside player without penalty.

If touched by an offside player:

PENALTY: Ball awarded to opponent at point ball touched, or option.

If touched by an offside player in the opponent's Goal Area:

PENALTY: Ball awarded to opponent at its 25-yard line, or option.

If touched by an offside player in own Goal Area:

PENALTY: Ball awarded to opponent at 10-yard line, or option.

NOTE: If the touching by an offside player occurs on the last play of a half, the opponent may elect to extend the period for an additional play.

NOTE: A ball dribbled by Team A across the line of scrimmage does not interrupt the continuity of downs.

NOTE: A dribbled ball that strikes a goal post shall remain in play.

NOTE: When a ball is dribbled and recovered by Team A, they may not block below the waist.

Article 6 – Onside & Offside

An onside player is a member of the kicker's team who is behind the ball at the instant it is kicked towards the opponent's Dead Line.

An offside player is a member of the kicker's team who is not onside.

An offside player becomes an onside player when the ball, after being kicked towards the opponent's Dead Line, touches or is touched by an opponent, the kicker or another onside player.

EXCEPTION: On a kick from scrimmage, if a Team B player touches the ball before it crosses the line of scrimmage, such touching does not put an offside player of Team A onside.

Article 7 – Application of Penalties

Under this Rule 5, the penalty for any minor foul that occurs after the ball has been kicked and before possession has been gained by the receiving team shall be applied as follows:

(a) Foul by kicking team (Other than Illegal Interference, Illegally Downfield on Kick, Illegal Kick Out of Bounds (Punt or Kickoff), , No Yards, , or failure to kickoff 10 yards): at point of last scrimmage (PLS), or point of kickoff, or point of actual kick on an open-field kick, as the case may be. If the open-field kick originates in the Goal Area, the penalty shall be applied at the 10-yard line.

(b) Foul by receiving team (Other than Contacting the Kicker, Roughing the Kicker, or Illegal Interference of the kicker or an onside player): at the point receiving team gains possession (PPG) or is entitled to possession. If the possession was gained in the Goal Area, the penalty shall be applied from the receiving team's 10-yard line.

SECTION 2 – KICKOFF

Article 1 – Points of Kickoff

The ball shall be kicked off by a place kick from any point between the hash marks on Team A's:

(a) 35-yard line – at the start of the game, or any half, or after a touchdown.

(b) 35-yard line – after a score of three points by the kicking team, or the team scored against may elect to put the ball in play by kickoff from its own 35-yard line. If score occurs after the 3 minute warning in 4th quarter the scoring team must kickoff.

(c) 25-yard line – after a score of two points against the kicking team or the scoring team may elect to put the ball in play by kickoff or scrimmage from its own 35-yard line.

Article 2 – Legal Kickoff

(a) The ball, unless touched by an opponent, must be kicked more than 10 yards towards the opponent's Goal Line before it may be legally touched by a member of Team A.

PENALTY: L5 kickoff repeated or Team B may take possession at the point the ball was first touched by Team A or option.

(b) The ball, unless touched, shall not go Out of Bounds in the Field of Play.

PENALTY: Team B will take possession either 30 yards in advance of where the ball was kicked or at the point where the ball went out of bounds.

(c) Should the ball be kicked Out of Bounds in the receiving team's Goal Area without being touched by a player of either team, there shall be no penalty and the ball shall next be put in play by the receiving team at its 25-yard line.

(d) Should the kicked ball strike the goal post assembly in flight, it shall be declared dead immediately and awarded to the receiving team at its 25-yard line.

(e) If the kicked ball is simultaneously recovered by players of both teams or is simultaneously touched by players of both teams before going Out of Bounds, the kickoff shall be repeated.

Article 3 – Offside on Kickoff - Team A

At the instant the ball is kicked off, no player of the kicking team shall be in advance of the ball except the player who may be holding the ball for such kickoff. The player holding the ball is deemed to be onside and is eligible to recover the kickoff in the same manner as any other Team A player.

PENALTY: L5 – kickoff repeated, or option.

Article 4 – Offside on Kickoff - Team B

Players of the receiving team must stand at least 10 yards on their own side of the line of kickoff when the ball is kicked.

PENALTY: L5 – kickoff repeated, or option.

Article 5 – Interference By Team B

On a kickoff, a player of the receiving team may interfere with an opponent anywhere within bounds, commencing from the moment the ball is kicked, provided that contact is made only above the waist of the opponent.

PENALTY: L15 PBH or PPG or PBD

Article 6 – Wedge Blocking

It shall be illegal for 3 or more players to align shoulder to shoulder within 2 yards of each other and move forward together in an attempt to block for a ball carrier.

PENALTY: L10 PBH or PPG

Article 7 – Illegal Interference By Team A

(a) Before gaining possession: A player of the kicking team shall not be permitted to interfere with an opponent who is attempting to play or recover the ball until that team has gained possession.

PENALTY: L10 – kickoff repeated

(b) After gaining possession: If a player of the kicking team recovers the ball on the kickoff, that team may then interfere with opponents anywhere within bounds, provided that contact is made only above the waist of the opponent.

PENALTY: L15 – PBH or PBD

Article 8 – Gaining Possession on a Kickoff

On a kickoff, a player who catches the ball must come down in bounds to gain possession. If the player was the last to touch the ball, either the player or the ball must come down in bounds for possession to be awarded.

SECTION 3 – BLOCKED KICK

Article 1 – Definition

A blocked kick is a kick from scrimmage in which, after being kicked, the ball is prevented from crossing the line of scrimmage because of contact with an opponent or a player of the kicking team who is offside.

It is a deflected kick not a blocked kick if, on a kick from scrimmage, the ball is touched by or touches an opponent or a player of the kicking team who is offside and then crosses the line of scrimmage. Such touching of the ball shall be disregarded, and the Kicking team players must allow 5 yards to an opponent attempting to gain possession.

If the kicked ball, after being touched prior to crossing the line of scrimmage, should strike any part of the receiving team's goal post assembly in flight without touching the ground, an official or a player, it shall be declared dead immediately and awarded to the receiving team on its 25-yard line.

Article 2 – Recovery of Blocked Kick

If the ball is blocked, without going Out of Bounds, it may legally be recovered by a player of either team. If, however, the ball is recovered by a player of the kicking team, the continuing play shall be considered as any other play from scrimmage.

Article 3 – Blocked Out of Bounds

Where a kick is blocked and the ball goes Out of Bounds:

(a) On first and second down, it shall belong to the team last touching it in the Field of Play, 24 yards in from the Sideline:

(1) at the point where the ball left the Field of Play or,

(2) at the point where the ball was last touched in the Field of Play, whichever point is closer to the Goal Line of the team entitled to possession.

(b) On third down, it shall belong to the non-kicking team at either of the points set out in (a) above.

Article 4 – Blocked into Goal Area

When a kick is blocked in the Field of Play or Goal Area, and is declared dead in the Goal Area in possession of the kicking team, or goes Out of Bounds in the Goal Area without either team taking possession, a safety touch score shall be awarded to the non-kicking team. No Option.

SECTION 4 – KICK FROM SCRIMMAGE & OPEN-FIELD KICK**Article 1 – Restriction on Offside Player (No Yards)**

(This article does not apply to a “dribbled ball”).

When on a kick from scrimmage (punt, field goal or kicked convert when ball crosses the line of scrimmage), or on an open-field kick, a player who is offside in relation to the kicker:

(a) if the player first touches, or is touched by, the ball:

PENALTY - in field of play	- L 15 from PBT (point ball touched)
- in goal area	- L 15, penalty applied at 10-yard line

If the offside Team A player is inadvertently touched first by the ball, which has previously hit the ground, and has made no attempt to “play” the ball in any way, the penalty will be L5 from PBT or PBD.

(b) if the player does not allow five (5) yards to an opponent attempting to gain possession of the kicked ball. The 5-yard zone is determined by a circle with a 5-yard radius; with the centre point being the ball at the instant it is first touched. If the kicked ball is first touched by the receiving team in the air prior to having touched the ground:

PENALTY - in field of play	- L 15 from PBT
- in goal area	- L 15, applied at 10-yard line

(c) if the player does not allow five (5) yards and the ball struck the ground before being touched by the receiving team:

PENALTY - in field of play	- L 5 from PBT or PBD
- in goal area	- L 5, applied at 10-yard line or PBD

(d) if a kicking team player is making no attempt to withdraw from the 5-yard zone, and is hovering over the ball or the receiving team player about to take possession of the ball, a 15-yard penalty will apply regardless whether the ball bounced.

(e) if a kicking team player interferes with a receiving team player attempting to gain possession of the kicked ball, with or without contact:

PENALTY - L 15 from normal point of application

(f) if a kicking team player invades the 5-yard zone, and contacts in an unnecessarily rough manner a receiving team player who is attempting to play the ball, the kicking team player will be subject to an additional 15 yard UR or 25 yard RP Disqualification penalty, regardless of whether the ball had struck the ground.

Article 2 – Onside Player

(a) The kicker or an onside player may enter the restraining zone and legally recover the kicked ball, but shall not interfere with an opponent attempting to recover the ball.

PENALTY: Ball awarded to receiving team at point of foul or at its 25 yard line, if the foul occurred in the receiving team's Goal Area. If the kicker or onside player and a Team B player simultaneously recover the ball, possession shall be awarded to the receiving team at the point the ball was touched.

(b) If the kicked ball has not yet been touched and a player of the receiving team fakes an attempt to recover the ball, that player may be tackled without penalty. If an offside player touches the ball, there shall be no penalty and the ball shall be awarded to the receiving team.

(c) If the kicked ball has not yet been touched and, in the judgment of the official, no effort is being made by either team to recover the ball, the ball may be declared dead and possession awarded to the receiving team.

Article 3 – Kick From Scrimmage Going Out-of-Bounds in Flight

It shall be illegal for a kick from scrimmage to go out of bounds in flight from 20 yard line to 20 yard line. This does not apply if the kick is deflected by the receiving team and then goes out of bounds in flight.

PENALTY: L10 PLS or PBD

Article 4 – Kicked Ball Striking Goal Post Assembly

(a) If the ball, after being kicked, should strike the opposing team's goal post assembly in flight, the ball shall be declared dead immediately and awarded to the receiving team as first down at its 25 yard line.

(b) A kicked ball striking the goal post assembly after having touched an official, the ground or a player, shall remain in play.

(c) A kicked ball striking the kicking team's goal post assembly shall remain in play.

(d) If the kicked ball on a field goal or convert attempt should strike the goal post assembly in flight, and then proceed through the uprights above the crossbar, the score shall count.

Article 5 – Interference on Kick From Scrimmage

(a) A player of the receiving team may interfere with any player of the kicking team who has crossed the line of scrimmage, provided that contact is made only above the waist. Such interference shall be permitted from the instant the ball is snapped.

PENALTY: L15 PBH or PPG or PBD

(b) The kicker or an onside player may not be contacted until reaching the line of scrimmage or until the receiving team has touched the ball.

PENALTY: L10 PLS

Article 6 – Interference on Open-Field Kick

A player of the team receiving an open-field kick may interfere with an opponent the instant the ball is kicked, provided that such contact is made only above the waist of the opponent.

PENALTY: L15 PBH or PPG or PBD

Article 7 – Illegal Interference By Kicking Team

On a play from scrimmage in which the ball is kicked across the line of scrimmage, a player of the kicking team may interfere with an opponent up to one yard in advance of the line of scrimmage. After the ball is kicked, the player may use hands and arms to ward off a blocker interfering with the approach to the ball carrier.

PENALTY: L10 PLS or PPG

Article 8 – Illegally Downfield on Kick

On a play from scrimmage in which Team A punts the ball a player of the kicking team who is one of the interior block of five ineligible Line Players may not advance beyond the Scrimmage Zone (one yard in advance of the Line of Scrimmage) until the ball is kicked.

PENALTY: L10 PLS or PPG

Article 9 – Recovery of Own Kick

The kicker or an onside player may recover the kick across the line of scrimmage, in which case the ensuing down shall be first down whether or not the original yardage has been gained.

Following such recovery by the kicker or an onside player, a player of the kicking team may interfere with an opponent provided that contact is made only above the waist of the opponent.

PENALTY: L15 PBH or PBD

Article 10 – Kick That Fails to Cross Line of Scrimmage

When a ball kicked from scrimmage fails to cross the line of scrimmage and is recovered by an onside player of the kicking team, the series of downs shall not be interrupted unless after recovery, the yardage required for a first down is gained.

If touched by offside player:

PENALTY: Ball awarded to opponent at point ball touched, or option.

If touched by offside player in own Goal Area:

PENALTY: Ball awarded to opponent at 10-yard line, or option.

RULE 6 - PASSING

SECTION 1 – LATERAL OR ONSIDE PASS

A lateral or onside pass is one thrown, handed, knocked, batted or fumbled by a player parallel to or in the direction of own Dead Line.

A player shall be considered onside in relation to a team mate in possession of the ball, if not closer to the opponent's Dead Line than such player in possession. The point at which the ball is caught, strikes another player, an official or the ground, or goes Out of Bounds, is the factor that determines whether it is a lateral or an offside pass, regardless of the direction in which it goes afterwards.

A lateral pass striking the ground is not dead and may be recovered by either team without penalty.

When a lateral pass goes Out of Bounds in the Field of Play, the ball shall be put in play by scrimmage at a point 24 yards in from the point where the ball went Out of Bounds.

SECTION 2 – HANDOFF PASS

A handoff pass is made on a scrimmage play when the ball is handed, but not thrown, by one Team A player to another behind the line of scrimmage. There is no restriction on the number of handoff passes on any one play.

The player receiving the handoff pass must not be occupying the position of an interior lineman at the instant of receiving the ball.

