

SJMTFL Rules (Version 3 – Sept 2024)

Saint John Men's Budweiser Touch Football League



SJMTFL Rules
(Version 3 – Sept 2024)

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Rule 1: The Kick Off

- 1.1 To begin a game, a team will kick off from their own 45-yard line or, if it is a non-regulation field, 10 yards back from the centerline. When the official blows the whistle to signal the kick off, the kicking team has 20 seconds to kick the ball or be penalized 10 yards for delay of game. This procedure is also used following a touchdown if the non-receiving team elects to receive the kick off.
- 1.2 The ball is normally kicked off from a tee, which cannot raise the lowest part of the ball more than two inches off the ground. If a tee is not used, a member of the kicking team can hold the ball on the ground. The ball must be placed between the hash marks (24 yards in from the sidelines).
- 1.3 On a kick off all players of the receiving team must be at least 20 yards from the kick off line at the time the ball is kicked. Members of the kicking team must stay behind the kick off line until the ball is kicked. Failure to do so will result in a 5 yard illegal procedure penalty.
- 1.4 To be a legal kick off the ball must travel 20 yards towards the receiving team's dead ball line before a member of the kicking team touches it. It is an illegal procedure penalty if a member of the kicking team prior to traveling 20 yards downfield touches the ball or if it does not travel 20 yards downfield, unless it is touched first by a member of the receiving team.
- 1.5 Members of the kicking team can touch the ball, or down it, after it travels 20 yards and before it is touched by a member of the receiving team. The kicking team does not have to "give yards" on a kick off. The kicking team cannot normally recover his or her own kick unless it first touches a member of the receiving team, goes into the air and is caught by a member of the kicking team prior to the ball touching the ground.
- 1.6 If the ball goes out of bounds on a kick off, it is a 5 yard illegal procedure penalty against the kicking team. The receiving team has the option to have the ball re-kicked at a point 5 yards back from the point of the last kick, to take possession of the ball at the point it went out of bounds, or take possession of the ball at their own 10 yard line.
- 1.7 If a player from the receiving team (without having had control of the ball in the hand) deliberately kicks the ball forward or steps on the ball, the play is dead as soon as the ball hits the ground. The receiving team will scrimmage at the point the ball was kicked by the receiving team. Note that if a player from the kicking team catches the kicked ball before it hits the ground, a change of possession will occur.

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Rule 2: The Scrimmage

- 2.1 A huddle is not compulsory except in the following circumstances: after any time out, after a change of possession, after change of ends at the end of a period. The offensive team has 20 seconds to snap the ball after the referee has blown the play in. Failure to do so will result in a 5 yard time count penalty.
- 2.2 Teams are allowed to have a partial huddle where some players are huddled and others are not, however, “sleeper” plays are illegal and subject to an illegal procedure penalty. The officials will call a “sleeper” play when the offense deliberately attempts to deceive the defense as to which players are legally on the field.
- 2.3 To begin a play from scrimmage, the ball must be placed on the ground between the hash marks, and then snapped through the legs of the center to the quarterback, who is defined as the first person to touch the ball after it is snapped. **The center is permitted to lift it off the ground once to adjust and then it is in play as soon as the center lifts it off the ground after having placed back on the ground.** The quarterback must receive the snap at least five yards behind the center. Prior to the snap, the center must position between the legs next to the yard that marks the line of scrimmage. Failure to do so will result in a 5 yard illegal procedure penalty.
- 2.4 The first person to cross the line of scrimmage for the defense, usually referred to as the rusher, must be at least five yards away from the line of scrimmage at the time of the snap. The rusher must be allowed a clear and direct path to the quarterback. Members of the opposing team are not allowed to block or interfere with the rusher. To maintain this clear and direct path, the rusher must line up outside the feet of the opposing center, not directly in front of that player. Also **the rusher must line up within five yards of either side of the center’s feet. Lining up outside of this area causes a loss in rusher privileges.** These rules apply if more than one rusher is used. Blocking or interfering with the rusher results in a 10 yard obstruction penalty against the offense.
- 2.5 Once the center sets the ball on the ground for the snap, the rusher is not permitted to change sides and maintain rushing privileges with the center; unless, the quarterback goes in motion prior to the snap of the ball.
- 2.6 To permit the center to participate in the play, no opponent is permitted to line up within three yards directly in front of the center and remain there after the snap. Players are not allowed to cross the line of scrimmage to listen to the opponent’s huddle. These infractions would result in a 5 yard illegal procedure penalty.

