

ASA Flag Football Rules and Policies

Spring 2023

I. ASA SPORTSMANSHIP

The ASA Football Program regards bad sportsmanship as unnecessary and completely intolerable.

Sportsmanship is everyone's business. Coaches are responsible for their team's (coaches, parents and players) behavior. Good sportsmanship is a priority in the development of ASA athletes.

II. COACHES

All coaches representing ASA teams should demonstrate positive sportsmanship in respect to his players, team parents, opposing team players, coaches, board members and the officials. Coaches who are unable to demonstrate proper sportsmanship are subject to game stoppage and forfeit along with suspensions and termination. They may also be denied future coaching assignments. Any coach who is dismissed from a game for unsportsmanlike conduct will be unable to participate in any team activity, or coach in the next legal game (this includes Playoff Tournament & Championship games). The ejection will be reviewed by the by the Football Board to determine what further steps up to and including permanent removal as a coach should be taken. Coaches are responsible in assisting officials with the sportsmanship of all playing and non-playing team members, spectators, parents and assistant coaches. Any person who is ejected from a game or an event for unsportsmanlike conduct is required to leave the facilities immediately. Coaches may never: argue with officials, or discuss any part of the game with players from the other team. Questions to officials can only come from the head coach.

III. COACHING ELIGIBILITY AND SELECTION

The Football Commissioner will approve all coaching applicants and a background investigation process will be utilized. If approved by the commissioner returning coaches will be able to move up each year with their previous year's team. Only coaches who have not had their coaching privileges revoked and are in good standings with the league will be considered for coaching opportunities. Coaching any team in the ASA football program is considered a privilege and is not a right. Coaches who are bringing players to ASA from other leagues must receive a favorable reference from each league that they have participated with in the past. These past leagues will be contacted for a sportsmanship reference.

IV. SPECTATORS

All spectators will also be expected to demonstrate positive sportsmanship. Spectators who cannot demonstrate proper sportsmanship will be asked to leave the game site and will not be allowed at the next game. Failure to leave the game site after being asked to do so by game officials or an ASA representative can result in the game being forfeited. Spectators shall adhere to field guidelines.

V. PLAYERS

All players must demonstrate positive sportsmanship at all times. Coaches are responsible for the sportsmanship of their players. Good sportsmanship is a priority in the development of ASA athletes.

Players who cannot demonstrate proper sportsmanship will be dismissed from the game and be subject to discipline at the discretion of the Football Commissioner.

VI. PLAYER ELIGIBILITY

The ASA Flag football program is for boys and girls in Kindergarten (K) through Third (3rd) Grade.

ASA Football is grade based, in order to play in a Division, the player must be in the school grade that corresponds with the Division number. To play in Division 1, the player must be in the first grade and so on.

VII. PLAYING UP

ASA Football believes that players should participate at their own age level and we discourage the practice of playing up with older participants. This will be reviewed on a case by case basis.

VIII. MINIMUM PLAYING TIME RULE

Except for injuries, all players must start on either offense or defense and may only sit out 1 play per half. Free substitution is allowed in any overtime period. All players and coaches must be registered before they can practice or play in a game. Violations of this rule will result in the removal of the player, forfeiture of games as applicable, and removal of the coach.

FOR KINDERGARTEN DIVISION ONLY: Each player must carry the ball at least once per game before any player can carry the ball more than once. A run or an attempted pass reception is considered a carry. The league suggestion is to run the players who do not normally carry the ball on your first few offensive plays, then use your regular backs the rest of the game. Coaches must develop a plan to implement this rule.

