

“RULEBOOK’S” 2011 NCAA RULES REVIEW

RULE 1

1. No more than 4 captains at coin toss
2. Top of #'s = 9 yard marks
3. Team area between 25 yard lines
4. Must have 5 players on LOS numbered 50-79; exception: scrimmage kick formation. Players on LOS not numbered 50-79 are ineligible by position when snapper touches ball or has hands below knee. At the snap, they must be on LOS and “covered” (5 yards)
5. Visitors may wear contrasting colored jerseys or the home team white jerseys if approved in writing prior to season. If not, 15 yard penalty a succeeding spot following KO to start **both** 1st and 3rd pds.
6. Towels: must be solid white and 4” X 12”; may bear team logo & no limit to who may wear them
7. No restriction on color of gloves; eye shields must be clear
8. Head coach must certify in writing to umpire before game team is properly equipped
9. If illegal equipment worn, charge team with a timeout; if out of timeouts, delay of game

RULE 2

1. If an airborne player secures possession of a ball, it is a catch if the ball touches the ground if not bobbled. Loss of ball upon returning to ground is not a catch
2. Blocking below the waist applies to initial contact against an opponent who has one or both feet on the ground. If first contact is by opponent’s hands, they must be above the waist
3. Blocking zone: rectangular area centered on the **middle lineman** and extending 5 yards laterally and 3 yards longitudinally in each direction; the zone disintegrates when the ball leaves the zone
Tackle box: a rectangular area extending 5 yds in each direction from the **snapper** and from the LOS back to Team A’s end line; it disintegrates when the ball leaves the zone
4. Loss of player possession by an unsuccessful handoff is a fumble by the last player in possession
5. A huddle is two or more players grouped together after the ball is ready for play
6. A free kick after a safety may be a punt, drop kick or place kick. A kickoff must be a place kick
7. A snap becomes a backward pass when the center releases the ball
8. Scrimmage kick formation: At least one player 7 yards or more behind the NZ and no one in position to receive a direct snap from the center and it is obvious a kick may be attempted
9. A forward pass is determined by the point where the ball first strikes the ground, a player or an official. It has crossed the NZ if touched beyond the NZ and inbounds
10. A player has crossed the NZ if his entire body is beyond the NZ
11. A shift is simultaneous movement by two or more Team A players after the ready & prior to the snap
12. If team B touches a legal snap, the ball remains dead and B is charged with delay of game.
13. PSK spot is where kick ends. When it ends in team B’s EZ, the PSK spot is the B-20
14. A lineman is on his LOS when he faces his opponent’s goal line, his shoulders are parallel and his head is breaking the plane of the line drawn through center’s waistline. He becomes a back when he moves into the backfield and **stops**
15. Tripping is intentionally using the lower leg or foot to obstruct an opponent below the knees
16. If a runner loses possession by a fumble, backward pass or illegal forward pass, the running play includes the spot where the run ends and the loose-ball interval before possession is regained or the ball goes OB. A new running play begins when a player gains or regains possession
17. Fighting is an attempt to strike an opponent with the hands, arms, legs or feet whether or not there is contact or an unsportsmanlike act that causes an opponent to retaliate illegally

