



# Unified Sports<sup>®</sup> Flag Football

## Rules Book

## TABLE OF CONTENTS

I.	Introduction	3
II.	Eligibility	3
III.	Rosters	3-4
IV.	Coach Expectations	4
V.	Unified Sports® Flag Football Fundamentals	4-5
VI.	Equipment & Uniform	5-6
VII.	Terminology	6-7
VIII.	Playing Field	8
IX.	Coin Toss	8
X.	Timing	9
XI.	Overtime	9
XII.	Scoring	10
XIII.	Live Ball / Dead Ball	10
XIV.	Running	11
XV.	Passing / Receiving	12
XVI.	Rushing the Passer	12
XVII.	Screen Blocking	13
XVIII.	Flag Pulling	13
XIX.	Formations	14
XX.	Unsportsmanlike Conduct	14
XXI.	Penalties	15-17
XXII.	Casebook Plays	18
XXIII.	Sample Line-up Card	20

*These official rules for Unified Sports® Flag Football shall govern all Champions Together competitions. This set of rules is based on the Flag Football rules adopted by USA Football in partnership with the NFL, as modified by Special Olympics Indiana and the IHSAA in August 2021. Through established IHSAA protocol, the Unified Coaches Association of Indiana has also played a role in reviewing these rules.*



## I. INTRODUCTION

**Unified Sports®** is a trademarked program of Special Olympics, Inc. that promotes sports training and competition for teams that include people with and without intellectual disabilities.

The focus of Unified Sports® is competition, not simply participation. Sports teach many life lessons: to work as a team, to follow rules and to be committed. Through sports, we can find shared interests that allow friendships to form. By creating high expectations for students with intellectual disabilities, we teach a new generation of regular education students that people with intellectual disabilities can be accountable, follow rules, be good teammates; and, as a result will be accepted as valued members of their school, community, or society in general.

**Champions Together** is a joint effort between the IHSAA and Special Olympics Indiana (SOIN) to incorporate Unified Sports® programs in IHSAA member schools recognizing and offering opportunities for students with and without disabilities to compete in an IHSAA sanctioned activity.



- Unified Sports® programs shall be administered by each participating member school and follow the requirements per IHSAA Bylaws for eligibility, rules, and program administration.
- Unified Sports® tournaments shall be administered by the IHSAA staff and the rules as approved by the IHSAA will govern the sport when applicable.

## II. ELIGIBILITY

IHSAA By-Laws will govern eligibility of student-athletes competing, specifically Rule 100 pertaining to Unified Sports®. Topics in Rule 100 include definition of participants (Unified Student Athlete and Unified Student Partner).

## III. ROSTERS

1. In a regular season contest, there is no limit on the number of players that may participate. The team roster for an IHSAA State Tournament Series contest may contain a maximum of 20 players.
2. Prior to the start of each game, the Head Coach is responsible for identifying the players eligible for that game on a roster card and for providing one (1) copy of the roster card to the officials and one (1) copy to the opposing coach. (See XXII below)

3. The roster shall contain a proportionate number of athletes and partners.
4. During competition, teams shall field five (5) players to start the game (required).
  - a. The line-up shall never exceed three (3) athletes and two (2) partners at any time.
  - b. Teams may continue with a minimum of four (4) players (minus one partner or athlete) due to disqualification or injury.
  - c. Unified Sports® teams are expected to comply with this rule without intervention by officials.
  - d. Failure to adhere to the required ratio shall result in an unsportsmanlike penalty being assessed against the coach.
  - e. In addition to the unsportsmanlike conduct penalty, a violation may result in any of the following in progressive order based on the duration and impact of the violation as determined equitable by the officials:
    - i. Loss of plays
    - ii. Loss of possession
    - iii. Loss of scoring play(s)
    - iv. Forfeit

#### **IV. COACH EXPECTATIONS**

1. The role of a coach is to help the players learn and enjoy the game. Parents are strongly encouraged to support the coach at all times.
2. Coaches are expected to adhere to the following rules and philosophies of Unified Sports® Flag Football and the code of conduct as stated in the IHSAA By-Laws, Rule 8.
3. In order to be eligible to coach Unified Flag Football:
  - a. A coach must meet the criteria necessary to coach an IHSAA sport under IHSAA By-Laws Rule 7,
  - b. In addition to the training referred to in Rule 7, a coach must have successfully completed the NFHS course on Unified Sports®, and
  - c. Complete the IHSAA on-line Unified Flag Football Rules Interpretation Meeting.

#### **V. UNIFIED SPORTS® FLAG FOOTBALL FUNDAMENTALS**

1. Unified Sports® Flag Football is non-contact.
2. In all aspects of Unified Sports® Flag Football, rulings shall be made with player safety as the primary consideration.
3. The roster shall contain a proportionate number of athletes (students with intellectual disabilities) and partners (students without intellectual disabilities).
4. Players shall not be identified or distinguished as athletes or partners in any way (e.g., announced on public address system, listed in program, different colored wrist bands, odd/even jersey numbers, etc. See comment at XXII).
5. During competition, teams shall field five players to start the game (required).
  - a. The line-up shall never exceed three athletes and two partners at any time.
  - b. Teams may continue with a minimum of four players (minus one partner or athlete) due to disqualification or injury.