PENALTY: L5 PLS DR

SECTION 3 – OFFSIDE PASS

Article 1 – Definition

An offside pass is made when the ball is directed towards the opponent's Dead Line in any manner other than by being kicked.

A team making an offside pass shall not be permitted to advance the ball or retain possession beyond the point of origin of the pass.

RULING: Next scrimmage at point of origin of pass, or option.

EXCEPTIONS: Handoff Pass (Rule 6, Section 2)
Forward Pass (Rule 6, Section 4)

Article 2 – Offside Pass in Field of Play

An offside pass shall be ruled as having occurred in the following situations:

(a) On a scrimmage play, a Team A player makes an offside pass after crossing the line of scrimmage.

(b) On a play, other than from scrimmage (e.g. kick return, kickoff return, interception return, fumble return, recovery of onside kick or kickoff), a player makes an offside pass.

(c) In attempting to catch a forward pass, a Team A eligible receiver tips, deflects, knocks or bats the ball in an offside direction, where it is caught by another Team A player, who is not eligible as a receiver.

RULING: Ball to team making offside pass, at point of origin of pass (downs continue unless yards gained at that point, or option).

Article 3 – Not an Offside Pass

An offside pass shall be ruled not to have occurred in the following situations:

(a) On a scrimmage play, before the ball crosses the line of scrimmage, a Team A player in possession of the ball makes an offside pass – rule as a forward pass.

(b) On a forward pass play, an eligible Team A receiver, in attempting to catch the ball, tips, deflects, knocks or bats the ball in an offside direction, where it is caught by another eligible Team A receiver.

(c) In attempting to intercept a forward pass, a Team B player directs the ball in an offside direction, where it is caught by another Team B player.

(d) On any play where the ball carrier or a player attempting to catch a kicked ball, unintentionally drops or fumbles the ball forward and it is recovered by a player of the same team.

Article 4 – Offside Pass in Goal Area

(a) If Team A makes an offside pass in its own Goal Area and retains possession of the ball, Team B shall be awarded two points or option.

(b) If Team B makes an offside pass in its own Goal Area after gaining possession from a Team A kick, Team A shall be awarded one point, or option.

(c) If Team B makes an offside pass in its own Goal Area after gaining possession by interception of a Team A forward pass, or by recovery of a Team A fumble, it will scrimmage at its own 25-yard line, or option.

(d) If a player deliberately throws the ball out of own Goal Area and it is touched or goes Out of Bounds in the Field of Play, the play shall be ruled as an offside pass in the Goal Area and the opponent shall have the option to accept a one-point or two-point score, as applicable, or to accept the play as it terminated.

NOTE: This article applies to a ball fumbled from the Goal Area, into the Field of Play and Out of Bounds without touching an opponent.

SECTION 4 – FORWARD PASS**Article 1 – Definition & Possession**

A legal forward pass is thrown by any Team A player from a point behind the scrimmage line, towards the opponent's Dead Line, to any eligible receiver or receivers. The ball shall not touch the ground, any part of the goal post assembly, an official or any other object. The ball is considered to be in the possession of Team A until the pass is ruled completed or incomplete. The passing motion begins when the passer's hand, with the ball in possession, begins moving forward.

A screen pass is a forward pass thrown to a receiver at a point behind the line of scrimmage. Should the ball be touched by an eligible receiver in the offensive backfield then proceed across the line of scrimmage, it shall continue to be considered a screen pass. Unless otherwise stated, rules governing forward passes shall apply to screen passes.

Article 2 – One Forward Pass on any Down

Only one forward pass shall be thrown on any down. If a second pass is thrown:

PENALTY: L10 DR

Article 3 – Eligibility of Passer

A pass may be thrown by any Team A player who was behind the scrimmage line when passing the ball. The passer needs at least one foot on or behind the line of scrimmage when the ball is released to be considered behind the line of scrimmage. The passer need not be the first player to receive the ball from the centre.

If the pass is thrown from a point across the line of scrimmage:

PENALTY: L10 DR

Article 4 – Eligibility of Receiver

The following players are eligible receivers:

(a) any Team A player who is identified by number as an eligible receiver (see Rule 4, Section 5, Article 3, Note 1 & Rule 6, Section 4, Article 4, Note 2) and who, at the snap of the ball, is occupying a position either at the end of the line of scrimmage or in the backfield at least one yard back of the line of scrimmage.

(b) any player of Team B, whether or not the pass is legally thrown.

NOTE: If the ball is touched by a Team B player, all players of both teams become eligible receivers.

NOTE: Team A players shall be identified by numbering as follows:

Eligible receivers will wear numbers from 0-49 and 70-00.

Ineligible receivers will wear numbers from 50-69.

NOTE: Notwithstanding this article, a Team A player wearing an eligible receiver number may enter the game at an ineligible receiver position under the following four (4) circumstances:

- (a) On a third down play,
- (b) On a convert attempt,
- (c) On a first or second down kicking formation in the last minute of a quarter,
- (d) On any kicking formation in overtime,

provided that prior to the game, Team A declared to the Referee a list of eligibly numbered players who may be so deployed and such eligibly numbered players shall not be eligible as pass receivers, regardless of the position occupied on that play.

At any time during the game, an eligibly numbered player may be added to the list by entering the field of play and reporting to the Referee.

If an eligibly numbered player who is not on the list participates at an ineligible receiver position (within one yard of the line of scrimmage tackle to tackle), their team will be warned once and their number will be added to the list. If this occurs a second time, a Procedure penalty shall be called.

A maximum of 2 players wearing an ineligible number (50 – 69) will be allowed to line up in an eligible position as an end or in the backfield after reporting to the referee prior to a scrimmage play. The Referee will inform the opposing team and all officials of the player number and position the player will be playing.

NOTE: Notwithstanding paragraph (a) of Article 4, a Team A player wearing an eligible receiver number, who is in forward motion from a backfield position and within one yard of the line of scrimmage when the ball is snapped shall remain eligible as a pass receiver.

When an ineligible receiver is the first player of Team A to catch or deliberately touch the ball:

PENALTY: L10

Article 5 – Complete Forward Pass

A pass is completed under the following conditions:

- (a) when caught by a Team A eligible receiver or by two or more such receivers simultaneously,
- (b) when caught by a player or simultaneously by players of Team B or when such a pass is touched by, or touches B1 and then is caught by B2,
- (c) when caught simultaneously by players of both teams who maintain possession until the play is terminated, the ball shall be awarded to Team A,
- (d) an eligible receiver of either team, who catches a pass near the Sideline and touches the ground in bounds with the first step, shall retain possession even if the next step is Out of Bounds.
- (e) When a receiver of either team, who is in the air and has complete control of the ball, has their feet or another part of their body hit the ground, the player must retain possession for the pass to be ruled complete, with or without contact by an opponent.

Article 6 – Incomplete Forward Pass

A forward pass shall be declared incomplete and the ball next put in play at the point of last scrimmage with downs continuing:

- (a) when the ball strikes the ground, goal post assembly, an official or any object on or back of the Dead Line or Out of Bounds, even if previously touched by a player,
- (b) when the ball goes Out of Bounds, even though touched by a player in the Field of Play,
- (c) when the ball is caught by an eligible player of either team while off the ground who, on landing, touches a Sideline, a Sideline in Goal, a Dead Line or any object or ground beyond such lines,
- (d) when the passer has commenced with a forward passing motion with the ball moving forward and, as a result of contact with an opponent, the ball leaves the passer's hand and strikes the ground,

Article 7 – Intentional Grounding

If a Team A passer deliberately, and in the official's opinion for the purpose of avoiding loss of yardage, throws the ball behind the line of scrimmage to the ground or Out of Bounds or to an area in which there is not an eligible Team A receiver, the team shall be penalized.

PENALTY: LD at point from which pass was thrown. If the pass was thrown from the Goal Area, a safety touch score shall be awarded to Team B, subject to the right of Team B to decline the score and accept the play as it terminated.

NOTE: Team A shall not be penalized if the passer throws the ball across the line of scrimmage to an open area or Out of Bounds.

Article 8 – Interference Before a Pass is Thrown

By Team A

Prior to a forward pass being thrown behind the line of scrimmage, a Team A player may carry out an otherwise legal block on a Team B player at any point on the field, effective the instant the ball is snapped.

Prior to a forward pass being thrown across the line of scrimmage, a Team A player may not initiate contact with or block a Team B player more than 1 yard in advance of the line of scrimmage before the ball is deemed complete or incomplete. Such contact is “Illegal Interference – Blocking Downfield”.

PENALTY: L10 PLS

By Team B

Prior to a forward pass being thrown, a Team B player may:

(a) In the zone up to five yards in advance of the line of scrimmage, contact a Team A eligible receiver provided the receiver is face up and in front of the defender. Such contact may be maintained until the receiver moves beyond either (i) a position even with the defender or (ii) the end of the five yard zone. All other contact by Team B is deemed illegal and shall be penalized L10 PLS.

(b) Beyond the five yard zone from the line of scrimmage, use their hands to shed contact initiated by the Team A receiver.

Prior to a forward pass being thrown, a Team B player may not:

(a) Beyond the five yard zone, create or initiate contact that redirects, restricts, or impedes the Team A receiver in any way. Such contact is “Illegal Contact On A Receiver”.

PENALTY: L10 PLS

NOTE: Cut Blocking by a Team B player of receivers attempting to proceed downfield is illegal and penalized as Unnecessary Roughness.

By Both Teams

Prior to a pass being thrown incidental contact by both Team A and Team B players may occur anywhere on the field; this includes hand-fighting. Such contact is not a foul unless it materially affects the opponent creating a distinct advantage.

Note: The “Illegal Contact on a Receiver” restrictions of this article only apply when a Designated Quarterback is the first player to gain possession of the snap. If the Designated Quarterback loses or surrenders possession the restrictions are no longer in effect. Additionally, on a play where Team A kicks the ball across the line of scrimmage or lines up in a kicking formation the Illegal Contact on a Receiver restrictions do not apply.

Article 9 – Interference By Both Teams after a Forward Pass is Thrown

(a) Should the attempt to catch the pass take place in the offensive backfield, the following shall apply:

(i) Interference by Team A is legal.

(ii) Interference by Team B against an eligible Team A receiver who is attempting to catch the ball is a foul.

PENALTY: 1D to Team A, 10 yards in advance PLS

(b) Should the forward pass be thrown across the line of scrimmage, the following shall apply:

(i) Eligible receivers of both teams have an equal right to the ball and are entitled to the positions they occupy.

(ii) If a player commits pass interference when a forward pass is deemed uncatchable, no penalty for pass interference shall be applied.

(iii) Pass interference shall not be called if it occurs after the ball has been touched by an eligible receiver of either team.

(iv) Inadvertent tripping by a player with equal position shall not be ruled as interference.

(v) Tripping an opponent from behind shall be considered accidental pass interference.

(vi) Screening (face guarding) of an opponent during an attempt to catch the ball is pass interference.

(vii) It is pass interference by either team when a player physically contacts an opponent creating separation, redirects, restricts or impedes the opponent in a manner that is visually evident and materially affects the opponent's opportunity to play the ball. A player who has gained position shall not be considered to have impeded or restricted the opponent in a prohibited manner if all such actions are a bona fide effort to go to and play the ball.

(viii) If opposing players are looking for the ball or if neither player is looking for the ball and there is incidental contact in moving to the ball that does not materially affect the route of an eligible player, there is no interference.

(ix) Any eligible receiver who makes contact, however severe, with one or more eligible opponents while looking for and making a genuine attempt to catch or bat a reachable ball will not be called for interference. It shall be ruled pass interference if a player "goes through" an opponent during an attempt to play the ball.

PENALTY: If Team A commits the Pass Interference foul, L10 PLS

If Team B Commits the Pass Interference Foul:

(i) If interference is ruled accidental – L10 PLS and AFD for Team A.

(ii) If interference is ruled deliberate – AFD awarded to Team A at PF or 10 yards in advance of PLS (whichever is closer to Team B Goal Line). If the infraction occurs in the Team B Goal Area — AFD to Team A at Team B's one-yard line.

(iii) If interference is on a convert attempt – attempt repeated by Team A at PF, or L10 PLS, or one-yard line if the foul is in Team B's goal area.

Article 10 – Interference After a Pass has been Completed

After a forward pass has been completed across the line of scrimmage, a Team A player may block an opponent anywhere within bounds, provided that the contact is made only above the waist of the opponent.

PENALTY: Team A L10 PLS or PBH

Article 11 – Interference Following an Interception

When a forward pass has been intercepted, any player of Team B may interfere anywhere, within the bounds, provided that contact is made only above the waist of the opponent.

PENALTY: Team B L15 PBH or PBD

Article 12 – Interception By Team B in Its Own Goal Area

If Team B intercepts and then fumbles while attempting to run the ball out of the Goal Area, the ball may be legally recovered by Team A.

When the ball is dead in the Goal Area without score, Team B shall scrimmage at its 25-yard line, first down.

If Team B, while in possession in its Goal Area following an interception in goal, commits any infraction in the Goal Area or in the Field of Play, the penalty shall be applied from the 25-yard line, or option.

If Team B intercepts a pass in its Goal Area and the play is ruled dead in B's Goal Area and Team A is called for Rough Play or Unnecessary Roughness in the Field of Play or in the Goal Area, the penalty shall be applied from Team B's 25-yard line.

NOTE: If a Team B player intercepts a pass in the Field of Play while moving toward the Team B Goal Line and momentum carries that player into the Goal Area, the play shall be ruled as an interception in goal.

NOTE: The only score that can result from a Team B interception in its Goal Area, while the ball remains in the Goal Area, is a touchdown by Team A following recovery of a Team B fumble.