RULE 3

1. **OT:**
 - a. Each team has 1 timeout for each extra period; unused TO's during regulation and OT cannot be carried over to succeeding periods
 - b. Winner of toss may not defer
 - c. Team A may not have a 1st & 10 if it gains possession after a turnover
 - d. Beginning with the 3rd OT period, teams scoring a TD must go for 2 pt. try
 - e. **Fouls after change of possession:** 1) distance penalties are declined by rule except for flagrant personal fouls, unsportsmanlike conduct fouls, dead ball personal fouls and live ball fouls treated as dead ball fouls which are enforced on succeeding **play**. 2) score by fouling team is cancelled. 3) if both teams foul during the down and Team B had not fouled before the change of possession, the fouls offset and down is not replayed
2. Timing errors may be corrected, but only in the period in which they occur
3. A period shall be extended for an inadvertent whistle, accepted live ball fouls or offsetting fouls unless the penalty carries a loss of down provision
4. When 40 second clock is running and the ball is not ready for play 20 seconds into the count, the R shall reset the play clock to 25 seconds and signal (whistle) the ball into play
5. Play clock should be set to 25 seconds following:
 - a) penalty enforcement
 - b) charged media or team timeout
 - c) injury timeout for a team A player (40 sec. for Team B player)
 - d) measurement
 - e) after a kick down
 - f) instant replay review
6. Game clock starts on free kicks when legally touched or after runner leaves his EZ if caught there
7. Game clock starts on snap after:
 - a) a touchback and after all legal kick downs
 - b) a Team A runner, fumble or backward pass goes OB and **less** than 2 minutes remain in the 2nd or 4th quarter
 - c) Team A commits a delay of game foul while in scrimmage kick formation
8. Game clock starts on ready after:
 - a) Team A is awarded a 1st down
 - b) Team A fumble rolls forward OB
 - c) other than less than 2 minutes in either half, a Team A runner, backward fumble or pass goes OB
9. When one or more incidents that cause the game clock to be started on ready occur in conjunction with those that should start on the snap, it will start on snap
10. Head coach's request for a conference or challenge must be made before the ball is snapped or free kicked for the next play and before the end of 2nd or 4th quarter
11. Injured player must leave for one play and cannot return until ok'd by doctor; a charged team TO does not buy him a "get out of jail" card, but he may return if a period expired
12. For live TV games, a charged team timeout shall be 30 seconds + 25 seconds to snap the ball; for non-TV games, charged timeouts shall be 1 ½ minutes including the 25 seconds to snap. A coach may ask for a 30 second TO by touching his shoulders
13. Delay of game:
 - a) defensive verbal tactics that are disconcerting
 - b) defensive actions designed to cause a false start
 - c) putting ball in play before ready
 - d) sideline (game administration) interference
 - e) action that prevents officials from marking ball ready for play

14. 3-4-3: game clock should be started on snap if delay foul is by team ahead in the score. Clock starts on ready after illegal forward pass or backward pass intentionally thrown OB to stop clock
15. No player may exit field of play through an EZ; a departing player who leaves his huddle must do so within 3 seconds of being told he's replaced by substitute
16. Team A may not break the huddle with 12 or more players; neither Team A or B may keep more than 11 on the field for more than 3 seconds (Team A) or until the snap is imminent (Team B); if 12th player isn't detected until after the snap, foul is only 5 yds (15 yd illegal participation foul out)
17. Substitutes who become players must remain in the game for one play
18. **Ten Second Runoff:** a) may be enforced if a dead ball foul (false start) or live ball foul that causes the ball to become dead (incomplete illegal forward pass) occurs while the game clock is running and there is less than 1 minute remaining in the 2nd or 4th quarter; b) the offended team may accept the yardage penalty & decline the 10 second runoff, but if the yardage penalty is declined, the runoff cannot be enforced ; c) if the 10 second runoff is enforced, the game clock starts on the ready; if it is declined, clock starts on snap; d) if fouling team has a time out remaining, they may use it to avoid the 10 second runoff

RULE 4

1. Inadvertent whistle:
 - a) if in player possession, team may take ball at spot where blown dead or replay the down
 - b) if loose from fumble or backward pass, team may take ball where possession was lost or replay the down
 - c) if during forward pass or kick, replay down
 - d) if foul or violation occurs during any down, the penalty or violation shall be administered
2. Ball becomes dead when:
 - a) ball carrier simulates putting his knee to ground
 - b) during a field goal or try, player with ball on his knee may pass or get up and run provided a teammate has simulated a kick or is in position to kick the ball at the time of the snap
 - c) a runner's helmet comes completely off, but game clock should continue to run
3. If 40 second play clock is running, dead ball becomes ready for play when an official places it on the ground; if play clock is stopped @ either 25 or 40, ball becomes ready when R sounds his whistle
4. A player who touches a pylon is OB
5. When a runner who is airborne or strides across a sideline before touching OB, forward progress is the point where the ball crossed the sideline; if landing OB after being tackled, the forward progress spot is the location of the ball when the runner first touched the ground