IX. TEAM FORMATION GUIDELINES AND REGULATIONS

All teams must have a minimum of 8 players with at least one adult coach who is a certified ASA Football Coach. Coaches must obtain an ASA Coaches Badge and should attend the mandatory football coach meeting. Teams may elect to carry more than 8 players with a maximum of 14. Team formation for ASA flag football is "bring your own team" and is at the discretion of the head coach. He or she may recruit any player to play Flag Football. Head coaches, after registering their team, will be given a team registration code to provide to their players to ensure the players are placed on their team roster. Teams with less than 10 players may have players added to their rosters at the discretion of the football board. Open registration players are players that sign up through the ASA office and are not on a team. The Football Board will assign open registration players at their discretion. The goal is to assign them to teams by school attendance zones when possible.

X. EQUIPMENT

Teams must provide their own flag belts for each player. The flag belts must be “Flag-a-Tag Sonic Boom” flag belts and flags, which can be purchased at most sporting goods stores and online sports equipment dealers. The flags must be of a contrasting color to the player’s shorts.

All players must utilize a mouth guard at all times while playing.

NEW FALL 2021 – All players in D1, D2, & D3 must wear a soft shell helmet at all times while playing.

Ball Size: Wilson K-2 or equivalent (Pee Wee size).

Each team can supply their own football for their offense to use during a game. Each ball must be equivalent to the Wilson K-2 standard (Pee Wee size).

XI. UNIFORMS

Teams must provide their own uniforms, which shall consist of t-shirts or jerseys of the same color, with individual player numbers on the back. In the event of a jersey color discrepancy, the Visitor team shall be responsible for an alternative uniform color or “pennies” to wear over their normal jersey. Playing without shirts is not an option. Players must wear a solid, one color shorts or pants with no stripes, markings or pockets. Parents should not be asked to pay unreasonable amounts of money to provide uniforms. A standard flag football uniform cost should not exceed \$50.00.

XII. PRACTICES

Once teams are formed, and rosters are final, teams may practice at the Head Coach’s discretion. Practices become mandatory after all registration periods close. Regular season practices are limited to 2 Hours per week maximum, and practice must not last beyond 8:00 P.M. Any team found in violation of this rule will be subject to the possibility forfeiting their next game and the coach will be held accountable before the Football Board.

XIII. SEASON FORMAT

For Kindergarten Division: Scoring will be awarded on the field, but no standings kept online. There will be no playoffs or championship games. Each team will play an 8-game regular season schedule.

For Divisions 1: Scores will be reported and standings kept online. Each team will play an 8-game regular season schedule. There will be a single elimination playoff tournament at the conclusion of the regular season for the Division. All teams will be in the tournament and will be seeded according to their regular season won-loss records.

The following tie breakers will be used to determine final team standings:

1. Overall Won-Loss Record
2. Head to Head Record
3. Fewest Points Allowed Head to Head
4. Coin Flip

XIV. GAME ABANDONMENT

Officials and/or the Commissioner or ASA Board Member may stop a game for any of the following reasons:

1. Unsafe weather conditions. If a game is stopped due to unsafe weather conditions, the score will be considered final if the 2nd half has started. If the 2nd half has not started, the game will be rescheduled (if possible) and replayed in its entirety (the score and time will not be carried over to the rescheduled game). Games are rescheduled at the discretion of the league and once a revision to the schedule is published it is final. Teams will need to make the needed adjustments to play the rescheduled game or take a forfeit. No schedule requests will be taken or honored.
2. Unsafe game site conditions.
3. Unsportsmanlike conduct.

The Commissioner, depending on the amount of time played and the reason for non-weather related game abandonment, will determine the game results.

XV. FORFEITS

Game time is forfeit time.

Games may be forfeited for any of the following reasons:

1. Insufficient number of players at game start time. Teams must start games with a minimum of seven (7) players. In the event of an injury, a team with insufficient substitute players may play with six (6) players on the field but no fewer than six (6).
2. Inappropriate team or sideline behavior.
3. Participation of illegal players (any player who plays after being ejected or suspended from game).
4. Practicing on game fields during the week prior to the game.