RULE 7 – FOULS & PENALTIES

SECTION 1 – ILLEGAL TACTICS

Article 1 – Holding

Holding is defined as the use of the hands and/or arms to grasp or encircle an opponent. It is illegal at all times, except when a player tackles the ball carrier. Holding hands and locking arms during a scrimmage is prohibited.

PENALTY: L10 PLS PBH PPG

Article 2 – Contacting the Kicker

It shall be illegal to contact the kicker when in the act of kicking from scrimmage, subject to the following conditions:

(a) If prior to kicking the ball, the kicker had recovered a loose ball on the ground or made a motion to pass the ball or run with the ball, there shall be no protection under this Article.

(b) An opponent who blocks or touches the ball shall not be penalized for contacting the kicker.

(c) An opponent shall not be penalized when a blocker of the kicker's team causes contact with the kicker.

(d) If, in the Referee's opinion, a defensive player attempting to block the kick makes slight and incidental contact which does not affect the play, there shall be no penalty.

(e) This section does not apply to a quick kick or to an open-field kick.

(f) The act of kicking shall begin when the kicker's kicking foot leaves the ground and shall terminate when the foot returns to the ground after kicking, or attempting to kick, the ball.

PENALTY: L10 PLS

Article 3 – Pyramiding

It shall be illegal for a player to use the body of another player or the goal post assembly in any way to gain or maintain elevation in an attempt to block a field goal or a convert attempt.

PENALTY: L10

Article 4 – Illegal Blocking

(a) During any play, a player of the team in possession shall not be permitted to contact an opponent from behind in a manner that interferes with the opponent's approach to the ball carrier.

PENALTY: L10

Article 5 – Tripping

A player shall not use their leg below the knee to hinder the progress of an opponent.

PENALTY: L10 PLS, PBH or PPG

Article 6 – Tandem Blocking

It shall be illegal to assist the forward progress of a ball carrier by providing impetus from behind or in front of the ball carrier.

PENALTY: L10 PLS or PBH

SECTION 2 – MAJOR FOULS

NOTE: The Rules Committee has declared its total abhorrence of Rough Play and Unnecessary Roughness. Officials are instructed that no tolerance whatsoever is to be given to infractions under this Section.

Article 1 – General Application

- (a) The penalty for a major foul shall be applied in addition to:
 - (i) any other penalty for any other foul and,
 - (ii) the advantage of any distance gained or score made.
- (b) If the foul occurs during a scrimmage play prior to a first down being gained, the non-offending team may elect to have the penalty applied:
 - (i) from the point of the last scrimmage with the same down repeatedor,
 - (ii) from the point where the ball became dead on the play with the downs continuing.
- (c) If the foul occurs during a scrimmage play after a first down has been gained, the non-offending team may elect to have the penalty applied:
 - (i) from the point where the ball was held when the foul occurred or,
 - (ii) from the point where the ball became dead on the play.
- (d) If the foul occurs after a change in possession, the non-offending team may elect to have the penalty applied:
 - (i) from the point where the ball was held when the foul occurred or,
 - (ii) from the point where the ball became dead on the play.
- (e) If the foul occurs when neither team is in possession, the non-offending team may elect to have the penalty applied:
 - (i) from the point where possession was gained or deemed to have been gained or,
 - (ii) from the point where the ball became dead on the play.
- (f) If the foul occurs after the play has been terminated, the penalty shall be applied from the point where the ball became dead on the play.
- (g) If the foul occurs after a scoring play, the score shall count and the penalty shall be applied from the point where the ball would normally next be put into play. If the scoring play was a touchdown, the penalty shall be applied on the convert or subsequent kickoff, at the option of the non-offending team. If the foul occurs after a convert attempt, the penalty shall be applied on the subsequent kickoff.
- (h) If the foul occurs after the last play in the first or third quarter, the penalty shall be applied from the point where the ball is next put in play in the ensuing quarter.
- (i) If the foul occurs after the last play of a half, the penalty shall be applied on the kickoff to start the next half.
- (j) If the foul occurs after the last play of the game, there shall be no penalty applied but the Referee shall submit a complete report on the matter to the Commissioner.

Article 2 – Rough Play

A player shall be penalized and subject to disqualification for any act of rough play against an opponent, including but not limited to:

- (a) striking an opponent with the fist, hand, knee, elbow or **helmet** in an excessively rough manner,
- (b) kicking an opponent or,
- (c) any other act of excessive roughness considered by the Referee to warrant disqualification.

PENALTY: L25 and disqualification of offending player

If Team B is the offending team on a play from scrimmage, Team A shall be awarded a first down in addition to the yardage penalty.

When a player has been disqualified, the Referee shall inform the coaches of both teams and the official scorer.

In the event of dual fouls under this Article 2, the offending players shall be disqualified and penalties balanced at the point of application. If the fouls occur on a scrimmage play, Team A shall not be awarded a first down by virtue of the penalty against Team B.

Article 3 – Grade 2 Unnecessary Roughness**Roughing the Passer**

Delivering a direct blow to the passer's head or neck area with the helmet when the offender has a clear view to the passer and there are no mitigating circumstances.

Spearing

Delivering a spear to an opponent's head or neck area when the offender has a clear view to the opponent and there are no mitigating circumstances.

PENALTY: Team A – L25

Team B – L25 and AFD

Any player called for two Grade 2 Unnecessary Roughness fouls in the same game will be disqualified from that game.

Article 4 – Unnecessary Roughness

A player shall be penalized for any act of unnecessary roughness against an opponent, including but not limited to:

(a) Piling by a player who, in an unnecessarily rough manner, falls upon the ball carrier after the play has been terminated. Any player in possession of the ball, who is on the ground without contact and is not attempting to advance the ball, may only be touched down and may not be contacted in any other manner,

(b) Contacting an opponent Out of Bounds in an unnecessarily rough manner,

(c) Contacting the passer in an unnecessarily rough manner (see Rule 7, Section 2, Article 5),

(d) Unnecessary roughness against the punter, kicker or the ball holder on a place kick,

(e) Grasping an opponent's face guard,

(f) Using the helmet to butt, ram, spear, or deliver a blow to an opponent who is in a vulnerable position, including but not limited to, a passer, a receiver in the

act of catching a pass, a ball carrier in the grasp of another tackler or a ball carrier on the playing surface not attempting to advance,

NOTE: The expanded definitions of butt, ram and spear are:

Butt: When a player suddenly and quickly moves their head to strike an opponent with their helmet or facemask.

Ram: When a player who is in motion and on their feet uses their helmet as the primary point of contact to deliver a blow to an opponent. If the facemask is the initial point of contact on the opponent, it shall not be a penalty under this rule.

Spear: When a player uses the top of their helmet as the primary point of contact to deliver a blow to an opponent.

(g) Delivering a blow to an opponent in the neck or head including the long snapper on kicks from scrimmage and convert attempts,

(h) Delivering a forcible blow to the long snapper while their head is down and they are in a vulnerable position and unable to protect them self,

(i) It shall be illegal to tackle around the head in the open field or use a straight arm tackle above the shoulders,

(j) Contacting the ball carrier lying motionless on the ground in an unnecessarily rough manner,

(k) Tackling an opponent by grabbing the inside collar of the side or back of the shoulder pads, or jersey.

(l) Clipping (see Rule 7, Section 2, Article 6),

(m) **Crackback Blocking** (see Rule 7, Section 2, Article 7),

(o) Chop Blocking (see Rule 7, Section 2, Article 8),

(p) Cut Blocking (see Rule 7, Section 2, Article 9),

(q) Peel Back Blocking (see Rule 7, Section 2, Article 10),

(r) Push Blocking (see Rule 7, Section 2, Article 11),

(s) Blocking Below the Waist (see Rule 7, Section 2, Article 12),

(t) Blindside Blocking (see Rule 7, Section 2, Article 13),

(u) **Leg Whips** (see Rule 7, Section 2, Article 14),

(v) Unnecessary physical contact, including but not limited to, running into, diving into, cut blocking or throwing the body on a player who is:

(i) out of the play, or

(ii) should not have reasonably anticipated such contact by an opponent, before or after the ball is dead, or

(iii) throwing a ball carrier to the ground after the ball is dead,

(w) Any other act of roughness or unfair play, provided it is not considered excessive enough to warrant disqualification.

PENALTY: Team A - L15

Team B - L15 and 1D to Team A

If both teams offend, the penalties shall be applied against each other but Team A shall not be awarded a first down by virtue of the penalty to Team B.

Article 5 – Roughing the Passer

Because the act of passing puts the passer in a particularly vulnerable position to injury, special rules against roughing the passer apply. Once the ball is released, defensive players must avoid all unnecessary contact with the passer. A player

shall be penalized for any act of Unnecessary Roughness to the passer, including but not limited to:

(a) Contacting the passer in an unnecessary manner, including stuffing them to the ground, violently throwing them to the ground, and landing on them with most of the defender's weight,

(b) Any blow to the neck or head of the passer,

(c) All rushing defenders must attempt to avoid forcibly hitting a passer in the pocket, at or below the knees, either if their path to the passer was unrestricted, or if they are coming off a blocker,

(d) Attacking the passer who, after releasing the ball, is either standing still or fading backwards and is obviously out of the play and remains out of the play,

(e) When the quarterback slides feet first, all unnecessary contact must be avoided. The slide must be done in a timely manner to allow the defence to avoid such contact.

(f) Contacting the passer if either the initial source of contact, or primary source of contact, is the defender's helmet.

Article 6 – Clipping

It shall be illegal to block an opponent, other than the ball carrier, from the rear in such a manner that the player charges into the opponent's back or falls across the back of the legs.

When and where it is legal to block an opponent below the waist, the block must be delivered to the front plane of the body of the opponent for it to be legal. When a block is delivered below the waist, the front and back planes of the body shall be defined by a line that passes through the centre of the body.

It shall be illegal (Clipping) to block an opponent in the back plane of the body on all blocks below the waist with the exception of item (a) below.

The application of this penalty is determined by the initial contact, which must be observed by the official, and shall not be called if, in the judgment of the official:

(a) The block occurs in the area between the offensive tackles within two yards of either side of the line of scrimmage (the "Close Line Play Area") and is executed by a Team A player, who at the snap of the ball was positioned within this area or,

(b) The initial contact is made on the side of the opponent if the block is above the waist or,

(c) The opponent could see the blocker approaching and deliberately turned the body in order to be contacted from behind.

Article 7 – Crackback Blocking

It shall be illegal for a Team A player who moves from a position more than 3 yards outside the offensive tackle towards the ball snap position, at any angle, to deliver a **forcible block** or block an opponent below the waist in an area up to 5 yards in advance of the line of scrimmage from sideline to sideline.

Article 8 – Chop Blocking

It shall be illegal to contact an opponent at or below the knees at the time that opponent is already being engaged by another player, with or without actual physical contact.

Article 9 – Cut Blocking

It shall be illegal to contact an opponent at or below the knees when that opponent is:

- (a) in a backfield position blocking for the passer or kicker, or,
- (b) blocking for the ball carrier on a kick return play or,
- (c) a potential pass receiver on the line of scrimmage.

Article 10 – Peel Back Blocking

It shall be illegal for any Team A player to deliver a block below the waist to a Team B player while moving towards their own Dead Ball Line on an opponent who that player is not currently engaged with (with or without contact) anywhere on the field.

Article 11 – Push Blocking

It shall be illegal for defensive players to push-block a teammate towards the other team's dead ball line on any play where the offense lines up in a place kick formation including kicked convert attempts and field goal attempts.

Article 12 – Blocking Below the Waist

It shall be illegal to block an opponent below the waist in the following circumstances:

- (a) On a kick off commencing the moment the ball is kicked,
- (b) By the receiving team, on a punt, field goal and kicked convert, on any kicking team player who has crossed the line of scrimmage,
- (c) By the kicking team on a punt, field goal or kicked convert after the ball has been kicked across the line of scrimmage,
- (d) On an open field kick after the ball is kicked,
- (e) By the kicking team, after recovering a kick across the line of scrimmage,
- (f) After an interception or fumble recovery.

Article 13 – Blindside Blocking

It shall be illegal for any player to deliver a forcible block to an opponent while moving back towards their own dead ball line anywhere on the field.

Article 14 – Leg Whips

It shall be illegal to use a whipping motion to deliver a blow to an opponent with the leg or foot while executing a roll block or while on the ground or on the way to the ground.

SECTION 3 – DISQUALIFICATION

A player shall be disqualified from the game, and substitution permitted, for any act of serious misconduct, including but not limited to:

- (a) Rough Play against an opponent,
- (b) **two Grade 2 Unnecessary Roughness fouls,**
- (c) Physical abuse of an official,
- (d) excessive objectionable conduct against an opponent or an official,
- (e) wearing of hazardous equipment.

A player who has been disqualified from the game shall be required to leave the bench area and not permitted to return.

SECTION 4 – OBJECTIONABLE CONDUCT

A player shall be penalized for any act of objectionable conduct, including but not limited to:

- (a) verbal abuse or objectionable gesture directed at an opponent, official or spectator,
- (b) throwing the ball at an opponent, official or occupant of the team bench area,
- (c) interfering with the placement of the official's flag marking the spot for a penalty,
- (d) baiting or taunting an opponent by act or word,
- (e) embellishing contact by an opponent in an attempt to draw a penalty,**
- (f) voluntarily removing their helmet after a play while on the field, except during a timeout, or throwing it to the ground, or using it in an intimidating manner against an opponent, official or spectator,
- (g) unnecessary physical contact with an official,
- (h) if a player is in possession of a foreign or extraneous object that is not part of the uniform or equipment, during a game, either on the field or on the Sideline, the player will be subject to an Objectionable Conduct penalty. If the object is deemed a safety hazard by the Referee, the player will also be disqualified'.

PENALTY: L10

If a team continues with objectionable conduct after a penalty has been applied, a further penalty may be assessed.