RULE 5

1. The penalty for any dead ball personal foul or unsportsmanlike foul that occurs after a series ends and before the ball is marked ready for play, shall be enforced before the line to gain is established.
2. No rule decision may be changed after the ball is next legally snapped or the 2nd or 4th periods have ended

RULE 6

1. Kickoff is from A-30. At least 4 players must be on each side of kicker when ball is kicked (5 yards)
2. No team A player may block an opponent until Team A is eligible to touch a free kicked ball (5yds)
3. A Team A player who voluntarily goes OB during a free or scrimmage kick may not return inbounds (5 yds)
4. No Team A player may touch a free kick until it touches a B player or breaks the plane of and remains beyond Team B's restraining line or touches a player or the ground beyond Team B's restraining line

5. A player touched by a batted ball or blocked into a free or scrimmage kick is not deemed to have touched it
6. Ball is dead and a touchback if any free or scrimmage kick untouched by Team B beyond the NZ lands on Team B's goal line or in their end zone
7. Penalties for all fouls by A during a kicking play, other than fair catch interference or field goal attempts, may be enforced at the previous spot or where the dead ball belongs to Team B
8. B's choices if free kick goes OB and untouched by Team B: a) 5 yds from previous spot; b) 5 yds from spot where ball belongs to B or c) 1st down 30 yards beyond Team A's restraining line (B-40)
9. Blocking of a scrimmage kick 3 yards or less from the LOS, is considered to have occurred behind NZ
10. Illegal touching: A violation that allows Team B the opportunity to begin a new series from that spot. If a live-ball penalty incurred by either team is accepted, or there are offsetting fouls, the privilege is cancelled
11. Scrimmage kick made beyond NZ is an illegal kick that causes the ball to become dead. (5 yds previous spot and loss of down)
12. Fair catch: Protection terminates when kick touches the ground or touches another Team B player; if contact with a potential receiver is the result of a player being blocked by an **opponent**, it is not fair-catch interference. (15 yds from spot of foul) If after a fair catch signal, receiver muffs the kick, he must be given an unmolested opportunity to catch the ball before it hits the ground. If he completes the catch on a different yard line, place ball where first touched. No Team B player may carry the ball more than 2 steps after a valid or invalid signal by **any** Team B player. (delay: 5 yards) A player who makes any signal for a fair catch and does not touch the ball, shall not block or foul during the down (free kick: 15 yds from spot of foul: scrimmage kick: 15 yds, PSK enforcement)
13. During a free kick, it is illegal to form a wedge (three or more players aligned shoulder to shoulder & within two yards of each other) unless kick results in a touchback or is during an onside KO (15 yds)
14. During a FG or try, it is illegal for 3 Team B players who are side by side on their LOS to initiate contact against a single Team A player (5 yards)

RULE 7

1. After snapper touches the ball or his hands fall below his knees, he may not shift to a new position
2. After a lineman takes a 3 or 4 point stance, he may not lift his hand off the ground or go in motion
3. It's not a false start if a Team A lineman reacts when threatened by a Team B player who enters the NZ; it is a false start if A never stops for a full second prior to the snap following a huddle or shift
4. No Team A player may advance a planned loose ball that's been placed on the ground in the vicinity of the center. (5 yds previous spot and loss of down)
5. Before a change of possession on a try or on 4th down, if a Team A fumble is caught or recovered by a Team A player other than the fumbler, the ball is dead. If that occurs beyond the spot of the fumble, the ball is returned to the spot of the fumble. If it is behind the spot of the fumble, the ball remains at the spot of the catch or recovery
6. When a fumble goes OB in advance of the fumble, the ball is returned to that spot and the clock is started on the ready (any time during the game). If the fumble goes OB behind the spot, it shall be placed at the corresponding inbounds line and the clock will start on the ready unless there are fewer than 2 minutes remaining in the 2nd or 4th quarters
7. Illegal forward pass:
 - a) If thrown by the Team A passer whose entire body is beyond NZ when he releases the ball; b) If it's the second forward pass during the down; c) If to conserve time, the pass isn't thrown immediately to ground after the ball is first controlled or if thrown after the ball hit the ground; d) If thrown behind NZ after a runner crossed the LOS. For a,b,c and d penalty is 5 yds from spot of foul and loss of down
 - e) If to save loss of yardage, a pass is thrown into an area where there is no eligible A receiver, foul is

loss of down at spot of pass (**exception:** legal, if QB is or has been outside the tackle box and the ball crosses or lands beyond the NZ extended)