XVI. FIELD RULES AND BOUNDARIES

Field Length -- 30 yards long

Field Width – 40 yards wide

End Zone -- 10 yards deep

1. Games will be played on an 80 yard x 40 yard flag football field or a regulation size tackle game field. However, each game will be played on one end of the field ONLY. Another game may be played simultaneously on the opposite end of the field by other teams.
2. The field will be marked by painted lines, with cones used as necessary. Each offensive series will begin at the 30 yard line. A first down line will be marked at the 15 yard line.
3. "Pass Only Zones" are designated five yards from a first down and the goal line, at the 20 yard line and 5 yard line. These zones are designed to avoid short yardage power running situations.

When starting a play in a pass only zone, the offense MUST complete a forward pass, to a receiver beyond the line of scrimmage, in order to advance the ball. The ball maybe handed off behind the line of scrimmage prior to a legal forward pass being thrown.

4. If the offense is inside a pass only zone and an offensive penalty takes them out of the zone, they are considered to still be in the pass only zone until they either score or make a first down.
5. All football coaches and players must remain in the area between the two 20 yard lines. Coaches should be no closer than one yard (3 feet) and players no closer than two yards (6 feet) from the out of bounds line.
6. All spectators must remain five yards (15 feet) beyond the out of bounds line. At stadium fields where stands are available, all non-coaching spectators must remain in the stands. Spectators who are beyond the 20 yard lines, or behind the end zone, may not coach or instruct players in any manner. They can cheer, but not instruct. Coaches are only allowed onto the game field under exceptions are outlined in this document.
7. On fields where spectator seating is available on both sides of the field, the “Home” and “Visitor” sides are as reflected by the scoreboard.

XVII. TIMING AND OVERTIME

1. Games are played on a 40 minute continuous clock with two 20 minute halves. Clock stops only for injuries.
2. Halftime is five (5) minutes.
3. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. No timeouts.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. Overtime format is as follows:
 - a. Each team will receive one 3-down possession to score from the 15 yard line.
 - b. The “Visitor” team will be on offense first.
 - c. Upon scoring a touchdown, each team must elect to try either a 1-point or 2-point extra point conversion.
 - d. If the score remains tied after this first overtime period, a second overtime period will be played with the “Home” on offense first.

e. During this second overtime period (and any subsequent overtime periods), a 2-point conversion MUST be attempted after all touchdowns.

f. Overtime periods will continue in this manner until there is a winner. A winner is determined when one team outscores the other during the overtime period.

g. If there is an interception in overtime it only changes possession and is dead once the defense gains possession of the ball.

h. All regulation period rules and penalties are in effect.

8. 15 minutes between games (the time between games may be shortened if games are running behind schedule).

XVIII. COACHES ON THE FIELD

1. For Kindergarten Division two (2) coaches from each team will be allowed on the field. In Division 1, one (1) coach from each team will be allowed on the field. The on-field coach may assist the players in calling their plays in the huddle and in lining up the players in their proper positions. The following conditions apply to coaches on the field:
 - a. At the snap of the ball, offensive and defensive coaches must be a minimum of five (5) yards behind the deepest player of their respective team.
 - b. The coach may not interfere with the flow of the play in any manner.
 - c. Once the ball is snapped by the center and the play has begun, the coach must remain motionless, and may not gesture, speak to or touch, or instruct the players in any manner until the whistle blows the ball dead. At the sole discretion of the game official, if a coach on the field interferes with a play or is coaching after the snap and does not remain motionless the team will be flagged for unsportsmanlike conduct.
 - d. If in the opinion of the game official a score would have resulted during the play that was interfered with a score may be awarded.
 - e. A coach may give verbal instruction until the ball is snapped. Once the ball is snapped all communication (verbal and non-verbal) from both the offense and defense coaches on the field is prohibited.
 - f. The coach on the field may not question the official's judgment. He can speak to him to ask a question as long as it is done so in a respectful manner.
 - g. Confrontation with the officials by the coach on the field is not permitted. ASA has established a zero tolerance for unsportsmanlike conduct by a coach. Any such confrontation will result in a ten (10) yard penalty and loss of down. A second unsportsmanlike conduct penalty for confrontations with the officials will result in the above stated penalty in down and distance and also an immediate ejection of that coach from the game and removal of the coach from his position pending review by the ASA Football Board.
 - h. All confrontations with referees or ASA Board Members prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled

game, or expulsion from the league. All ejections will be at the discretion of the head official and/or ASA Board Member.