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2.7 If both teams go offside as the ball is snapped, the play is whistled dead and the down is replayed with no penalty.

Rule 3: Passing

3.1 All players are eligible to receive a forward pass. There can be only one forward pass on each scrimmage play. A forward pass is one in which the ball is intentionally thrown or handed towards the opponent's goal line. A forward pass is legal, if it is the first pass thrown from behind the line of scrimmage. A forward pass cannot be thrown during a kick off or after the ball has been punted.

3.2 A pass is considered complete if the player has possession and control of the ball prior to going out of bounds. To be considered in bounds the receiver must touch the ground in bounds with some part of the body prior to any part of the body touching an out of bounds area. The boundary lines, which mark the outer limits of the field, are considered to be out of bounds.

3.3 If a receiver could have landed in bounds but was pushed accidentally out of bounds by an opponent, the catch will be awarded to the receiver. It is the official's judgment as to whether the receiver could have landed in bounds.

3.4 A pass caught simultaneously by players on opposite teams will be awarded to the team that had possession prior to the pass.

3.5 A player who bobbles the ball and **is touched** while bobbling the ball will be considered to be touched if and when the player finally gains possession of the ball. The ball will come back to the point where the opponent first touched the receiver. The intent of this rule is to prevent players from **intentionally** bobbling the ball to avoid a touch.

3.6 Players can lateral the ball at any time during a play. A lateral pass is a pass that travels parallel to, or in the direction of, the passer's dead ball line. An attempted lateral that results in the ball going forward and being caught by a teammate is illegal and is ruled an offside pass. If a player makes an offside pass, the ball comes back to the point from where the pass was initiated.

3.7 When an offensive player touches a lateral pass behind the line of scrimmage before any forward pass is thrown and the ball then touches the ground, the ball is live to the offense only. The defense may touch the last offensive player that touched the ball or they may touch the loose ball and down it to end the play.

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- 3.8 A pass is incomplete when the ball touches the ground, the goal post or an official or lands out of bounds.
- 3.9 When the passer deliberately throws a pass to an area where there is no receiver in an obvious attempt to avoid a loss of yards, the team will be penalized for grounding the ball. The penalty is a loss of down at the point where the ball was thrown.
- 3.10 If a pass is intercepted in the end zone, no points are awarded and the team that intercepted the ball is awarded first down on their own 10 yard line.

Rule 4: Scoring

- 4.1 A touchdown counts as 6 points; a convert from the five yard line is 1 point; a convert from the 10 yard line is 2 points; a safety touch is 2 points; and a rouge is 1 point.
- 4.2 A touchdown is scored by carrying the ball into the opponent's end zone or by catching the ball in the opponents' end zone prior to it touching the ground. The ball is considered to be in the end zone when any part of the ball touches or crosses the plane of the goal line.
- 4.3 After a touchdown is scored, the scoring team may try a convert attempt. The scoring team will choose a 1 point convert from the five yard line or 2 point convert from the ten yard line. Converts are pass or run attempts; no kicking is allowed. If there is a penalty on a convert attempt, the scoring team is not permitted to change its choice if there is a repeated attempt.
- 4.4 On a convert attempt, the ball is scrimmaged in the center of the appropriate yard line. If there are goal posts on the field the scoring team has the right to move the ball to either hash mark (24 yards in from either sideline).
- 4.5 After a convert attempt, the non-scoring team may elect to have the scoring team kick from their own 45 yard line or the non-scoring team may elect to kick off from their own 45 yard line.
- 4.6 A safety touch is awarded to a team when the offense causes the ball to go into their own zone and play is ruled dead prior to the ball being brought out of the end zone. A ball is considered to be in the end zone if any part of the ball is still in the end zone.
- 4.7 After a safety touch, the scoring team can choose one of the three options; to have the non-scoring team kick off from the non-scoring team's 35 yard line, to scrimmage the ball, first and ten, from their own 35 yard line or to kick off from their own 35 yard line.