8. To be eligible, a Team A receiver must be an end or in the backfield and be wearing a number other than 50 through 79. If he voluntarily goes OB and is the first to touch a legal forward pass, it is a foul and the penalty is loss of down
9. An illegal forward pass thrown from Team A's EZ results in a safety. If Team B declines the penalty, the ball should be placed at the previous spot and the down counts
10. Pass interference:
 - a) If by B when a pass is thrown by a potential punter in a scrimmage kick formation, the contact is ignored if ball is thrown high and deep (simulating a punt)
 - b) If by Team A, 15 yds from the previous spot
 - c) If by B, 15 yds from the previous spot unless the foul was less than 15 yds beyond NZ (spot foul)
 - d) When ball is snapped on or inside 17 yd line and foul occurs inside the B-2 or in B's EZ, 1st and goal at the B-2. If previous spot was on or inside B-2, enforce DPI half distance to goal line
 - e) On a try from the B-3, enforce to B-1 ½
 - f) Must be physical contact: no foul if pass is touched by either team inbounds before contact
11. No ineligible player shall be or have been more than 3 yards beyond NZ until a legal forward pass that crosses the LOS has been thrown (5 yds previous spot)
12. No ineligible player may **intentionally** touch a legal forward pass until it has touched an official or Team B player (5 yds previous spot)

RULE 8

1. It's a TD if the ball is breaking the extended goal line if runner touches the ground in EZ or the pylon
2. If a TD is scored during a down in which time in the 4th quarter expires, the try will be waived, unless the losing team is within 2 points
3. After a charged TO, the try spot may be changed unless preceded by a Team A or offsetting fouls
4. Fouls during a try:
 - a) If a personal or unsportsmanlike conduct foul by Team B occurs during a successful try, 15 yd penalty may be enforced on succeeding kickoff or succeeding spot in OT
 - b) If foul by A includes loss of down, try is over, score is canceled and no yardage is assessed on KO
 - c) If both teams foul during the down and B's foul occurs before a change of possession, the fouls offset and the try is repeated; if B's initial foul is after the change of possession, try is not repeated
 - d) Fouls during a try after a change of possession: enforcement policy same as in OT (see pg 2, rule 3)
 - e) Dead ball fouls after a try are enforced on the succeeding kickoff or succeeding spot in OT
5. Field Goals: After an unsuccessful field goal attempt that crossed the NZ and the ball was untouched by Team B **after** it crossed the LOS and it is declared dead **beyond** the NZ, the ball belongs to Team B and the next snap will be at the previous spot, unless that spot was inside the B-20
6. Safety: When a Team B player catches or recovers an opponent's fumble, backward pass, scrimmage or free kick between his 5 yd line and the goal line and the ball carrier's momentum carries him into the EZ, where the ball is declared dead in his team's possession, the ball belongs to Team B at the spot of the catch or recovery (momentum exception)
7. It is a safety if an accepted foul leaves the ball on or behind the offending team's goal line (**exception:** If this occurs during a play in OT or during a try, the foul is declined by rule if it occurred after a change of possession)
8. Initial impetus is expended and responsibility for the ball's progress is charged to a player who kicks a ball or bats a loose ball after it strikes the ground or contacts a ball at rest (**exception:** original impetus is not changed when kicked or batted in EZ)
9. A loose ball retains its original **status** when there is new impetus