PENALTY: L10

For physical abuse of an official in any manner whatsoever:

PENALTY: L25 plus disqualification of the offending player.

NOTE: An official must see the entire action for the player to be disqualified.

Spitting at an opponent, official or occupant of the team bench area:

PENALTY: L25 plus disqualification of the offending player.

NOTE: If a person authorized to occupy a team bench area during a game should commit any infraction pursuant to Section 4 above, the team shall be subject to penalty as though the offending person was a player.

NOTE: A penalty under Section 2, 3 and 4 shall be applied in addition to:

- (1) any other penalty for any other foul and,
- (2) any yards lost or gained and,
- (3) any score made, in which event the penalty will be applied on the subsequent play.

RULE 8 – APPLICATION OF PENALTIES

SECTION 1 – DEFINITIONS

Article 1 – Loss Of A Down

In any penalty, “loss of a down” means that the down upon which the foul occurred has used up one of the permissible series of consecutive downs.

Article 2 – Loss of Yards

In any penalty where there is a loss of yardage, there shall be no loss of down.

EXCEPTION: Major Foul (See Rule 7, Section 2)

Article 3 – Option Provided

When a foul has been committed on any play, the non-offending team shall be entitled to the penalty or the option of declining the penalty to take any advantage of position, score, down, time, etc. The non-offending team may decline a score to take advantage of a penalty or may decline a penalty to permit a score by the offending team to stand.

In certain cases, where so stated, a penalty shall be applied without option.

SECTION 2 – FOULS AFTER LEGAL GAINS

Article 1 – Foul After First Down Yardage Gained

Should any foul be committed on a play from scrimmage after the yardage necessary for a first down has been gained, the penalty shall be applied from the point where the ball was held when the foul occurred.

Article 2 – Foul Before First Down Yardage Gained

Should any foul be committed on a play from scrimmage during which the yardage necessary for a first down was gained, but the foul occurred prior to the necessary yardage being gained, the penalty shall be applied from the point of last scrimmage.

Article 3 – Foul After Change of Possession

Should any foul be committed after a team has gained possession by a pass interception, a fumble recovery or a kick, the penalty shall be applied from the point where the ball was held when the foul occurred.

SECTION 3 – DOUBLE & DUAL FOULS

Article 1 – Double Fouls

Double fouls occur when the same team commits two or more fouls on the same play. The non-offending team shall have the option of accepting either penalty or may decline the penalties to take advantage of the play as it is terminated. If one of the fouls is a major foul, that penalty shall be applied whether or not the non-offending team accepts the penalty for the other foul.

Article 2 – Dual Fouls

Dual fouls occur when each team commits one or more fouls on the same play. If the penalties are of unequal value, the yardage shall be balanced. A penalty with no yardage value (AFD, LB, LD) shall be deemed to be 10 yards for balancing purposes.

An automatic first down shall not be awarded to Team A unless the Team B penalty is a major foul. If both teams commit major fouls, a first down shall not be automatically awarded.

Article 3 – Dual Fouls – Offsetting Penalties

Offsetting Penalties occur in the following situations:

- (a) When each team commits only one minor foul with the same penalty yardage on a scrimmage play and both fouls are committed prior to yards being gained. The down will be replayed from the last point of scrimmage. No option.
- (b) When each team commits one major foul after the play has ended. The next down will occur at the next point of scrimmage. No option.
- (c) When the only fouls on a play are Team B Offside and Team A Holding the offside Team B player. The down will be replayed from the last point of scrimmage with no net penalty yardage difference. No option.
- (d) When the only fouls on a play are Team B Offside and Team A Intentional Grounding. The down will be replayed from the last point of scrimmage with no net penalty yardage difference. No option.**

Article 4 – Dual Fouls – No Change in Possession

When, on a play from scrimmage not involving a change in possession, dual fouls are committed, the following rules shall apply:

- (a) If both fouls are committed prior to yards being gained and they are not Offsetting Penalties, the Referee shall apply the penalties for both fouls balancing one penalty against the other from the point of last scrimmage. No option.
- (b) If both fouls are committed after yards have been gained, the penalties shall be applied at the point the ball was held at the time of the first foul. However, the non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it was completed, subject to the penalty against itself for the second foul at the normal point of application.
- (c) If the first foul is committed before yards have been gained and the second foul after yards have been gained, the penalties shall be balanced and applied from the point of last scrimmage. However, the non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it was completed, subject to the penalty against itself for the second foul at that normal point of application.

Article 5 – Dual Fouls – Change in Possession

When, on a play from scrimmage involving a change in possession (i.e. a kicking play or a forward pass interception or a play in which a fumble is lost), dual fouls are committed, the following rules shall apply. For the purposes of this Article 4, possession shall be deemed not to have changed until the second team has gained possession. A No Yards or Loose Ball Interference infraction shall be deemed to have occurred after the change in possession.

(a) If both fouls are committed before the change in possession and they are not Offsetting Penalties, the penalties shall be applied as provided in Article 4.

(b) If both fouls are committed after the change in possession, the penalties shall be applied and balanced at the point the ball was held at the time of the first infraction. The non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play, subject to the penalty against itself for the second foul at that normal point of application.

(c) If the first foul is committed before the change in possession and the second foul after the change in possession, the penalties shall be applied and balanced at the point of application for the first foul. The non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it was completed, subject to the penalty against itself for the second foul at the normal point of application.

(d) If both fouls are committed in goal after the second team has gained possession in its own Goal Area, the penalties shall be applied and balanced from the second team's 10-yard line or the 25-yard line, if possession had been gained by an interception or a fumble. No option.

(e) If the first foul is committed in the Goal Area after the change in possession and the second foul in the Field of Play, the penalties shall be applied and balanced from the 10-yard line or the 25-yard line, if possession had been gained by an interception or fumble recovery in the Goal Area. The non-offending team on the first foul shall have the right to decline the penalty against the opponent and accept the play as it progressed, subject to the penalty against itself at the normal point of application.

Article 6 – Dual Fouls - Kickoff

When on a kickoff play dual fouls are committed, the following rules shall apply:

(a) If both fouls are committed before possession has been gained, the penalties shall be applied and balanced at the point of kickoff with the kickoff repeated. No option.

(b) If both fouls are committed after possession has been gained, the penalties shall be applied and balanced at the point of application for the first foul. The non-offending team on the first foul may decline the penalty against the opponent and accept the play, subject to the penalty against itself for the second foul at the normal point of application.

(c) If the first foul is committed before possession has been gained and the second foul after possession has been gained, the penalties shall be applied and balanced at the point of kickoff with the kickoff repeated. The non-offending team on the first foul may decline the penalty against the opponent, subject to penalty against itself for the second foul at that normal point of application.

SECTION 4 – RESTRICTIONS NEAR A GOAL LINE

Article 1 – Within 30 Yards Before Goal Line

If a distance penalty is applied within 30 yards of the offending team's Goal Line, it shall not exceed one half the distance between the point from where the penalty is applied and said Goal Line. In no case shall the ball be scrimmaged within the one-yard line.

Article 2 – Outside 30 Yards

In no case shall a distance penalty applied from a point outside the offending team's 30-yard line bring the ball closer to the Goal Line than the offending team's 15-yard line. This applies to a 25-yard penalty.

Article 3 – Yards Gained or Goal Line Reached

Where an unrestricted penalty would have resulted in yards gained or Goal Line reached by Team A, a first down shall be awarded.

Article 4 – Double Fouls

If double fouls are called against the same team, one of which is for a major foul, the penalties shall be applied consecutively. The normal penalty shall be applied first, followed by the penalty for the major foul. Each penalty shall be subject to the limitation of half the distance to the Goal Line, although the aggregate of the two penalties may be greater than half the distance to the Goal Line from the point of application of the first penalty.

SECTION 5 – FOUL ON CONVERT**Article 1**

If a foul is committed during a convert attempt prior to the ball being snapped or during Team A's initial attempt to score a convert, the following shall apply:

(a) If either team commits a foul (except a Major Foul, Defensive Offside or Pyramiding) the non-offending team may elect to have the penalty applied from PLS and repeat the convert attempt, or accept the play as it terminated,

(b) If the foul is a Major Foul, Defensive Offside or Pyramiding, the non-offending team may elect to have the penalties applied (i) from PLS and repeat the convert attempt, (ii) accept the play as it terminated and apply the penalties on the subsequent kickoff, or (iii) repeat the convert from PLS and apply the penalties on the subsequent kickoff if the penalties occurred prior to the snap of the ball. If both a Major Foul and either Defensive Offside or Pyramiding are committed by Team B, the penalties may not be split between a re-try of the convert and the subsequent kickoff. They must both be applied from the same point of application,

(c) If the time has expired in the period, the kickoff will take place at the start of the following period. If game time has expired, no further play shall be permitted.

(d) If a convert attempt is repeated as the result of a penalty to either team, on a play where Team A had initially elected to attempt a two point convert from the 3 yard line they must continue to attempt a 2 point convert on the subsequent convert. They cannot change their election and now try a 1 point kicked convert. If Team A had elected to initially attempt the convert from the 25 yard line, on any subsequent convert re-tries, they may continue to attempt either a 1 or 2 point convert.

Article 2

If the ball continues in play after an unsuccessful convert attempt (defined as Team A's Field Goal attempt crossing the line of scrimmage and being short or wide, or Team B intercepting a forward pass, or Team B recovering a fumble) and a foul occurs, the following shall apply:

(a) If the team in possession creates a foul, it shall forfeit the right to score,

(b) If the team not in possession creates a foul, the penalty shall be applied on the ensuing kickoff,

(c) If either team creates a Major Foul, the penalty shall be applied on the ensuing kickoff.

Article 3

If either team creates a Major Foul after the convert attempt is terminated, the penalty shall be applied on the ensuing kickoff.

SECTION 6 – FOUL IN GOAL**Article 1 – Foul in Own Goal**

(a) If Team A commits a foul while in possession of the ball in its Goal Area, the penalty shall be applied from PLS or option.

EXCEPTIONS: Intentional Grounding – Rule 6, Section 4, Article 7

Offside Pass – Rule 6, Section 3, Article 4

Safety Touch – Rule 3, Section 2, Article 3

(b) If Team B commits a foul in its Goal Area while in possession of the ball in its Goal Area, Team A may elect to:

(i) accept the one or two point score, if applicable, or,

(ii) decline the penalty and accept the play as it terminated or,

(iii) decline the score and require the penalty to be applied against Team B from its 10-yard line.

If the foul is committed outside the Goal Area while Team B is in possession of the ball in its Goal Area, the penalty shall be applied from Team B's 10-yard line or option.

EXCEPTION: See interception in Goal Area – Rule 6, Section 4, Article 12, and recovery of opponent's fumble in Goal Area – Rule 1, Section 9, Article 7.

Article 2 – Foul in Opponent's Goal

If a team commits a foul in the opponent's Goal Area, the penalty shall be applied as though the foul had occurred in the Field of Play. However, where a yardage penalty would otherwise be applicable in the Goal Area, it shall be applied as follows:

(a) If the foul occurs before a score is made, the score shall be disallowed and the penalty shall be applied from the 10-yard line.

(b) If the foul occurs after a score is made, the score shall count and the penalty shall be applied from the point where the ball is next put into play. If the scoring play was a touchdown, the non-offending team may elect to have the penalty applied on the convert or subsequent kickoff.

(c) If foul occurs after interception in Goal Area, see Rule 6, Section 4, Article 12.

(d) If Team A makes an offside pass in Team B's Goal Area in the act of completing a forward pass (i.e. the ball is touched by an eligible Team A receiver in Team B's Goal Area and deflected in an offside direction, where it is caught by another Team A player who is not eligible as a receiver), the pass shall be ruled as caught by the second Team A player at the point where it was touched by the first Team A player.

SECTION 7 - FOULS WHICH OCCUR ON THE LAST PLAY OF A QUARTER

If in any period time expires during a play in which a foul occurs the non-offending team may:

- (a) accept the penalty, in which case the team entitled to possession shall be required to put the ball into play or,
- (b) decline the penalty and accept the play as it terminated to end the period or,
- (c) elect to have the penalty applied on the first play of the following period, if the foul was a Major Foul.

NOTE: For the purpose of this rule, an Offside Pass shall not be considered to be a foul. Should the play be terminated by an official's whistle prior to the ball being put into play, the penalty shall be applied and the period extended for another play.

SECTION 8 – MANIPULATING THE CLOCK

If in the sole judgment of the Referee a team is intentionally taking multiple fouls to run down the clock, the time will be added back to the clock in addition to the penalty yardage applied for the foul.

RULE 9 - INTERFERENCE

SECTION 1 – DEFINITION

Interference takes place when a player obstructs, blocks, screens or charges towards an opponent, with or without direct contact, in such a manner that prevents the opponent's approach to the ball carrier, potential ball carrier or the ball. Blocking is identified as the act of creating interference with contact.

SECTION 2 – INTERFERENCE ON SCRIMMAGE PLAYS

Article 1 – By Team A

(a) On any play from scrimmage, except one in which a forward pass is thrown across the line of scrimmage or the ball is kicked across the line of scrimmage, a player of Team A may interfere with an opponent from Dead Line to Dead Line, commencing from the instant the ball is snapped. (See Rule 6, Section 4 Articles 8,9,10 and 11 for further clarification on Illegal Contact and Pass Interference)

(b) On a play from scrimmage in which the ball is kicked across the line of scrimmage, a player of Team A may only interfere with an opponent up to one yard in advance of the line of scrimmage until they legally recover the ball across the line of scrimmage and then Team A may interfere with an opponent but only above the waist..

PENALTY: L15 PBH or PBD

Article 2 – By Team B

(a) On any play from scrimmage, a Team B player may use their hands and arms to reach the ball carrier, but shall not hold or encircle any Team A player, other than the ball carrier.