XIX. GENERAL GAME RULES

1. The "Visitor" team will have first possession to start the game. The "Home" team will have first possession in the 2nd half.
2. If a team is losing by 21 or more points at halftime, that team will be on offense to start the 2nd half.
3. The offensive team takes possession of the ball at the 30 yard line and has three (3) plays to either gain a first down or score a touchdown. If the offense fails to gain a first down or score, the ball changes possession and the new offensive team starts its drive on the 30 yard line.
4. All possession changes start at the 30 yard line. Both offenses will drive in the same direction, towards the same end zone.

XX. SCORING

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5 yard line) or 2 points (15 yard line) Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
3. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5 yard line) or a 2-point conversion (from the 15 yard line). A decision cannot be changed after a penalty.
4. Interceptions on conversions cannot be returned.
5. Safeties: There are no safeties. If a runner is called down for their flags being pulled by a defensive player, they step out of bounds, or any part of their body except hands and feet touches the ground behind the 30 yard line, it will result in a loss of down and the ball will be spotted at the 30 yard line. A fumble behind the 30 yard line will also NOT result in a Safety, but will result in a loss of down with the ball spotted on the 30 yard line.

XXI. LIVE BALL/DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the line of scrimmage. It is an automatic dead ball foul if any player on defense or offense crosses the line of scrimmage prior to the ball being snapped.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.

4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball-carrier’s flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. Any part of the ball-carrier’s body, except his feet or hands, touches the ground.
 - f. The ball-carrier’s flag falls out before he gains possession of the ball.

NOTE – If a ball-carrier’s flag falls out after he gains possession of the ball he is NOT down. He must be touched by a defensive player or have his/her other flag pulled.

- g. The receiver catches the ball while in possession of one or no flag(s).
- h. The 7 second pass clock expires.
- i. Inadvertent whistle.
- j. In the case of an inadvertent whistle, the offense has two options:
 1. Take the ball where it was when the whistle blew, and the down is consumed.
 2. Replay the down from the previous line of scrimmage.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier’s feet were at the time of the fumble. In the event of a fumbled snap, ONLY the quarterback may pick up the ball and continue the play. Fumbles caught by a defensive player in mid-air are treated as interceptions.

XXII. RUNNING

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress will be measured by the player’s front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. "Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
4. Absolutely NO laterals of any kind.
5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
10. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
11. Flag guarding – The ball-carrier is not allowed to shield, push or knock away the hands of a defensive player attempting to pull his flag. The ball-carrier is not allowed to "protect" the flags by use of hands, arms or the ball. A ball-carriers running style is not a factor in flag guarding. If the hands or arms intentionally protect the flags it will result in a Flag Guarding penalty.

XXIII. PASSING

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect. If the QB is

standing behind the 30 yard line at the end of the 7-second clock, the ball is returned to the line of scrimmage.

XXIV. RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions result in a change of possession ONLY and may NOT be returned by the defense.

XXV. OFFENSIVE FORMATIONS

1. The offensive formation consists of a maximum of seven (7) players and a minimum of six (6) players.
2. Offenses must have a minimum of one (1) player on the line of scrimmage (the center) and up to six (6) players off the line of scrimmage. The quarterback must be off the line of scrimmage.
3. One player at a time may go in motion behind and parallel to the line of scrimmage.
4. No motion is allowed toward the line of scrimmage.
5. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
6. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

XXVI. DEFENSE

1. The defensive formation consists of a maximum of seven (7) players and a minimum of six (6) players aligned in any formation.
2. No defensive player can cross the line of scrimmage before the ball is handed off unless they are lined up a minimum of 7 yards from the line of scrimmage at the snap of the ball.
3. Any number of players can rush from the minimum 7 yards from the line of scrimmage rushing position.
4. Players not rushing can defend on the line of scrimmage.

5. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
6. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
7. A legal rush is:
 - a. Any rush from a point 7 yards from the defensive line of scrimmage.
 - b. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - c. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush.
 - d. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush behind the line of scrimmage.
8. A penalty may be called if:
 - a. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - b. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - c. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
9. Special circumstances:
 - a. Teams are not required to rush the quarterback with the seven second clock in effect.
 - b. Teams are not required to identify their rusher before the play.
10. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
11. If any offensive player is in the rusher's direct line, either by attempting a legal block or just standing still, then it is the rusher's responsibility to go around the offensive player. The rusher cannot run through an offensive player. Running through an offensive player that has established position will result in an illegal contact penalty on the defense.
12. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.
13. A safety is NOT awarded if the sack takes place behind the 30 yard line. It is a loss of down and the ball is returned to the 30 yard line.

14. Flag Pulling:

- a. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- b. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- c. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- d. If a player's flag inadvertently falls off after he has possession of the ball during the play, the player is NOT down. He must be touched down by a defensive (anywhere on his body) or his other flag must be pulled.
- e. A defensive player may not intentionally pull the flags of a player who is not in possession of the ball.

XXVII. CONTACT – KINDERGARTEN DIVISION

1. ASA Kindergarten Division Flag Football is intended to be a non-contact sport. While it is understood that some "incidental contact" will occur, "intentional contact" will NOT be tolerated.
2. "Intentional Contact" is defined as pushing, grabbing, holding, hitting/punching, kicking, intentional tripping, tackling, or forcibly contacting another player with any part of the body, if the contact was avoidable.
3. Intentional contact penalties will be called at the discretion of the referees and will result in an Unsportsmanlike Conduct penalty. A 2nd Unsportsmanlike Conduct penalty by a single player during any one game will result in the player being ejected from the game and possible further disciplinary action.
4. "Incidental Contact" is defined as accidental contact between players during the normal course of a game.
5. A defensive player's hands are allowed to make contact with a ball-carrier when attempting to pull a ball-carrier's flags by diving or reaching his hands towards the ball carrier's flag belt. This should be considered "incidental contact" if the defensive player was only attempting to pull the ball-carrier's flags, and did not push, hold, wrap his arms around and/or grab, or run-through the ball-carrier.

XXVIII. CONTACT – DIVISIONS 1, 2, & 3 (1st, 2nd, & 3rd Grades)

1. **CONTACT IS ALLOWED:** Contact must be open handed contact between shoulders and waist.
2. **BLOCKING:** Open handed contact blocking is allowed between the shoulders and waist only (a.k.a. "inside the frame"). All blocking must INITIATE with open hands and not the elbows or shoulders (i.e. players cannot begin a block with their shoulders).
3. **Blockers must be on their feet before, during and after contact is made with their opponents.**

4. No contact of any kind is allowed above the shoulders of an opponent.

5. Illegal blocks include:

a. Low/chop/cut blocks: An attempt by a player to block an opponent at the thigh level or lower.

b. Crack-back block: A blind-side block on a player by an opponent who starts downfield and then cuts back toward the original spot of the ball to make contact.

c. Blind-side block: Engaging an opponent who does not see the block approaching with anything other than fully extended arms and open palms.

d. Clipping: A player hitting an opponent from behind. If a player turns to expose their back, it is not an illegal block as long as their opponent maintains contact with the player from the initial block.

e. Tripping: A player using their leg or foot to stop an opponent's forward motion.

f. Hook or hug block: A player gaining advantage of an opponent by turning or detaining the opponent by illegally tackling or using arms around the body, waist, shoulders, or arms.

g. Rolling blocks: A player on the ground attempting to block or engage an opponent by moving or turning over and over on an axis.

h. Dive blocks: A player leaving her feet to engage an opponent.

i. Making contact with an opponent while swinging or flipping hands, arms or elbows.

j. Grabbing or holding an opponent's jersey while blocking.

k. Interlocking of blocker's fingers or hands.

l. Laying on a downed defender.