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- 4.8 A rouge is scored when a team legally kicks the ball into the opponent's end zone and the ball is not brought out of the end zone. For a rouge to be scored on a kick off, the ball must land in the field of play or in the end zone prior to going out of bounds.
- 4.9 After a rouge is scored, the non-scoring team will scrimmage the ball, first and ten, from their own 35 yard line.

Rule 5: Punts

- 5.1 For a ball to be considered a punt it must be deliberately dropped and then kicked with the foot or leg before the ball touches the ground.
- 5.2 Any player may punt the ball, even after catching a pass over the line of scrimmage. Once the ball is legally punted, the punting gives up possession of the ball.
- 5.3 After a punt, players of the punting team cannot touch the ball or be touched by the ball until an opponent touches the ball. They must also be at least five yards away from the ball when an opposing player first touches it. Failure to do so will result in a ten yard "no yards" penalty from the point the ball was first touched.
- 5.4 Any player on the receiving team can catch a punt and advance it. There is no blocking permitted on a punt return. If a player attempts to catch a punt and the ball touches the player then hits the ground, the play will be live if the ball goes in the direction of, or parallel to, the receiver's dead ball line. If the receiver touches the ball and the ball goes forward and hits the ground, the play is dead when the ball hits the ground **and is brought back to where it was touched.**
- 5.5 A punt is considered blocked by the opposing team when a player of that team strikes the ball and the ball travels in the direction of, or parallel to, the punting team's dead ball line and hits the ground or is touched by a player of the punting team. The play is ruled dead and the non-punting team will take possession of the ball at the point the ball was blocked.
- 5.6 If a punt is deflected and the ball travels in the direction of the receiving team's dead ball line, the punt is legal and the play continues. The deflection is ignored and members of the kicking team must give "yards".

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- 5.7 When a punted ball hits the ground behind the line of scrimmage or behind the kicker's goal line, the play is dead. If this occurs in the field of play, the opposing team will take possession of the ball at the point the ball hits the ground. If this occurs in the end zone the opposing team will be awarded a safety touch if it is a scrimmage play or a single point, if it is a return punt from the end zone.
- 5.8 When a punt is blocked in the field of play, the non-punting team is considered to be in possession. If the punt is blocked in the end zone, the punting team is considered to be in possession.
- 5.9 If a player accidentally or deliberately kicks the ball with the foot or leg without having had control of the ball in the hand, the ball becomes an onside or offside pass depending on its direction and will remain live until it hits the ground.

Rule 6: Timing & Time Outs

- 6.1 The game consists of four quarters where the first and third quarters are 20 minutes continuous time. In the second and fourth quarters at the 14 minute mark, call 3 minutes to 5 plays. At 17 minutes, only 5 plays remain in the game.
- 6.2 At the end of the second quarter, there is an agreed upon rest period (halftime) and the third quarter begins with a kick off.
- 6.3 Clock stops for team time outs, official's time outs, injuries, after a delay of game penalty and after a safety.
- 6.4 Each team is allowed one 60 second time out per half, which if not used in the first half, cannot be carried over to the second half. Plus one additional 20 second time out to be used any time during the game.
- 6.5 Any on field player can request the Referee to call a time out. Time outs can only be called during dead ball situations.
- 6.6 The referee will notify each team when there are 15 seconds left in the time out. A time out may be shortened if both teams agree.
- 6.7 All offensive players must huddle after a time out or be penalized 5 yards for illegal procedure.