PENALTY: L10

(b) After the pass is thrown, a Team B player shall not be permitted to interfere with a Team A receiver in an attempt to catch the ball.

PENALTY: AFD at PF, or AFD 10 yards in advance of PLS, see Rule 6, Section 4, Article 10.

(c) On a play from scrimmage in which the ball is kicked across the line of scrimmage, a Team B player shall be permitted to interfere with any Team A player who has crossed the line of scrimmage, provided that contact is made only above the waist of the Team A player.

PENALTY: L15 PBH or PPG or PBD

(d) The kicker or an onside player of Team A may not be contacted until reaching the line of scrimmage or until the ball has been touched by Team B.

PENALTY: L10 PLS

SECTION 3 – INTERFERENCE AFTER GAINING POSSESSION WITHOUT SCRIMMAGE

On any play where a change of possession occurs (Kickoff, kick from scrimmage, interception, fumble recovery) neither team shall create interference below the waist. The team in possession may not block below the waist, and the team not in possession may not “break up” interference by contacting an opponent below the waist. This shall also apply to a ball dribbled and recovered by Team A.

PENALTY: L15 PBH or PBD

SECTION 4 – INTERFERENCE ON LOOSE BALL

Article 1

A player shall not deliberately interfere with an opponent attempting to recover a loose ball following a blocked kick, dribbled ball, fumble, wild snap from the centre, an offside pass, an onside pass or an attempted kick that does not cross the line of scrimmage.

PENALTY: LB at PF

If foul occurs in the Goal Area, the ball shall be awarded to the non-offending team:

(a) at the 10-yard line, if the foul occurred in the offending team's Goal Area or,

(b) at the 25-yard line, if the foul occurred in the non-offending team's Goal Area.

Note: this would apply even if the fouled player is not legally eligible to touch the ball.

Article 2

If in attempting to recover a loose ball, two or more players come into contact, the play shall not be ruled as illegal interference.

Article 3

A team having fumbled shall not be penalized if its blockers continue to carry out the normal assignments that they would have been entitled to carry out if the ball had not been fumbled.

RULE 10 - REPLAY

SECTION 1 – OVERVIEW OF REPLAY

The purpose of replay is to correct rulings where there is indisputable visual evidence that an incorrect call has been made on the field. The Command Centre will apply fact based visual evidence using feeds supplied by TSN and applying the appropriate rule interpretation and standards to make their decision to either change the ruling or leave it as it was called on the field.

SECTION 2 – COACH INITIATED REVIEWS

Article 1 - Overview

- Each team has one challenge per game
- **If a team is successful on its first challenge that team will be granted a second challenge**
- **When a team is unsuccessful on a challenge it loses a time-out**
- In regulation time, a team must have a time-out remaining to challenge a play
- In overtime, a team does not need a time-out to challenge a play
- A team will receive a Delay of Game penalty when a coach attempts to challenge a play without both a challenge and a time out remaining (if required)
- A team can only challenge once after the 3 minute warning has been given in the 4th quarter
- **A coach may challenge any reviewable play at any time during the game**
- A coach may challenge a play that has already been reviewed by the Command Centre

The challenge must be initiated by the Head Coach by throwing their challenge flag prior to the next legal snap or within 30 seconds of the start of a TV commercial break.

It is the responsibility of the coach to get the attention of the nearest official and to throw the challenge flag.

A challenge is deemed successful (or won) if the final ruling on the play is the outcome the team requested during their challenge.

A team will get their challenge back if a review changes a different ruling on the play which makes the team challenge not relevant.

There are two categories of coach initiated reviews:

- Coach Challengeable Penalties
- Standard Reviewable Rulings

Article 2 - Coach Challengeable Penalties

A coach may challenge the following called or non-called fouls:

- Defensive Pass Interference
- Offensive Pass Interference
- Illegal Interference - Blocking Downfield **by an eligible pass receiver**
- Roughing the Passer
- Roughing or Contacting the Kicker
- No Yards

A coach may challenge the following called foul:

- Illegal Block on a kick return

These penalties will only be reviewed when a coach challenges one of them and only the penalty the coach challenges will be reviewed.

An exception occurs when a coach challenges Defensive Pass Interference, Offensive Pass Interference or Illegal Interference - Blocking Downfield by an eligible pass receiver. When this happens the Command Centre will look at the players and actions identified by the coach to determine which of the three fouls, if any, is the correct ruling.

Article 3 - Standard Reviewable Rulings

A coach can challenge any ruling that does not directly involve a called or non-called foul. The reviewable situations include but are not limited to:

- Scoring and potential scoring plays
- Possession of the ball including catches, fumbles, recovery of fumbles
- Touching of the ball on kick or pass plays
- Boundary line rulings including players and or balls going out of bounds
- Ball spots including down by contact
- The correct down
- Clock and Timing issues
- Whether players are in an onside position with respect to a kicked ball
- Whether a pass travels forward or backwards

In addition, a coach can challenge a ruling which can then lead to the following called or non-called fouls being changed:

- Major Foul which directly caused a turnover
- Illegal Interference on a Kick Off
- Illegal Forward Pass when the passer passes the ball from across the line of scrimmage or two forward passes occur on the same play or an ineligible player first touches the pass
- Illegal Participation when a player goes out of bounds on their own and returns and participates in the play
- Illegal Substitution when a player substitutes illegally
- Punt Out of Bounds in Flight if a kick from scrimmage goes directly out of bounds between the 20 yard lines
- No Yards should a review of first touching or onside or offside players change a restraining zone foul

Penalties which are created as a direct result of the change in a ruling may be applied even though a foul was not called during the play. Fouls that were called during the play may be nullified as a direct result of a change to the ruling.

When a play is challenged for either a coach challengeable penalty or a standard reviewable aspect all other appropriate Standard Reviewable Rulings will also be reviewed.

SECTION 3 – COMMAND CENTRE REVIEWS

Article 1 – Automatic Reviews

The Command Centre will automatically review the following situations:

- Scoring and potential scoring plays
- **Roughing the Passer called and non-called**
- **Grade 2 Roughing the Passer**
- **Roughing/Contacting the Kicker called and non-called**
- **Grade 2 Spearing**
- Plays where a turnover is ruled to have occurred as a result of a fumble lost or an interception
- Called penalties that are not coach challengeable penalties
- Called line of scrimmage fouls to ensure the correct penalty is applied
- Major Fouls that occur after the play is over
- Called Illegal Contact and Defensive Pass Interference fouls to ensure the correct penalty application not whether or not the penalty occurred
- Where a penalty should be applied from
- Whether the clock is showing the correct time
- Where officials disagree or are uncertain on how to rule in a play situation
- Spotting of the ball only to correct egregious errors
- **Plays when the Injury Spotter stops the game to remove an injured player to determine if the injury was caused by an uncalled penalty**

The Command Centre will review all other appropriate Standard Reviewable Rulings during an Automatic Review.

The Command Centre will never review Coach Challengeable Penalties during an Automatic Review.

Article 2 – Command Centre Initiated Reviews

Following the 3 minute warning in the fourth quarter the Command Centre will review each play for Standard Reviewable Rulings. If the Command Centre wants to review a play, the Replay Official will notify the Referee to stop the game.

The Command Centre will never review Coach Challengeable Penalties during a Command Centre Initiated Review.

SECTION 4 – OUTCOME OF REVIEWS

Article 1 – Outcomes of Reviews

Once a play has been reviewed by the Command Centre, there are two possible outcomes:

The ruling on the field stands. This occurs when there is sufficient evidence to support the original ruling on the field or there is no indisputable evidence to overturn the ruling made on the field.

The ruling on the field is changed. This occurs when the Replay Official has indisputable visual evidence that the ruling should be changed.

Article 2 – Clock and Timing After Review

The Replay Official will correct the game clock to what the clock should read based on the outcome of the challenge.

Prior to the 3 minute warning of each half, the clock will start on the Referee's ready for play signal, with a full 20 second clock.

After the 3 minutes warning of each half, the 3 minute timing rules will apply. The clock will start at the prescribed time depending on how the previous play ended taking into account the final outcome of the play after the review.

NOTE - Standard Reviewable Rulings

The following are examples of rulings which are reviewable under this category

Scoring as defined in Rule 3

- Whether a player has possession of ball in opponent's goal area
- Whether a field goal or kicked convert travels between the uprights and over the crossbar
- Whether a kicked ball goes dead in opponent's goal area
- Whether a player with possession of ball goes dead in own goal area
- Whether a field goal or convert attempt scores or is missed

Possession

- Whether a pass is complete, incomplete or intercepted
- Who recovers a loose ball in field of play or goal area
- Whether a fumbled ball is recovered immediately
- Whether a ball carrier fumbles or is down with contact, out of bounds or scores
- Whether a ball carrier was down with contact when the play has been allowed to continue
- Whether a pass is forward or onside
- Whether a passer has passed or fumbled the ball

Touching of the Ball that is Not in Possession of a Player

- Whether a forward pass is touched by a defensive player
- Whether a forward pass is touched by an illegible receiver *
- Whether a kicked ball has been touched by a player called for contacting the kicker

- Who and where all kicked balls are first touched *
- Who last touched a loose ball before it goes out of bounds

Boundary Line Rulings

- Whether ball carrier stepped on sideline if not ruled out of bounds on field
- Whether kick from scrimmage went out of bounds in flight *
- Whether a player gains possession of a kick in bounds or out of bounds
- Whether a player participates illegally on a play – illegal participation *
- Whether a player has legally substituted – illegal substitution *

Other Situations

- Whether a pass is onside or offside
- Whether a player is onside or offside on kicks from scrimmage, open field kicks or dribbled balls *
- Whether a passer is behind or beyond the line of scrimmage on a forward pass *
- Whether two forward passes occur on the same play *
- Whether a 1st down had been gained on a 3rd down attempt
- Whether the ball carrier fumbled the ball prior to forward progress being ruled on the field
- Whether a turnover occurs as a direct result of an uncalled major foul during the tackle or attempted tackle*
- Whether a Team A player commits Illegal Interference on a player attempting to field a kick off*

The Standard Reviewable Rulings identified above with an asterix (*) may result in a penalty being found and applied which was not called on the field during play, or one that was called being nullified.

SECTION 5 - APPROVED RULINGS

KICKOFFS

I.R.A.R. 1 Touching a short kickoff

On a kickoff to start the game, Team A tries a short kickoff. A1 has their feet at the A44 (9 yard mark) when the player picks up the ball that is on the ground at the A46. Officials rule illegal touching.

RULING Reviewable play. A's ball 1st and 10 where ball dead.

I.R.A.R. 2 Touched before going out of bounds

On a Team A kickoff that travels 11 yards the Official rule the ball was last touched by A, before going out of bounds. A's ball first down. Replay shows B last touched the ball after A before going out of bounds.

RULING Reviewable play. B's ball where it went OB.

RUNNING PLAYS

I.R.A.R. 3 Runner down by contact

First and 10 on A20. A2 takes a handoff and runs to the A25 where they are contacted by B22. A2 stumbles but does not appear to have gone down and officials allow the play to continue. Replay shows A2's left knee hit the ground at the A25.

RULING Reviewable play. A's ball second and 5 at the A25.

I.R.A.R. 4 Fumble before runner down by contact

Team A ball carrier fumbles the ball with Team B recovering. Officials rule down by contact at A's 30 yard line. Replay shows that the ball was loose before the runner was down.

RULING Reviewable play. B's ball at point of recovery with no advance if they immediately recover the ball.

I.R.A.R. 5 Runner stepping out of bounds

First and 10 on A30. A2 takes a handoff and runs from their own 30 to the B24 yard line where the ball carrier is pushed out of bounds. Replays show that A2 stepped on the sideline at the B42 yard line.

RULING Reviewable play. A's ball first and 10 at the B42.

I.R.A.R. 6 Recovery of loose ball in relation to the goal line

First and 10 on A4. A2 fumbles and B1 recovers at the goal line. Officials give ball to B at the A1 yard line. Replays show that B1 recovered ball in end zone.

RULING Reviewable play. The Replay Official will automatically review the play for the change of possession ruling. A touchdown would be awarded to B.

I.R.A.R. 7 Forward progress on third down play related to gaining first down

Team A on 3rd down are running the ball and need to get to Team B 24 yard line for first down and the runner gets close to the first down marker. Officials mark the ball at the Team B 25. Replay shows that ball should have been marked at 23 and 1/2 yard line.

RULING Reviewable play. Team A 1st down at the 23 and 1/2 yard line.

I.R.A.R. 8 Fumble recovery in field of play

First and 10 on B 50. A2 takes a handoff and runs up the middle to the B47 and fumbles. Officials rule that A3 recovered.

RULING Reviewable play. Involves recovery of loose ball in the field of play, player was not ruled down by contact.

I.R.A.R. 9 Forward progress on first or second down related to first down

Team A on 2nd down is running the ball and need to get to Team B 36 yard line for a first down. Officials mark the ball at the 38 yard line, making situation 3rd down and 2 to go.

RULING Reviewable play. A review will place the ball at the proper spot.

I.R.A.R. 11 Fumble forward out of bounds

First and 10 on A20. A2 takes a handoff and runs and fumbles at the A25. The ball, untouched, rolls out of bounds at the A35 where the officials award the ball to Team A as first down.

RULING Reviewable play. A's ball at the A25.

NOT REVIEWABLE SITUATIONS ON RUNNING PLAYS**I.R.A.R. 10 Runner stepping out of bounds (whenever officials' rule runner out of bounds the play is over)**

Second and 10 at A10. A2 takes a handoff and the officials' rule that the ball carrier steps out of bounds at the A16 yard line.

RULING NOT reviewable play. Cannot review once an official rules a player out of bounds.