6. Two-on-one blocking is permitted as long as both blockers are engaging the opponent above the waist.

7. Downfield blocking for the ball carrier is allowed.

8. Blocking downfield while the ball is in the air is pass interference except if the pass is behind the line of scrimmage.

9. DEFENSE – Defensive players MAY make open handed contact with a blocker on or below the shoulders and above the waist, to include the blocker’s arms and hands, when attempting to avoid and/or defeat the block. Defensive players are allowed to grab and pull or push a blocker when attempting to avoid and/or defeat a block. Defenders may NOT make contact with the blocker’s head or neck area.

10. A defensive player’s hands are allowed to make contact with a ball-carrier when attempting to pull a ball-carrier’s flags by diving or reaching his hands towards the ball carrier’s flag belt. This should be considered “incidental contact” if the defensive player was only attempting to pull the ball-carrier’s flags, and did not push, hold, wrap his arms around and/or grab, or run-through the ball-carrier.

XXIX. PENALTIES

i. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive Spot Fouls

Defensive Pass Interference:	Automatic first down
Holding:	Automatic first down
Stripping:	+10 yards and automatic first down

iii. Offensive Spot Fouls

Charging (ball-carrier running over defender):	-10 yards and loss of down
Flag Guarding:	-10 yards and loss of down

Illegal Contact (blocking): -5 yards and loss of down

iv. Defensive Penalties

Defensive Unnecessary Roughness: +10 yards and automatic first down

Defensive Unsportsmanlike Conduct: +10 yards and automatic first down

Coach Interference: +10 yards and automatic first down

Offsides: +5 yards from line of scrimmage and automatic first down

Illegal Rush (from inside 7 yards): +5 yards from line of scrimmage and automatic first down

Illegal Flag Pull (player w/out the ball): +5 yards from line of scrimmage and automatic first down

Roughing the Passer: +5 yards from line of scrimmage and automatic first down

Illegal Contact: +5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive Unnecessary Roughness: -10 yards and loss of down

Offensive Unsportsmanlike Conduct: -10 yards and loss of down

Coach Interference: -10 yards and automatic first down

Offsides / False Start: -5 yards from line of scrimmage and loss of down

Illegal Forward Pass: -5 yards from line of scrimmage and loss of down

Offensive Pass Interference: -5 yards from line of scrimmage and loss of down

Illegal Motion (more than one person moving): -5 yards from line of scrimmage and loss of down

Delay of Game: -5 yards from line of scrimmage and loss of down

XXX. SPECIAL PLAYING RULES

1. Both Offense and Defense must wear flag belts. Flags are to be worn at the player's sides only, free from obstruction and uniform in length.
2. Players must wear jersey tucked in at all times.
3. Players must remove all jewelry and hats. Winter beanies are allowed.

XXXI. POST GAME ACTIVITIES

All players and coaches must meet at mid-field to shake hands at the conclusion of the game. Failure to do so will result in a Football Board hearing. This rule will NOT be enforced during the COVID-19 pandemic.

XXXII. GAME DAY INFORMATION

A person may be designated by the home team to operate the scoreboard, if an ASA Representative is not on-site and assigned to this duty.

Sideline assignments are as marked on the field scoreboards.

XXXIII. MISCELLANEOUS

Any interpretations, modifications, to include anything not specified in the above, will be at the discretion of the ASA Football Commissioner