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- 6.8 After a time out, the clock will not start until the snap of the ball on the subsequent play. If the subsequent play is a kick off, the clock will not start until a player on the receiving team touches the ball. If the ball goes out of bounds on the kick off the clock will start on the snap of the ball on the subsequent play.
- 6.9 A team cannot call two consecutive time outs without a play occurring between the time outs.
- 6.10 The Referee may stop the clock when it is deemed necessary by any of the officials. The clock will start will start after the Referee whistles the next play in.
- 6.11 The clock is stopped when a 10 yard delay of game penalty is applied. The clock will start when the ball is snapped or kicked off.
- 6.12 The clock is stopped when a safety touch is scored. The clock will start when the Referee whistles in the subsequent play.
- 6.13 If the Referee takes a time out for an injury to one of the players, the injured player must be removed for at least one play unless then team decides to use a time out.
- 6.14 If the game is tied after regulation time and a winner must be declared, overtime can be played. It will involve the use of converts to break the tie, with each team given three convert attempts to start, alternating on offense then defense. If still tied after three convert attempts, two convert attempts will be given. After two convert attempts and it is still tied, only one convert attempt will be awarded until a winner is decided.

Rule 7: Pass Interference

- 7.1 Pass interference is defined as one player taking away the positional advantage of another player. This can occur:
- a. through direct contact whereby one player makes contact with an opponent and causes the opponent to move off stride or away from the opponent's intended direction;
 - b. when a player steps into the intended and declared path of an opponent, causing the opponent to slow down or change direction;
 - c. during a deliberate attempt to block the opponent from reaching the arrival point of the ball

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- 7.2 Pass interference is considered to be in the target area when the interference occurs in close proximity to the intended arrival point of the ball and the receiver. All other pass interference will be assessed as remote area interference.
- 7.3 If a player is not playing the ball and extends the arms or waves a hand in an attempt to distract a receiver or block the vision of the receiver or vocally distract or to touch the ball that player is considered to have committed pass interference in the remote area. If the ball is touched or if the receiver's direct line of vision is blocked, it is considered to be pass interference in the target area.
- 7.4 If pass interference occurs and the official rules that the ball would not have been caught without the interference then the pass interference is considered to be in the remote area rather than the target area.
- 7.5 Both offensive and defensive players can be called for pass interference. If the defense commits pass interference in the target area, the offense is awarded the ball at the point of the infraction or ten yards in advance of the point of last scrimmage and an automatic first down is awarded to the offense. If the offense commits pass interference in the target area and the penalty is accepted, the defense is awarded the ball at the point of the foul. If either team commits remote area pass interference, the penalty is 10 yards from the point of last scrimmage and the down is repeated.
- 7.6 If the defense commits target or remote area pass interference, in the end zone on a convert attempt, the convert will be awarded. If it is target area interference in the field of play or if it is remote area interference, the convert attempt can be repeated after the penalty is applied. If the offense commits pass interference, target or remote area, no repeat is given.

Rule 8: Equipment

- 8.1 Teams may use their own football during the game or, if they agree, both teams may use one game ball. The ball must be an official CFL or NFL sized ball. No team or player is permitted to make alterations to the natural surface of the ball being used. Teams doing so will be penalized 10 yards for objectionable conduct.
- 8.2 Players are not permitted to use paste stick'em on their hands or uniforms. Players who do so will be penalized 10 yards for objectionable conduct and will be removed from the game until it is removed.

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- 8.3 If two teams are using similar sweaters, the away team must change sweaters. Uniforms cannot contain any equipment that would cause injury to any player. The Referee will be the final authority on equipment that may be injurious to participants or on any equipment or devices that are not covered in the rules.
- 8.4 It is not mandatory to wear cleated shoes but shoes with heels are not acceptable. Spikes or similar sharp pointed type shoes such as track spikes, metal cleats or golf shoes are not permitted. If a cleated shoes are worn, there is no minimum or maximum number of cleats to be worn, but the cleats must be part of the natural design of the shoe.
- 8.5 If a player is wearing unacceptable equipment or shoes, the player must leave the game for at least one play and remove the equipment before returning. If the player returns to the game with unacceptable equipment, the team will be penalized for objectionable conduct and the player will be ejected.
- 8.6 If a participant has incurred a wound that is bleeding or if there is enough blood on a participant or on the participant's uniform to such an extent that it may be transferred to another individual, the participant must leave the playing field until the problem is resolved to the satisfaction of the Referee.