PASSING PLAYS**I.R.A.R. 12 QB pass or fumble, Referee rules fumble**

Second and 10 on A25. QB is hit while attempting to throw a forward pass. The ball hits the ground at the A20 and B recovers. The Referee rules fumble and that it is B's ball.

RULING Reviewable play. The Replay Official will automatically review the play for the change of possession ruling. Team A retains possession, downs continuing at point of last scrimmage.

I.R.A.R. 13 QB pass or fumble, Referee rules incomplete pass

Second and 10 on A25. QB is hit while attempting to throw a forward pass. The ball hits the ground at the A20 and B immediately recovers. The referee rules incomplete pass. Team B challenges and replay discovers that it was a fumble.

RULING Reviewable Play. Team B awarded the ball at the point of recovery.

I.R.A.R. 14 Lateral pass going forward or backward

First and ten on A20. QB throws a lateral pass from the A10 yard line that is ruled onside, and Team B recovers the loose ball. Replays show the pass was forward, hitting the ground at the A11 yard line.

RULING Reviewable play. The Replay Official will automatically review the play for the change of possession ruling. Pass is incomplete. A's ball downs continuing. If the pass was in fact onside but was whistled as incomplete, and Team B immediately recovers the ball, Team B would be awarded possession

but not allowed to advance. If not immediately recovered by Team B, Team A would lose yardage but retain possession of the ball at the point from where the pass was thrown with downs continuing.

I.R.A.R. 15 Passer beyond the line of scrimmage

First and ten on A20. Passer scrambles and throws a pass that is completed for a TD. The LJ calls the Passer for being over the line of scrimmage when the ball was thrown.

RULING Reviewable play. Team A subject to 10 yard penalty at PLS, with down repeated.

I.R.A.R. 16 Offside pass during a play

First and ten on A20. B1 intercepts a forward pass at the 50 and returns it to the A20 yard line where the player throws the ball forward to B2 at the A18 yard line while being tackled. B2 runs for a touchdown.

RULING Reviewable play. The Replay Official will automatically review the play for the change of possession ruling. Offside pass. B's ball first and 10 at A20 yard line.

I.R.A.R. 17 Low pass ruled incomplete

Second and 5 on A30. Low pass is ruled incomplete. Replay shows that receiver or defender had their hands under the ball and it never hit the ground.

RULING Reviewable play. Pass is complete, or intercepted if by defender.

I.R.A.R. 18 Pass ruled incomplete

Team A first and ten at their 38 yard line throw a forward pass to A77, who catches the ball, is hit immediately and fumbles the ball, which is recovered by Team B. Officials rule the pass incomplete.

RULING Reviewable play. However, if the pass is ruled complete followed by a fumble, Team B can be awarded possession provided the ball is recovered immediately. After recovery Team B is not allowed to advance its position.

I.R.A.R. 19 Pass touched by an ineligible receiver

First and ten on A20. QBA1 completes a forward pass to A2 at the A35 yard line. Replays show the ball first glancing off the shoulder of Guard A1 before A2's catch.

RULING Reviewable play. No deliberate attempt to catch or touch ball, therefore play stands.

I.R.A.R. 20 Receiver makes catch and lands out of bounds

First and ten on A20. Wide receiver A1 leaps and catches a legal forward pass at the 50. Replays show A1's first foot came down on the sideline.

RULING Reviewable play. Incomplete pass. Second and ten on A20.

NOT REVIEWABLE ON PASSING PLAYS**I.R.A.R. 21 Intentional grounding**

First and ten on B20. QBA1 is under pressure and throws an incomplete pass. The Referee calls intentional grounding.

RULING NOT reviewable play. Intentional grounding is not reviewable however the Video Official should correct this ruling.

KICKING PLAYS**I.R.A.R. 22 Touching of a kick**

Team A punts the ball where it is recovered by offside A1, who is penalized for no yards. Team A challenges that the ball was touched by B1, prior to A1 being the only player in 5 yard zone.

RULING Reviewable play. Touching of ball on kicking play is reviewable. A's ball 1D where ball dead, if ball touched by B.

I.R.A.R. 23 Touching of a kick by an onside player

Team A receiver after catching a pass, punts the ball downfield, where A2 recovers and runs for a TD, with a flag thrown for no yards.

RULING Reviewable play. To determine if A2 is onside. If onside, TD counts.

I.R.A.R. 24 Touching of a kick prior to contacting the kicker

Third and 11 on B45. B1 is called for contacting the kicker. Replays show that B1 touched the ball before running into the punter.

RULING Reviewable play. If the ball is touched there is no foul for contacting the kicker.

I.R.A.R. 25 Field Goal Ruled Wide

Team A attempts a Field Goal that is ruled wide by the officials on the field. Team B runs the ball out of the end zone and the ball goes dead at Team B's 15 yard line. No points have been scored on the play.

RULING Reviewable Play. The Replay Official will automatically review the Field Goal attempt to determine if it was successful. If it is determined to be successful upon review, Team A will score 3 points.

I.R.A.R. 26 Possession after fumble on kick in the field of play

Third and five on A20. B1 fumbles a punted ball in the middle of the field at the 50. A1 and B1 gain simultaneous possession at the B45, but the Officials award possession to A1.

RULING Reviewable play. The Replay Official will automatically review the play for the change of possession ruling. Ball awarded to Team B as they were last team in possession prior to the simultaneous recovery.

MISCELLANEOUS**I.R.A.R. 27 Incorrect penalty enforcement**

The Umpire marks off 10 yards for offside.

RULING Reviewable play. The penalty application will be corrected.

I.R.A.R. 28 Aspect of play changed other than what was challenged

Third and ten on A35. A1 punts to B1 at the B25 yard line. B1 returns the punt to the B32 yard line is hit and fumbles. A2 recovers the ball at the B34 yard line. Team B challenges that A2's left foot was touching the sideline during the recovery. Replay shows that B1's knee touched down before the fumble.

RULING B's ball first and ten on B32 yard line. B retains their challenge and is not charged a time out.

I.R.A.R. 29 Replay Review - Next legal snap

First and ten on a 20. A82 catches a pass at the A45. Before the next snap, Tackle A65 moves, and the play is blown dead by the officials.

RULING Reviewable play. Play can be challenged until the next legal snap. If replay review shows incomplete pass, A's ball second and 10 on A20, penalty for procedure is ignored. If replay review shows completed pass, then A65 subject to penalty for Procedure.

I.R.A.R. 30 Replay Review - Equipment malfunction

RULING If there is an equipment malfunction in the Command Centre, the in stadium Supervisor takes primary responsibility for making any replay related decisions.

I.R.A.R. 31 Challenge that ball carrier stepped OB on the last play of a half

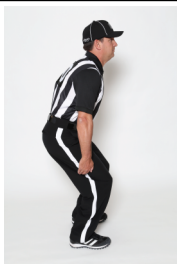
Team A ball carrier runs for a touchdown on the last play of a half, but Team B challenges the play because they feel the ball carrier stepped out of bounds on the 4 yd line. Replay review shows that the ball carrier did step out of bounds on the 4 yd line

RULING Touchdown is nullified and the clock will be adjusted to the time left when the ball carrier stepped out of bounds. If there is no time left then the half is over.

I.R.A.R. 32 Challenge of incomplete pass on the last play of a half

Team A throws a pass which is ruled incomplete and time expired on the play. Team A challenges the ruling and Replay review shows the pass was complete.

RULING Pass is ruled complete, but the half is over.



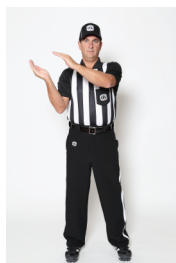
CLIPPING
striking back of knees



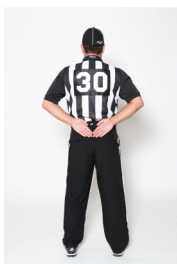
COIN TOSS WINNER
pointing with both arms towards the team
that won the toss



CONTACTING THE KICKER
touch raised leg below knee



CUT OR CHOP BLOCK
horizontal chopping motion



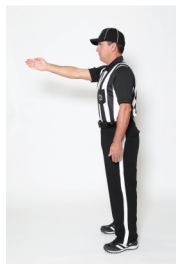
DELAY OF GAME
both hands behind back



DISQUALIFICATION
chopping action on wrist



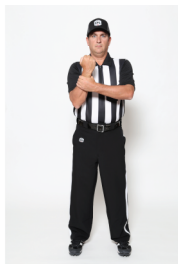
FACEMASK
clenched fist at face level



FIRST DOWN AWARDED
arm pointed forward



**FORWARD PASS BEHIND
LINE OF SCRIMMAGE**
raise arm above head



HOLDING
grasping wrist at chest level



ILLEGAL BLOCK
arm extended & grasp wrist



**ILLEGAL CONTACT ON A
RECIEVER**
one arm extended with open hand



ILLEGAL CRACKBACK
striking thigh with open hand



**ILLEGALLY DOWNFIELD ON A
KICK**
both hands on top of shoulders



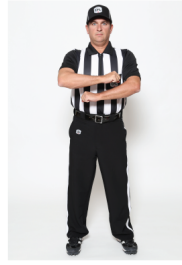
ILLEGAL INTERFERENCE
pushing arms forward from
shoulders



ILLEGAL KICKOFF
hands rolling in forward motion
followed by swinging leg



ILLEGAL PASS
horizontal arc of arm



ILLEGAL PROCEDURE
hands rotating in forward motion



ILLEGAL SUBSTITUTION
one hand on top of head



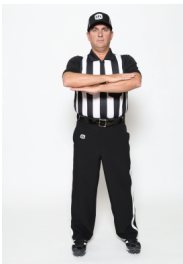
INELIGIBLE RECEIVER
both arms extended sideways



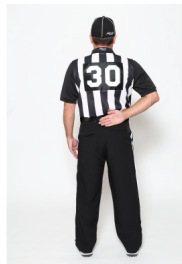
INTENTIONAL GROUNDING
passing motion & pointing at ground



NO FLAG ON PLAY
drop flag on ground & swing arms at
hip level



NO YARDS
arms folded at chest



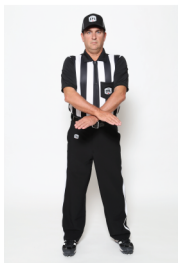
OBJECTIONABLE CONDUCT
One hand behind back



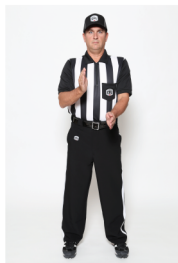
OFFSIDE
hands on hips



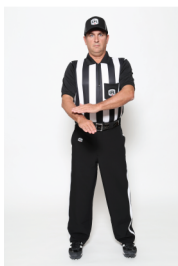
ONSIDE OR LATERAL PASS
pointing in the direction the ball
was thrown



PENALTY DECLINED
swinging arms at hip level



PILING ON
vertical chopping motion with
both hands



RESETTING THE 20 - SECOND CLOCK
a stroking motion of the forearm



ROUGHING THE KICKER
kicking motion



ROUGHING THE PASSER
passing motion



SAFETY TOUCH
palms together above head



SINGLE POINT
one arm extended above head
& indicating 1 point



SPEARING
chopping motion above head



TIME COUNT VIOLATION
arm extended moving in
circular motion



TIME IN
downward rotation of arm



TIME OUT
hands crossed above head



TOO MANY PLAYERS
both hands on top of head



TOUCHDOWN OR FIELD GOAL
both arms raised
towards sky



TRIPPING
chopping action on
both knees



UNNECESSARY ROUGHNESS
pumping motion of
arms sideways

STATISTICAL SCORING RULES

NOTE - For reference hereinafter, the team that puts the ball in play shall be identified as Team A and the other team shall be named Team B.

SECTION 1 – FIRST DOWNS

(a) A first down shall be recorded whenever:

- The yardsticks are ordered forward by the officials on a sequence of downs,
- A touchdown is scored on an offensive play from scrimmage
- A gain from scrimmage is made on the last play of a half that would have resulted in a first down had time not run out.

(b) A first down shall NOT be awarded whenever:

- A team first gains possession as a result of a kick or turnover.
- A team gains sufficient yards but loses the ball via a turnover.

(c) First downs gained are subdivided to show the type of play responsible for the gain, as follows:

- (i) By Rushing – means that the play that resulted in a new first down being awarded was an initial rushing attempt.
- (ii) By Passing – means that the play that resulted in a new first down being awarded was a passing play.
- (iii) By Penalty – means that the yardsticks were ordered forward as a result of the application of a penalty.

SECTION 2 – YARDAGE & NET OFFENCE

(a) For statistical purposes, the line of scrimmage (**LOS**) is deemed to be:

- The yard line closest to the front of the ball. Examples: i) the nose (front) of the ball is located within two inches of the 40-yard line. The **LOS** in this situation is deemed to be the 40, ii) the nose (front) of the ball is located 14 inches past the 35-yard line. The **LOS** in this case is deemed to be the 35.

(b) **TOTAL** offence represents the aggregate of all net gains from scrimmage and includes the following:

- (1) **RUSHING**: Net yards gained on rushing plays. Note: 'Net' yards covers gains and losses on rushing attempts.
- (2) **PASSING**: Net yards gained on passing plays. Note: 'Net' yards covers gains and losses on pass completions.

(c) **NET** offence represents the aggregate of **RUSHING & PASSING** yardage (Total Offence) less the effect of:

- (3) **TEAM LOSSES**: Yardage lost on QB Sacks, Safety Touches, and those plays when an individual is tackled for a loss other than on regular rushing or passing plays i.e. fumbled snaps, QB or kicker taking a knee, blocked kicks where the ball is recovered in the backfield by either team etc. See Section 5.