RULE 9

1. All flagrant fouls require disqualification
2. Clipping: A player in the blocking zone may not clock an opponent from behind, at or below the knees. The zone exists until the ball is touched outside the zone or the ball is outside the zone after a fumble, backward pass or muff from inside the zone
3. Blocking below the waist is prohibited by:
 - a) Players on the LOS at the snap who are positioned more than 7 yards from the **middle lineman** of the formation or by b) backs who are entirely outside the tackle box or are in motion at the snap, unless the block below the waist is made along a north-south line or toward the sideline adjacent to the blocker at the time of the snap; c) Defensive players against an opponent if low block occurs after the ball has gone more than 5 yds beyond the NZ or is against an eligible receiver beyond the LOS until a pass is no longer possible or against a Team A player behind the NZ who's in position to receive a backward pass, d) "Any player during a free or scrimmage kick or after a change of possession (returns after fumble recovery or interception)".
4. No player shall tackle, run into or block an opponent obviously out of the play before or after the ball is dead nor initiate contact when clearly OB against an opponent who is also OB
5. Roughing the passer: No defensive player may charge into a passer or throw him to the ground when it's obvious the pass has been thrown, unless he is blocked by a Team A player into the QB with a force that prevents contact. Penalty is 15 yds and automatic 1st down from the end of the last run if beyond NZ and there is no change of team possession. If pass is incomplete, intercepted or completed, but receiver is tackled behind LOS, enforce from previous spot
6. Chop Block is a high-low or low-high (not low-low) combination block by any two players against an opponent anywhere on the field with or without a delay between blocks. The "low" component is at an opponent's thigh or below
7. During a try or field goal, it is a foul if a defensive player runs forward from beyond the NZ, leaps from **beyond** the NZ and lands on any player (15 yards, automatic 1st down). Legal if leaping player was stationary and within a yard of the LOS when ball was snapped or contact initiated by Team A
8. When Team A is in a scrimmage kick formation, no defensive player may initiate contact with the snapper until one full second after the snap
9. Horse Collar: No player may grab the inside back or side collar of the shoulder pads or jersey and immediately pull the runner down unless the QB or runner is inside the tackle box
10. No player shall twist, turn or pull the face mask, helmet opening or chin strap of an opponent
11. No player shall initiate contact against an opponent with the crown of his helmet or above the shoulders of a defenseless player with his helmet, forearm, elbow or shoulder
12. All personal & unsportsmanlike conduct fouls by the defense are 15 yards and carry an automatic 1st down provision
13. Roughing or running into the kicker or holder:
 - a) A kicker's protection ends when he's had a reasonable amount of time to gain his balance or he carries the ball outside the tackle box before kicking; b) A defensive player who is blocked **legally** or illegally into a kicker or holder is exempt from these fouls; c) It is still a foul if the kick is blocked and the kicker or holder is roughed by another Team B player; d) Running into kicker is 5 yds; roughing is 15 yds and automatic 1st down; both enforced from previous spot
14. On a free kick, the kicker may not be blocked until he has advanced 5 yds beyond his restraining line or the ball has touched a player, an official or the ground (15 yds)
15. Unfair acts: no coach, substitute or attendant may interfere with the ball or a player while the ball is in play (15 yds or the R may enforce any penalty he deems fair, including awarding a TD)
16. Game Administration Interference: (replaced sideline warning)- when a coach or sub interferes with

an official while the ball is in play -1st and 2nd infraction: delay of game (5 yds); 3rd or more: unsportsmanlike foul (15 yds); **all** enforced as dead ball foul because these are "non-players"