Rule 9: Procedures

- 9.1 The standard field is 110 yards long and 65 yards wide with 20 yard end zones at each end. Hash marks should be 24 yards in from each sideline. Centre field is at the 55 yard line. Boundary lines must be at least one yard inside obstructions or tracks.
- 9.2 Team may start with a minimum five players for the 1st Quarter. Seven players are required for the start of the 2nd Quarter or game forfeited.

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- 9.3 Game Forfeited – The team that didn't commit the forfeit receives a 1-0 victory and the score and stats of the Game Forfeited are erased. However for Tie-Breaker situations where points for and against are required, the score will be reflected as 28-0 for the team that received the 1-0 win. The 1 point goes to the Quarterback of the winning team due to the forfeit. The Forfeited team penalties will be as follows:
- a. 1st Offence – Forfeit
 - b. 2nd Offence – A penalty (\$50) and a -1 in Standings
 - c. 3rd Offence – A penalty (\$50) and a -1 in Standings – The League President will have the final decision on this team for the current season. If removed from the League, all the remaining games against the forfeited team are 1-0 victories for the opposing team. The Forfeited team is not eligible to participate in the Playoffs. Plus the team is subject to committee in order to be allowed back into the League the next season.
- 9.4 Each team may have a minimum of seven players on the field during play although teams can play with less than seven players on the field during the game. If a team has more than seven players on the field during a play, the team will be penalized ten yards for illegal substitution.
- 9.5 Substitute players may enter the field only when the play is dead. Substitutes must enter from the bench side and players leaving the field must go directly to the bench area. Substitutes may not enter the field after the offense has broken its huddle or after the kicker has begun the approach to the ball on a kick off. A player who enters the field to communicate a play to a teammate must remain on the field for the next play. The penalty for violating these rules is ten yards for illegal substitution.
- 9.6 Teams are permitted a maximum of four captains per game. Only the captains are permitted to discuss rule applications with the Referee, to request measurements, and to choose options on penalty applications.
- 9.7 Bean bags are used to mark the line of scrimmage, the rusher's line and the first down marker. Each bag should be at least 4" square. Two bags are of the same color one for the line scrimmage and the first down marker and the third bag, indicating the rusher's line, must be of a different color.
- 9.8 If there is an advertent whistle by the officials on a play, the play will stand if the whistle did not affect the outcome of the play. If the whistle affected the outcome, the team that was affected can let the play stand as the whistle or repeat the play from the point of last scrimmage. If it is not possible to determine who was adversely affected, the play will be repeated.
- 9.9 If the ball touches an official during a play, it will be treated as if the ball touched the ground during the play and the appropriate ruling will be made.

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Rule 10: Live Ball/Dead Ball

- 10.1 If the ball hits the goal post the play is whistled dead.
- If it is a kickoff and the ball hits the goal post in flight the ball is placed at the receiving team's 25 yard line. If it hit the goal post after striking the ground or a player of the receiving team, it will be placed on the receiving team's 10 yard line.
 - If it is a punt from the field of play, the ball is placed at the 10 yard line and no points are awarded. If it is the initial punt from the team's own end zone, it is a safety touch.
 - If it is a forward pass from behind the line of scrimmage, the play is dead and the ball comes back to the line of scrimmage and loss of down.
 - If it is an onside lateral by the offense and the ball hits the goal post in flight, it is a safety touch.
- 10.2 If a ball lies motionless on the ground for three seconds and there is no attempt to play the ball, the play shall be whistled dead.
- 10.3 Players are not allowed to extend the ball using their arms, to gain additional yards while the play is live. There is a five yard penalty for doing so and the ball is considered dead at the point the extension began.
- 10.4 Players who have possession of the ball are not permitted to dive forward in an effort to gain additional yards. The penalty is 15 yards and the ball is considered dead at the point the dive began.
- 10.5 When the play is live and a member of the defensive team deliberately touches the ball carrier, the ball, or any part of the carrier's equipment, the play will be whistled dead. The official must see the touch for the whistle to be blown. The touch can be with one hand only, although a two handed touch is permissible provided it is not unduly harsh.
- 10.6 If a defender jumps over a fallen ball carrier in order to avoid a collision, a touch will be awarded to the defense and play is whistled dead.
- 10.7 If the quarterback mishandles the snap or the snap travels over the quarterback's head without being touched, the ball is live to the offense only.