(d) Total plays from scrimmage consists of all plays where a team puts the ball into play by a scrimmage, including those nullified by penalty and including

convert attempts. Offensive plays from scrimmage includes only rushing, passing and team loss attempts. Definitions: Individual **Yards from Scrimmage** includes rushing and receiving yardage. **Combined Yards** equals Yards from Scrimmage plus Total Kick Return Yards.

SECTION 3 – RUSHING PLAYS

a) Every play from scrimmage is to be ruled as a rushing play, including those attempted on two-point converts, except:

- (1) A passing play as described in Section 4, or
- (2) A Team Loss play as described in Section 5 or,
- (3) A kicking play as described in Section 8.

b) Rushing yardage is measured from the line of scrimmage (LOS) to the point where the ball is declared dead or is recovered by the opponents in the case of a fumble. For example, if a player fumbles the ball forward the gain will be calculated from the line of scrimmage to the point of recovery.

(c) The rushing total is a net figure net of yards gained and lost on rushing attempts. Such losses will also be taken into account in determining the rushing records of individual players.

(d) The player credited with a carry (rushing attempt) will be the player who carries the ball across the line of scrimmage, or is the player responsible for a fumble, or the player in possession when the play is stopped behind the line of scrimmage. Any offensive teammate that recovers a fumble and further advances the ball will be credited with zero carries and yardage from the point of recovery to where the ball is declared dead.

(e) All gains on laterals that originated or grew out of a rushing play are included in rushing yardage, See Section 7.

SECTION 4 – FORWARD PASS PLAYS

(a) Forward passing gains or losses are measured from the LOS to the point where the ball is declared dead or is recovered by opponents in the case of a fumble. Both the length of the pass and the running advance after completion are included in the total gain. All yards gained or lost on a completed pass play are credited to both the passer and receiver.

(b) The passer is charged with an attempt for all forward passes thrown whether complete, incomplete or intercepted, except those on which an accepted pass interference penalty is called. Those passes ruled as intentionally grounded will be recorded under penalties, including the yardage lost and will NOT be counted as pass attempts. No pass attempt will be recorded for passing plays negated by other penalties.

(c) The receiver is credited with: 1. Targets (passes for which the player is deemed to be the intended receiver and not including those deemed by the statistician to be uncatchable), 2. Receptions (passes caught), 3. Receiving yards, 4. Touchdowns.

(d) All pass attempts will be noted as to the yard line at which the receiver is located (whether completed or not). Receiving yards will be subdivided indicating the total along with the portion referred to as 'Yards After Catch' (YAC) by

recording the yard line at the point of reception. YAC is calculated only from the LOS forward for receptions in the backfield.

(e) Laterals: A ball thrown forward is to be scored as a completed pass and includes those behind the line of scrimmage. Passes thrown in a backward direction, and often this is indicated by the officials as a lateral pass, are to be scored as rushing attempts.

SECTION 5 – TEAM LOSSES

DEFINITION - This category covers yardage losses suffered by a team that are not chargeable against the ordinary rushing and passing gains or losses by a team and individual players. Such losses are, however, included in determining a team's NET OFFENCE (See Section 2).

The following are examples of Team Losses:

- (1) When the QB is sacked attempting to pass (See Section 15) and yardage is lost or the QB is forced to fumble behind the LOS.
- (2) When a Quarterback voluntarily takes a knee conceding yards (example: concedes to end a half).
- (3) When kick is blocked and recovered by either team behind the line of scrimmage. In this case, the kicker is charged with a fumble and a Team Loss calculated from the LOS back to the point of recovery.
- (4) When a bad snap occurs resulting in a loose ball recovered by either team. Team Loss calculated from the LOS back to the point of recovery. Treatment: Score a Team Loss to the Centre.
- (5) When a Punter or Field Goal holder either takes a knee (conceding), or is tackled behind the LOS. Example: Safety.
- (6) When a player in the backfield interferes with a snap to the QB in Shotgun Formation i.e. gets hit by the ball between the Centre and the QB. Score a Team Loss to the player hit by the ball.

SECTION 6 – INTERCEPTION RETURNS

(a) Runbacks on an interception of a forward pass shall be measured from the yard line at which the Interception was made (regardless of whether that is ahead of or behind the line of scrimmage), to the point where the ball is declared dead or is recovered by an opponent in case of a fumble. These yards will be accumulated for both team and individual players as 'Interception Return Yards'. For laterals after an interception, the player receiving the lateral will be credited with zero interceptions, and the resulting return yards i.e. 0 for 8 yards.

(b) When a pass is intercepted in the Goal Area and the interceptor is not successful in running out of the Goal Area, that player will still be credited with the yards returned to the point where the ball is declared dead. For example, a player intercepts the ball 19 yards deep in the end zone and returns the ball to 11 yards deep, credit will be recorded for an 8-yard interception return.

SECTION 7 – LATERAL PASSES

A lateral pass is always a component part of the play and is an extension of the original play type. The only laterals that are recorded are those that occur:

- (a) After a rushing attempt or forward pass has been completed where the ball is advanced across the LOS,

Note: Pitchouts, handoffs and other laterals behind the line of scrimmage are not recorded as laterals.

- (b) Laterals on returns of punts, kickoffs, missed field goals/converts, pass interceptions or fumbles.

- (c) Primary examples for a lateral:

- i) Player A1 catches a forward pass for a gain of 10 yards then laterals to A2 who goes for 12 more yards. A1 is credited with a pass caught and 10 yards gained. A2 is not credited with a catch but is credited with 12 yards gained. The passer is credited with a completed pass and 22 yards gained.

- ii) A1 takes a lateral from the quarterback and crosses the line of scrimmage for a gain of 10 yards, then laterals to A2 who gains another 25 yards. Player A1 is charged with a carry and credited with 10 yards rushing. A2 is not charged with a carry but is credited with 25 rushing yards. NOTE: The gain made by A2 starts only when reaching the line where A1 made the pass. If in Example 2 above, A1 made 10 yards then passed backward to A2 who was only able to advance within one yard of where A1 lateraled the ball from, the net gain would be 9 yards all of which should be credited to A1. A2 will NOT be charged with a one-yard loss.

- (d) Lateral passes that result in a loose ball are scored as fumbles and yards lost are charged against the player who, in the statistician's opinion, was responsible for the failure of the pass. This includes a player who laterals a ball Out of Bounds.

- (e) Intercepted lateral passes are scored as fumbles and the player is charged with a fumble lost.

SECTION 8 – PUNTS & FIELD GOAL ATTEMPTS

This section is subdivided into kicks that either a) cross the line of scrimmage or, b) are prevented from doing so.

(a) For those kicks that cross the line of scrimmage (LOS):

- (1) Punts are measured from the LOS to the point where the ball is first touched by a player, goes out of bounds or is otherwise declared dead. For example, Player A1 attempts to catch a punt at their own 25-yard line but muffs the ball and does not gain full possession. The ball bounces back up the field in the direction of the punter to the 35-yard line. The distance of the punt and the start of the punt return will be recorded as the initial touch point i.e. the 25-yard line. If the ball rolls downfield further, the original touch point will still be the determinant statistically.

(2) In those cases where the ball touches a potential kick returner and is deemed to be inadvertent and the ball continues downfield, the point of recovery shall be the yard line to which the kick is measured and the return commenced.

(3) If the ball is punted over the Goal Line, the distance into the Goal Area will be included in the length of the punt.

(4) If the receiver should kick the ball back to the opponents, this will count as a punt and will be measured from the point of kick. This does not apply to dribbled balls which are dealt with in Section 11 on fumbles and Section 16.

(5) If the punter should recover their own kick, or another onside player of that team should do so, the kick will count as a punt and the yardage measured to the point of recovery. Yards gained after the recovery will be recorded separately as an Own Team Punt Recovery with yardage scored as an 'Advance'.

(6) Yardage for all Field Goal attempts will be recorded in the play-by-play from the point of the kick to the Goal Line. The point of the kick is defined as the nearest yard line. Example: A kick from 35 yards and 27 inches as measured from the goal line will be recorded as a 36-yard field goal attempt, from 35 yards and 6 inches will be deemed a 35-yard attempt.

(7) A Missed Field Goal becomes the equivalent of a punt and is treated as above in 8 (a) (1). The yardage for Missed Field Goals will be recorded separately and calculated from the LOS to the point of recovery.

(8) Punts or Field Goal attempts that are partially blocked ("deflected") i.e. that cross the line of scrimmage, are still treated as a blocked kick charged against the kicking team and credited to the defence. For example, any such Punt or FG attempt that in the opinion of the statistician is sufficiently disrupted by the defending player and renders the field goal attempt unsuccessful, or limits the punt to no further than 10 yards downfield, that player will be credited with a blocked kick. Any player who deflects a convert kick attempt and it is unsuccessful will receive credit for a blocked kick no matter where the ball goes afterwards.

(9) Place kicks, that in the opinion of the CFL's Head Statistician, that are directed away the goal posts intentionally i.e. ostensibly for either field position or 'onside kicks' with an attempt to recover and advance the ball, are not counted as Field Goal attempts.

Examples:

a) Kicks from placement from a point in a team's own end of the field into a strong wind to avoid a punt blowing back over the line of scrimmage.

B) Kicks from placement directed towards a sideline in an attempt to recover the ball and gain a first down.

(b) Kicks that do NOT cross scrimmage line:

(1) If a kicker should attempt a punt and the ball fails to cross the line of scrimmage, a loose ball is created. This will not count as a punt and the eventual outcome of the play will determine the way it should be recorded. A fumble will be charged to the kicker, and the play may evolve into either a rushing or passing play, or a team loss if tackled behind the LOS. If the opposition recovers the ball, the kicker will be charged with a Fumble Lost.

(2) If a placekicker attempts a Field Goal or Convert Kick and it is touched by a defender in any way with the attempt rendered subsequently unsuccessful, the following statistical treatment will apply:

i) The defender will be credited with a blocked kick, regardless of where the ball goes afterwards.

ii) The placekicker will be charged with a Missed Field Goal attempt AND a fumble if the ball is recovered behind the LOS, or a Missed Field Goal attempt only if the ball crosses the LOS. If recovered by the defending side, the kicker will be charged with a fumble lost and the yards lost from the line of scrimmage to the point of recovery will be charged as a Team Loss. If a blocked kick is recovered by the kicking team, the kicker will be charged with a fumble. The events after recovery will determine whether the play shall be recorded as a rushing play, passing play or Team Loss play.

SECTION 9 – KICKOFFS

(a) Kickoffs are measured from the kickoff yard line to the point of recovery where full possession is obtained by either the return team or the kicking team, or goes out of bounds. If kicked over the deadline or out of bounds in the Goal Area, the yardage will be recorded in the same manner as a punt into the end zone.

(b) If the ball is kicked out of bounds in the field of play, the yard line will be recorded in the play-by-play and the kickoff yardage shall be recorded to that point. If an accepted Illegal Kickoff penalty is called the kickoff will be negated. If the penalty is declined, yardage will be recorded from the kickoff point to the point at which the ball went out of bounds.

SECTION 10 – KICK RETURNS

(a) Kick returns are recorded in four separate categories.

- (1) Returns of punts,
- (2) Returns of missed field goal attempts,
- (3) Returns of kickoffs.
- (4) Returns of missed one-point convert attempts,

(b) Kick returns are generally measured from the point where the receiver gains possession of the ball to the point where the ball is declared dead or is lost by fumble or is kicked back. As a guide, the point at which the return is deemed to commence shall be the furthest downfield possible, for example using the returner's back foot as that point. If the receiver loses yards on a kick return after gaining possession, such losses will be charged against the kick return yardage.

Note 1: For punt returns where the returner fumbles at the point of the attempted catch, possession is deemed to be at that point. This will be the yard-line to which the length of the kick is determined. Credit the returner with a punt return and a fumble if it is considered flagrant and the coverage team has an opportunity to recover the ball. Otherwise, no fumble is charged if the returner simply picks up the ball right away.

Note 2: For kickoff returns, the return will start at the point at which the player gains firm possession of the ball. That will be the yard-line at which the kickoff yardage and kickoff return will be calculated.

(c) When a penalty is called on a kick return for a foul such as holding or an illegal block, the return will be measured only to the point at which the penalty is applied.

(d) A returner will not be charged with a kick return for conceding a single point without attempting to advance the ball or if a penalty is applied from the point of gaining possession of the ball, such as a No Yards penalty.

(e) Returns of Missed Field Goal attempts are to be treated in the same manner as Punt Returns and recorded separately. No Missed Field Goal Return will be recorded unless the returner makes a legitimate attempt to advance the ball forward.

SECTION 11 – FUMBLES

(a) A fumble is defined as either loss of possession of the ball or failure to gain possession on a kick return where the ball is touched. A player generally should not be charged with a fumble if that player recovers their own fumble immediately and the defence is deemed to have had no chance for a recovery. However, if it is a flagrant fumble and opposing players have an opportunity to recover it, a fumble should be charged.

The act of merely touching the ball is not necessarily considered to be possession. On the greased-pig type of scrambling for a fumbled ball, charge the original player for the fumble and credit the eventual recovery to the player who winds up with the ball. Ignore all momentary touching in between.

(b) On a play where a fumble is charged, yards gained/lost to the point of recovery are credited to the player who fumbled. Offensive players advancing an own team fumble recovery will be credited with those yards.

EXAMPLES:

(1) Player A carries the ball for five yards, is tackled and then fumbles. The ball goes forward for another three yards and is recovered by the opposition. Player A is credited with an 8-yard gain and charged with a fumble lost. Same play but ball goes backward three yards and is recovered by a player of A's team. Player A is credited with a two-yard gain and charged with a fumble, their teammate is credited with an Own Team Fumble Recovery.

(2) Team A running back carries the ball for 10 yards, fumbles and it is recovered by a Team A lineman, who then advances the ball for 12 more yards before the play is stopped. This is scored as a 22-yard rushing play.