17. Unsportsmanlike fouls:

- a) no player may use gestures or postures that provoke ill will or commit acts that are delayed, prolonged or choreographed; b) no **unopposed** runner may alter his stride or dive into his opponent's EZ; c) players may not remove their helmet before reaching their team area unless there is an official's, team or media time out; d) players may not spike, spin or throw the ball high into the air nor point it at an opponent while holding it; e) **all** of these fouls by players are 15 yds and enforced as either live or dead ball fouls depending when they occur; if committed by a non-player, administer from succeeding spot (dead ball foul enforcement); f) a player is disqualified if he commits two unsportsmanlike fouls in a game
18. Persons subject to the rules, including bands, may not create noise that prohibits a team from communicating on the field (15 yds succeeding spot after warning)
19. No simulated replacements or substitutions may be used to confuse opponents (15 yds previous spot & automatic 1st down if foul by a Team B player)
20. Block in the back: 10 yds; illegal unless a player is attempting to reach a runner or trying to recover a catch, fumble, muff, kick, backward pass or a touched forward pass; it is also legal for an **eligible** player to push an opponent in the back above the waist to get a forward pass that is behind the LOS
21. When a legal forward pass **crosses** the NZ and illegal contact is made against an eligible receiver who is **beyond** the LOS & that foul does not qualify as DPI, enforce penalty from previous spot and award an automatic 1st down
22. No defensive player in an attempt to block a kick may step, jump or stand on a teammate (15 yds previous spot); if he does this to an opponent, 15 yds and automatic 1st down
23. Batting: While a pass is in flight, any player eligible to touch it may bat it in any direction, but he may not bat other loose balls (fumbles) forward in the field of play or any direction in the EZ (10 yds and loss of down)
24. A player shall not intentionally kick a loose ball, a forward pass or a ball being held by a place kick holder. (10 yds and loss of down) **Note:** If illegal bat or kicking occurs beyond the NZ during a scrimmage kick, there is no loss of down provision
25. Fighting: Before the game or during the 1st half, players are called for fighting, they will be DQ'ed for the remainder of that game. If the fight occurs during half time or the 2nd half, players are DQ'ed for that game and the 1st half of their next game

RULE 10

1. A penalty is completed when it is accepted, declined or canceled by rule or when the choice is obvious to the R
2. Offsetting Fouls:
 - a) When there is a change of team possession during a down and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and keep the ball, following completion for its foul
 - b) When B's foul during a scrimmage kick qualifies as PSK, Team B may decline offsetting fouls and keep the ball after its PSK penalty is completed;
 - c) When a dead ball unsportsmanlike and/or dead ball personal fouls by both teams are committed before the Referee has completed any of them, the fouls offset, the down counts and the penalties are cancelled
3. "3 and 1 principle"

- a) When the team in possession commits a foul behind the basic spot, the penalty is enforced at the spot of the foul (**exception**: enforce from previous spot if hold, illegal block or any personal foul is committed by Team A behind the NZ)
 - b) When the team in possession fouls beyond the basic spot, enforce their foul at basic spot
 - c) When the foul is committed by the team not in possession, fouls either behind or beyond the basic spot are enforced at the basic spot
4. Basic spots for:
- a) running plays-
 - 1) previous spot when run ends behind LOS
 - 2) end of related run when run ends beyond LOS or on plays with no NZ (example: fumble or interception returns)
 - 3) 20 yd line when foul occurs after a change of team possession in the EZ and the play results in a touchback
 - 4) Goal line for fouls after a change of team possession in the field of play, but the run ends in the EZ (exception: momentum) or for fouls after a change of possession in the EZ, but the result of the play is not a touchback
 - b) pass or kick plays- **previous spot** unless foul qualifies as PSK
5. Postscrimmage kick enforcement (PSK): during a scrimmage kick play, live ball fouls by Team B:
- a) during a punt or unsuccessful field goal
 - b) when the kick crosses the NZ
 - c) when the foul occurs 3 or more yards beyond the LOS and before the kick ends and
 - d) Team A is not in possession when the down ends, the basic spot is the end of the kick and fouls by B behind it are spot fouls. **Note**: PSK does not apply to a try, a successful FG or during OT
6. Personal foul or unsportsmanlike conduct penalties committed by the non-scoring team on a play that results in a TD are enforced on the try or succeeding kickoff. If there is no kickoff (OT), the penalty must be enforced on the try. A period is never extended by an untimed down for the sole purpose of enforcing this foul. If the TD occurs during the last play of the 1st half, the penalty may be enforced on the 2nd half kickoff
7. For live ball fouls treated as dead ball fouls and all dead ball fouls that occur after a TD, enforce on try or succeeding kickoff
8. Penalties for DPI on a try from the B-3 are enforced half the distance to the B-1 ½. If the try is snapped outside the B-3 and DPI occurs inside the B-2 or in the Team B EZ, ball is placed at the B-2. If the try is successful, penalty is declined by rule