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Rule 11: Penalties (alpha listing)

11.1 - Delay of Game – This is a 10 yard penalty. It is called when the kicking team on a kick off does not kick the ball within the allotted twenty seconds, when a team does not have five players to begin the game or when a team is deliberately delaying the game.

11.2 - Deliberate Grounding of the Ball – If a player deliberately grounds the ball or throws it where there are no players on the offensive team are present in the area where the ball lands in order to avoid being touched, the ball will be placed at the point the passer released the ball with the loss of that down.

11.3 - Diving – The ball carrier is not allowed to dive with the ball in order to gain extra yards. This will be considered a 15 yard personal foul and is applied as a live or dead ball foul from the point where the dive began.

11.4 - Extension – The ball carrier is not allowed to extend the ball with the arms in an effort to gain extra yards. This is applied as a dead ball foul from the point of the torso of the ball carrier when the extension took place. It is a 5 yard penalty.

11.5 - Illegal Participation – If a defensive player illegally enters the field while a play is in progress and affects the outcome of the play, the opponents will be awarded a touchdown and the player is ejected from the game. If a fan illegally participates in the game and a touchdown would have been scored without the participation, then the touchdown must be awarded. If the fan did not affect the outcome of the play, the play stands. If the fan affected the outcome of the play, the team has the option to repeat the play from the point of last scrimmage.

11.6 - Illegal Re-Entry – A player is not permitted to leave the field of play during a play, return to field of play, and then participate in the play. The penalty is 10 yards for illegal re-entry.

- a. by the offense on a kickoff – the penalty is applied at the spot the ball was held when the infraction took place.
- b. by the offense on a scrimmage play – if a first down was not made, the penalty is applied at the point of last scrimmage, down repeated. If a first down was made prior to the infraction, the penalty is applied at the point of foul, down is not repeated.
- c. by the offense on a convert – no score is allowed and no repeated attempt is given.
- d. by the defense on a kick off – the penalty is applied at the spot the ball was held when the infraction took place.
- e. by the defense on a scrimmage play – the offense has the option to apply the penalty at the point of last scrimmage with the down repeated or at the point the ball was held at the time of the infraction and downs continue.

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- f. By the defense on a convert attempt – if the foul occurred in the end zone, the point or points are awarded. If the foul occurred in the field of play, the penalty is applied at the point of last scrimmage and a repeat attempt is given.
- g. If the foul occurs after a change of possession on a scrimmage play, the penalty is applied at the spot the ball was held at the time of the infraction.
- h. On any play, if a score would have been made without the illegal re-entry, then the score is awarded.

11.7 - Illegal Substitution – This occurs when a player illegally enters the field. Players are not allowed to enter the field on a scrimmage play after the offense breaks its huddle or, if there is no huddle, after the official signals no more substitutions. On a kick off, players cannot legally enter the field after the kicker begins the approach to the ball. If a team has more than seven players on the field during a play, it is illegal substitution.

11.8 - Illegal Use of Hands – Players are not permitted to grab the goal posts in order to change direction or take unfair advantage. Penalty is 10 yards for illegal use of hands.