The running back is credited with one carry for 10 yards and a fumble, the lineman with zero carries and 12 yards rushing and an Own Team Fumble Recovery.

(3) Team A has the ball on Team B's 30-yard line. Team A quarterback throws a pass to the Team A receiver, who carries the ball to the Team B 5-yard line and fumbles. The ball continues on into the Team B End Zone where it is fallen on by a Team A player. Team A quarterback is credited with a completed TD pass for 30 yards. The receiver is credited with a catch for 30 yards but no TD. The Team A player who recovered the ball is credited with a TD receiving but with no catch or yards.

(4) A player who fumbles a ball out of bounds without it being touched by another player is to be charged with a fumble and an own team fumble recovery.

(5) Yards gained by a player subsequent to recovery of a teammate's fumble will remain as part of the play giving rise to the fumble and will be regarded in the nature of a gain after a lateral pass.

SECTION 12 – FUMBLE RETURNS

(a) A fumble return is recorded for defensive players only who recover opposition fumbles on plays from scrimmage or returns, and is calculated from the point of recovery to where the ball is declared dead or possession is lost on a subsequent fumble. This statistical category also covers the following situations:

(1) Yards gained following recovery of a blocked punt or field goal attempt, and

(2) Yards gained following interception of a lateral pass (treated as a fumble)

(b) A player who rather than picks up a fumbled ball and elects instead to kick/advance it along the ground, will be credited with a fumble return. This act is referred to specifically as a DRIBBLE (See Section 16).

SECTION 13 – PENALTIES

a) Information is recorded with regard to Penalties for both team and individual player as follows:

(1) Number of Penalties (Declined calls noted separately)

(2) Penalty yardage

(3) The Type of Penalty i.e. Holding, No Yards, Illegal punt etc.

(4) Penalties by Situation: Offence, Defence and Special Teams

(5) Penalties by Category: Preventable, Technical & Roughness

(6) First Downs Gained by Penalties,

(7) Other Penalty-related information including game time, enforcement and placement spots, and forfeited gains.

b) Refer to Section 1 for treatment of first downs gained by penalties.

SECTION 14 – SCORING PLAYS

All scoring plays will be recorded with specific information for the Team, type of score, the player scoring the points along with associated information such as the name of the passer, the Quarter, Time and Play # of the event.

(a) A touchdown (6 points) will be credited to the scorer. For example, on a Touchdown pass, the receiver will be credited with the points on this play. For rush and return plays, the player carrying the ball across the Goal Line will receive the points.

(b) A Convert will be credited to the player completing the play and the attempt/yards recorded in team & individual offence:

(1) One-point: By kick, in which case the kicker receives credit for the one point convert with a record of the yardage of the attempt in the play-by-play.

(2) Two-point Pass: By completing a forward pass, in which case the receiver gets credit.

(3) Two-point Rush: By carrying the ball across the Goal Line on a rush attempt.

(4) Defensive player: May score a two-point convert by advancing it across their opponent's Goal Line after a fumble recovery, interception or missed one-point convert kick. Yardage gained will be recorded in the appropriate category.

(c) Field Goal (3 points) is credited to the kicker. The yardage as per Section 8. a (6)].

(d) Safety Touch (2 points) is credited as a team score only with no individual credit assigned.

(e) Single (one point) is credited to the player who kicked the ball across the Goal Line.

SECTION 15 – QUARTERBACK SACKS & PRESSURES**Definitions:**

(a) A **Quarterback Sack** is awarded to a defender when the Quarterback is in possession of the ball behind the LOS and is:

(1) Tackled for a loss of yards, or

(2) Forced out of bounds behind the line of scrimmage to avoid imminent contact, or

(3) Forced to fumble the football irrespective of where the ball goes thereafter. For example, a defender who creates this "strip sack" and the ball is then propelled across the LOS by being batted or kicked, will still receive credit for a QB Sack.

Note: It is possible for the Quarterback to be sacked for a loss of zero (0) yards. However, the ball when re-spotted after the play must clearly have been moved back by at least half the length of the ball as ordinarily observed by the stats crew. The yards lost by Team A in any of the above situations shall be charged as a Team Loss.

(b) A **Quarterback Pressure** is awarded to a defender who either forces the QB to move off their initial drop back point to avoid contact, contacts the QB in the act of throwing or has the QB in their grasp at the time an Intentional Grounding penalty is called. Only one QB Pressure per play may be awarded to the defence.

Notes:

It is NOT a Quarterback Sack but a Rushing or Team Loss if when behind the LOS:

- (i) The QB voluntarily steps out of bounds without being threatened by imminent contact, or
- (ii) The Team A player attempting to pass is any player other than a quarterback, or
- (iii) The QB attempts a short yardage sneak play and fails to gain yards, or
- (v) The QB voluntarily terminates the play by dropping to the ground on one knee i.e. QB Kneel, or
- (vi) The QB is called for intentional grounding. In this case, score a penalty for zero (0) yards and the appropriate yardage lost against Team A as penalty yardage. Do not score the play as either a Rushing or Team Loss.

As a further Guide for determination of QB Sacks, the following specific scenarios must be applied:

- 1) Bad or "Early" snap by Centre – QB falls on the ball only with no attempt to advance.
No Sack awarded. Team Loss only.
- 2) Bad or "Early" snap by Centre – QB picks up the ball and continues with the play.
Sack awarded if QB is tackled for a loss
- 3) QB fumbles a good snap and falls on the ball with no attempt to advance or pass.
No Sack awarded. Team Loss only.
- 4) QB rolls out and runs out of bounds behind LOS.
Sack awarded if QB is forced out of bounds; No sack awarded if QB is not.
- 5) Holder on Convert kicks fumbles or does not present the ball.
No sack will be awarded unless the holder gets up and makes a clear effort to pass the ball (and the player is designated as a QB).

SECTION 16 – DEFENSIVE STATISTICS

Definitions:

(a) A **Tackle** is credited to a player whose actions stop a ball carrier's forward progress or forces the ball carrier out of bounds thus terminating the play. Credit a Defensive Tackle to the player who in the opinion of the statistician is primarily responsible for making the stop on plays from scrimmage. For kick return plays, the same applies and the defender is credited with a Special Teams Tackle.

- (b) A **Tackle for Loss** is credited if a ball carrier is tackled behind the LOS on a Rushing or Passing play.
- (c) An **Interception** is credited if an opponent's pass attempt is caught by a defensive player and a change of possession results. The return is credited per Section 6.
- (d) A **Fumble Return** is credited per Section 12 above.
- (e) A **Pass Knockdown** is credited to a defensive player who makes a pass attempt become an incompletion by either contacting the football or by dislodging the ball by making contact with the intended receiver.
- (f) A **Forced Fumble** is credited to a player who makes contact with an opposing ball carrier causing a loose ball.
- (g) A **2nd Down Conversion Stop** is credited when a defender makes a defensive tackle, pass knockdown or interception, forced fumble or fumble recovery that results in a turnover by or third down situation for the opposition.

Note: Game statistics will show Defensive & Special Teams Tackles separately and be combined as Total Tackles on all statistical reports. **Total Defensive Plays** will be compiled and consist of the sum of Total Tackles, QB Sacks and Pressures, Interceptions, Fumble Recoveries, Forced fumbles and Pass knockdowns. Tackles for Loss are included in Defensive Tackles but shown separately as a specific item.

SECTION 17 – DRIBBLED BALL

A dribbled ball occurs when the ball is intentionally kicked along the ground while not in the normal possession or control of a player, i.e. a loose ball following a fumble, a blocked kick, a kickoff or a kick from scrimmage. Such a dribbled ball may be legally touched or recovered by the kicker or an onside player. Net yards gained or lost, or points scored will be recorded in the same manner as the play in which the dribbling occurred. Some examples:

- (1) Team A attempts a field goal and it is blocked. Team A player then kicks the ball along the ground (a dribble) across the line of scrimmage downfield. Credit the Team A player with an own team fumble recovery (as a dribble is considered to be possession due to the intentional directing of the ball downfield), and a rushing gain to the point of recovery by either Team A or Team B. If Team B recovers the ball, charge the Team A player with a subsequent fumble and credit the Team B player with a fumble recovery and return.
- (2) Team A player runs the ball across the line of scrimmage and fumbles 10 yards downfield. The player then kicks the ball along the ground (a dribble) and recovers it 10 yards further downfield and is tackled by Team B. Credit the Team A player with a 20-yard rush, a fumble and an own team recovery.
- (3) Team A starts a rushing play at their own 20-yard line, and their player fumbles at the 27-yard line. Team B player gets to the ball first at the Team A 35-yard line but rather than pick it up only kicks the ball downfield. The ball is recovered by a Team B player at the Team A 5-yard line and runs it into the end zone. **TREATMENT:** Credit Team A player with a 15-yard rush and a

fumble. Credit the Team B player making the dribble with a fumble recovery and return of 35 yards. If however, another Team B player recovers the dribbled ball, credit that player with fumble return yardage but no fumble recovery i.e. shared fumble return yardage with the original dribbler of the ball.

SECTION 18 – RATINGS, LEADERS & CALCULATIONS

1) Annual Leaders for CFL statistical categories are determined by the following guidelines:

- Rushing average leaders are based on a minimum of 100 attempts for a season.
- Pass Reception average leaders are based on a minimum of 40 receptions for a season.
- Punting Average leaders are based on a minimum of 60 for a season. Kickoff average leader minimum is 30 per season.
- Completion % and Pass Efficiency leaders based on a minimum of 300 passes for a season.
- Quarterback Rating (QUAR) leaders based on a minimum of 60 possessions for a season.
- Field Goal % leaders are based on a minimum of 30 attempts in a season.

2) For certain statistics they are calculated by the following guidelines:

Time of Possession:

Credited to a Team whenever it is in possession of the football including kicking plays. After receiving a kick, Team B's possession starts at the beginning of the next play from scrimmage (unless there is a fumble lost by the returner). The total Time of Possession (Team A's TOP plus Team B's TOP) for every CFL game must equal 60 minutes (60:00).

Net punting:

Total punt yards - Opponent return yards - 35 yards per punt single

Pass Efficiency Rating:

Based on four separate indices as a function (divided by) pass attempts: Yards, completions, TD passes and Interceptions

$$\begin{aligned} &(((\text{Completions}/\text{Pass attempts} \times 100)) - 30) / 20 + \\ &(((\text{Passing yards}/\text{Pass attempts} - 3) \times 0.25) + \\ &((\text{TDs}/\text{Pass attempts}) \times 20) + \\ &(2.375 - (\text{Interceptions}/\text{Pass attempts} \times 25)) \times 100 / 6 \end{aligned}$$

QUAR - Quarterback Rating:

Based on 12 separate weighted indices incorporating Pass Efficiency as 40% of the calculation with the following additional team and individual statistics for Quarterbacks while they are in the game (QB of record for a drive):

Factor	Wgt	Description
Sample results or average		
Offensive points	15%	Points per possession
2.2 or 33 points on offence for a game		
W-L % as Starter	10%	W-L percentage
15-1-1, .912 win %		
Net Offence	10%	Net yards per possession
28.0 or 420 yards for a game		
First Downs	5%	First downs per possession
1.4 or 21 first downs for a game		
2nd Down Conversions	5%	Percentage made
48% (12 for 25 conversions)		
Individual Fumbles	5%	Fumbles per possession
0.03 or about one every other game		
Indiv. QB Sacks Taken	5%	QB Sacks Taken per possession
0.15 or about 2.25 per game		
Indiv. QB Rushing yards	5%	Rushing yards per possession
2.00 or about 30 yards for a game		
Pass Efficiency Rating	40%	Existing Pass Efficiency indices
Completions, Yards, Ints, TDs per attempt		

Drives and Other Analytical Information:

- All CFL Stats Crews will record Scoring Drives and include this information in the statistical play-by-play reports at the end of each drive. The drive information must include the number of plays, the yardage gained, a description of the scoring play and the total time of the drive; all drive information will be compiled into a Drive Chart Summary Report.
- A Drive starts at the Line of Scrimmage of Team A's first play of a series, and ends with either a scoring play or loss of possession. Penalty plays and kicks are both counted when determining the number of plays in a drive. However, a Convert attempt is not counted.
- Game statistics will include other analytical information including 2nd Down Conversions, Red Zone Offence (defined as the results of any drive with at least one play run from the opponent's 20-yard line and closer), total number of plays, scoring by quarter etc. All CFL Stats Crews will also record other relevant game-related information including: weather and field conditions, wind and temperature, attendance, Coin Toss results, game duration, a record of Coaches' Challenges, and the names of the Officiating Crew. Play-by-play records will record other relevant events such as Timeouts and unusual delays.

Game statistics will include the result of all drives where at least one offensive play is run from the opponents' 20-yard line and in. This result is known as Red Zone Offence - and the % success rate is expressed as Touchdowns / Red Zone Opportunities.

SECTION 19 – TURNOVERS

A Turnover is generally defined as either a Fumble Lost, Interception thrown or a 'Turnover on Downs'. To be recorded as a Turnover however, it must occur on either an ordinary offensive play from scrimmage or a kick return (fumble).

Turnovers are NOT recorded when there is either a Fumble Lost or Interception thrown on a Two-point convert attempt. The primary reason for this is that no new series of downs takes place on the immediate next play despite the defence having temporary possession of the ball for the purposes of a return. Additionally, the next play is in most cases a kickoff anyway (for which possession is retained initially by the team that attempted the Two-point convert).

Turnover Ratio is defined as the difference between Team Turnovers (also known as Giveaways) and Opponent Turnovers (also known as Takeaways or Turnovers Forced). CFL Statistics will also measure the effect of Turnovers by counting the subsequent points scored after a Takeaway i.e. 'Points Off Turnovers'.

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