11.9 - Major Foul – These are acts that threaten the safety of participants and will result in the ejection of the player responsible. They include: deliberate tripping of an opponent; striking or attempting to strike an opponent; any attempt to injure a participant in the game. Major fouls are 25 yard fouls and are considered to be live or dead ball fouls at the option of the non-offending team.

11.10 - No Yards – This occurs when the punting team encroaches within the five yard restraining zone on a punt. Members of the punting team must not come within a five yard radius of the punt receiver prior to the touching of the ball by the receiving team. This is a 10 yard penalty, to be applied from the point the ball was first touched by the receiving team.

11.11 - Objectionable Conduct – These penalties are applied as 10 yard dead ball fouls. The following actions are considered to be objectionable conduct fouls: the use of profane language, taunting opposing players, demeaning remarks made to opposing players, persistent arguments to officials, deliberately delaying the game, faking an injury or contact to draw a penalty or delay the game, or any action which brings disrepute to the game.

11.12 - Obstruction – Players are not permitted to block or obstruct an opponent's direct path to the ball carrier. Contact does not have to occur for this penalty to be called. Penalty is 10 yards for obstruction.

Players are permitted to take a stationary position in order to avoid being called for a penalty, providing it is taken in sufficient time to allow the opponent to adjust to it. This

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is not the case for the rusher; all offensive players must provide for an unimpeded path for any legal rusher(s) or they will be penalized for obstruction.

11.13 - Offside – If a player encroaches in the one yard neutral zone as the ball is snapped, it will result in a 5 yard offside penalty. The neutral zone extends one yard back from the line of scrimmage on the defensive side of the ball. If the first defensive player to cross the line of scrimmage did not rush from at least five yards away from the line of scrimmage at the time of the snap or after the snap, an offside penalty will be called.

11.14 - Offside Pass – The ball is brought back to the point the pass originated and downs continue.

11.15 - Pass Interference – If the defense commits it in the target area, the ball is awarded to the offense at the point of the foul or ten yards in advance of the point of last scrimmage and an automatic first down is awarded to the offense. If the offense commits it in the target area and the penalty is accepted, the defense is awarded the ball at the point of the foul. If it is in the remote area, by either team, the penalty is applied from the point of last scrimmage with the down repeated.

If the defense commits target or remote area pass interference, in the end zone on a convert attempt, the convert will be awarded. If it is target area interference in the field of play or if it is remote area interference, the convert attempt can be repeated after the penalty is applied. If the offense commits pass interference, target or remote area, no repeat is given.

11.16 - Personal Fouls – These are acts of roughness or unfair play. Players must control their momentum and try to avoid collisions with opponents. A shove, a heavy handed slap or a swinging arm slap when touching the ball carrier shall be considered a personal foul. Charging, elbowing or throwing the body into a group of defenders by the ball carrier is also considered to be a personal foul. **The defender/rusher will be called for a Personal Foul if they raise any or both arms and move or swing them towards the Quarterback making ANY kind of contact above the Quarterback's shoulders while the Quarterback is attempting to make a pass.** Personal fouls are 15 yard fouls and can be live or dead ball fouls at the option of the non-offending team.

11.17 - Time Count Violation – the offensive team has 20 seconds after the play is blown in by the Referee to snap the ball. Failure to do so results in a 5 yard time count violation penalty which is applied from the point of last scrimmage with the down repeated.

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Rule 12: Application of Penalties

- 12.1 The non-offending team can refuse a penalty. However, if there is an ejection given by the Referee that player must leave the game.
- 12.2 If the non-offending team refuses a penalty, the play stands and downs continue. If the penalty is accepted, the Referee will explain the options to the non-offending team's captain. Once a team has given its choice to the Referee, it cannot change it. If the Referee has given them the wrong options, they must appeal to the Referee prior to the ball being put into play on the next down or kick off.
- 12.3 If a team commits two or more live ball fouls during the same play, the non-offending team can only accept to apply one of the fouls as a live ball foul. However, the non-offending team may have an option to apply one or more of the live ball fouls as a dead ball foul.
- 12.4 If there is more than one dead ball foul called against the same team during one play, all fouls can be applied. If each team commits a dead ball foul on the same play, only the difference in yardage will be applied.
- 12.5 The application of a penalty will not result in the ball being placed closer than the one yard line. When a single fixed distance penalty is applied inside the opposing team's thirty yard line, the ball cannot be brought more than half the distance to the goal line. If the fixed distance penalty is applied from outside the opposing team's thirty yard line, it cannot bring the ball closer than the fifteen yard line. If the normal penalty yardage was applied and the ball would have reached the goal line due to the penalty, a first down will be awarded to the offense.
- 12.6 On a third down play, the offense cannot be awarded a first down by the application of a dead ball foul. Possession changes to the defense and the penalty is then applied.
- 12.7 If the defense commits a live ball foul that results in a first down being awarded by the application of the penalty yardage, the first down cannot be taken away if the offense commits a dead ball foul on the play. The first down would be awarded and the penalty yardage for the dead ball foul would then be applied. It would be first down and ten after the application of the dead ball foul.
- 12.8 If a team commits a dead ball penalty on a play that results in a touchdown or on a convert attempt, the non-penalized team has the option to apply the penalty on the convert attempt or the repeated convert attempt, if there is one, or on the subsequent kick off.

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- 12.9 If a team accepts a live ball foul that occurs on the last play of the quarter (other than an offside pass or obstruction after a first down is gained), there will be one more play given to the team that has possession. Dead ball fouls that occur on the last play of a quarter will be applied in the next quarter.
- 12.10 Fixed distance penalties are applied in the following manner unless a previous rule states otherwise:
- If the foul occurs before the ball is put into play, as the ball is put into play or before a first down is gained, the penalty will be applied at the point the ball was last put into play and the down will be repeated.
 - If the foul occurs after a first down has been gained, the penalty will be applied from the spot the ball was held at the time of the infraction. The offense will be awarded a first down.
 - If a foul is committed after the offense loses possession of the ball, the penalty will be applied from the spot the ball was held at the time of the infraction. A first down will be awarded to the team that has possession of the ball. If the penalty was called when the ball was in the air as the result of a kick off or punt, the penalty will be applied at the point the ball is first touched by the receiving team.

Rule 13: General

- 13.1 If a team refuses to start or continue a game at the request of the Referee, the Referee can award the game to the non-offending team after two warnings to the captain of the offending team. If the game is tied or the offending team is leading at the time, the game will be forfeited and the non-offending team will be awarded the victory with their score and stats intact and the offending teams stats and score will be deleted . If the non-offending team is winning at the time, the score will count.

13.2 Score Sheets – Both teams are required to keep score. The Winning Team is responsible for handing in the Score Sheet to the President or League Statistician no longer than 1 Week Maximum after the game is played. Otherwise the game will count as Not Played for both teams.

- 13.3 Roster – Once a player plays a game with a team, that player is not allowed to switch teams. If a player is found playing on a different team:
- 1st Offence - One (1) game suspension to that player and the team with that player forfeits the game.
 - 2nd Offence – That player is ejected for the season and the team with that player forfeits the game.

13.4 Roster – Players must play two (2) regular season games to be eligible for the post season.

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13.5 Missing Refs – Each team is responsible to have two (2) refs at the required game either before or after their game. Each ref must have a whistle. If a team is missing a Ref:

- a. 1st Offence - A penalty (\$25).
- b. 2nd Offence - A penalty (\$25) and a -1 in Standings.
- c. 3rd Offence - A penalty (\$25) and the team is removed from the League and Playoffs.

13.6 Tie-Breaker. Out of the games that were played between the tied teams will determine which place they finish.

- a. Most points (PTS) from the won-lost-tie finishes higher
- b. Best net from the points scored (PF) minus the points allowed (PA).
- c. Coin Toss

13.7 The closest referee to the call will have the final decision on the call.

13.8 If there is a stalemate situation between the referees, the League President will have the final decision on a call.