6. The coach is responsible for the line-up and conduct of the team during competition.
7. A partner as quarterback may NOT pass to another partner.
8. Partners MAY handoff to another partner.
9. Possessions
  - a. All possessions, except following an interception, start at the offensive team's 5-yard line.
  - b. The offense has four plays to cross midfield.
  - c. Once the offense crosses midfield, they have four additional plays to score a touchdown.
  - d. If the offensive team fails to cross midfield or score a touchdown in the prescribed number of plays, possession of the ball changes and the opposite team starts at their 5-yard line.
  - e. The ball carrier may not dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag. Ball carriers may spin.
  - f. The forward progress spot is the position of the ball is when the player is declared down (carrier's flag belt is pulled or anything other than the runner's hand or foot touches ground).
  - g. The ball is spotted near the middle of the field for each down by the Referee.
10. Unfair Acts
  - a. No team shall repeatedly commit penalties/fouls which halve the distance to the goal line.
  - b. Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game. This includes intentionally committing penalties/fouls to gain an advantage.
  - c. The referee will enforce any penalty he/she considers equitable, including the award of a score for an unfair act.

## **VI. EQUIPMENT AND UNIFORMS**

1. A Wilson #4 Youth composite football shall be used for all contests. All game balls should be inflated to the recommended air pressure labeled on the ball. The Referee shall secure approved footballs to be used throughout the game.
2. An approved protective mouthpiece must be worn at all times by all participants.
3. The "Triple Threat" one-piece, three-flag belt will be worn during the game at all times. (Available from Palos Sports.)
4. All participants must have a playing uniform consisting of matching shirts with matching numbers on front and back which must be tucked in at the waist to avoid obstruction of flag pulling.
5. No jewelry may be worn (rings, bracelets, necklaces, earrings, etc.).
6. All players must wear similar color athletic shorts or athletic pants. No blue jeans will be allowed.

7. Players must wear rubber-cleated or flat-soled athletic shoes. Metal cleats, spikes, hiking boots or other equipment deemed dangerous by officials will not be allowed.
8. When Unified Sports® Flag Football athletes or partners require the use of wheelchairs or other mobility assistance devices, participation in team sports (basketball, softball, volleyball, and flag football) likely creates undue health and safety risks for that athlete and others in the game. The school may apply to the IHSAA for special consideration for potential team members who require such assistance. These requests will be considered on a case-by-case basis. Athletes in question should not compete at any level without previous approval.

## VII. TERMINOLOGY

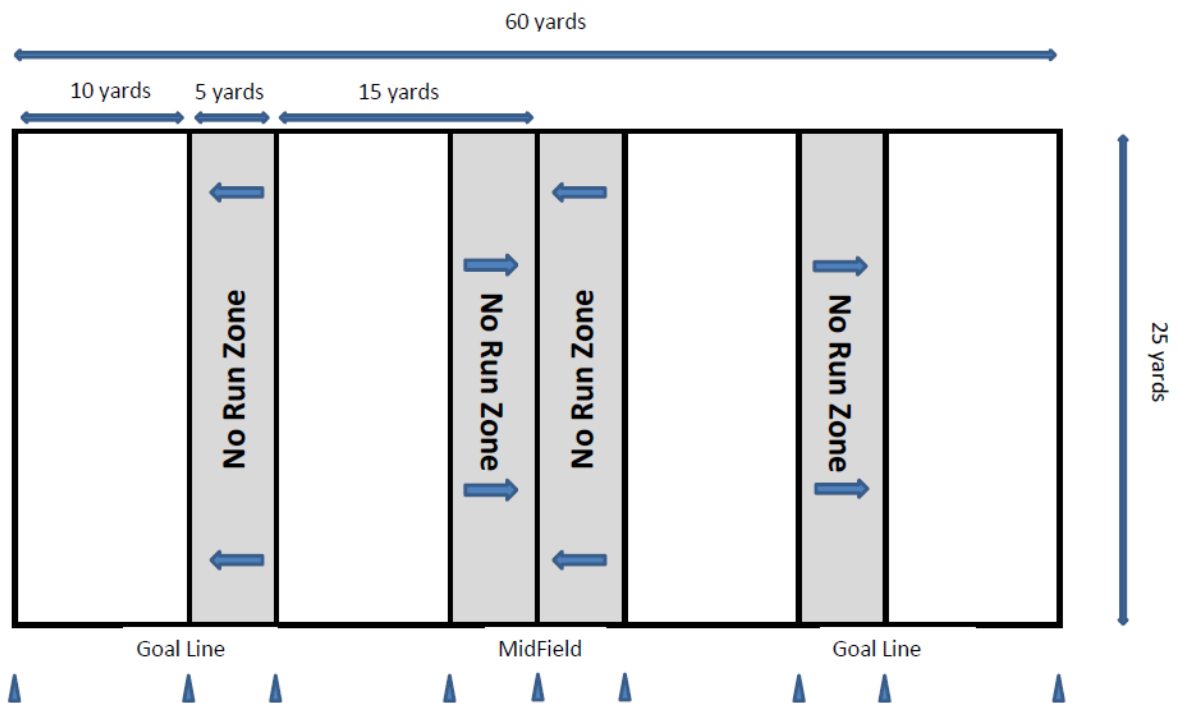
<b>Center</b>	The player who snaps (passes) the ball backward through his/her legs to a teammate to begin play.
<b>Dead Ball</b>	A dead ball is a ball when not in play. The ball is dead during the interval between plays.
<b>Defense</b>	The team opposing the offense to prevent them from advancing the ball.
<b>Defer</b>	One option for the team winning the coin toss. If a team defers, it delays having the first choice of offense-defense-or end of the field until the start of the second half.
<b>Downs</b>	A down is an action which starts with a legal snap and ends when the ball next becomes dead. The offensive team has four downs to advance the ball to midfield or goal line.
<b>Fumble</b>	A fumble is any loss of player possession.
<b>Inadvertent Whistle</b>	Official's whistle that is a performed in error.
<b>Lateral/Pitch</b>	A backward pass – when the initial direction of the ball is parallel with or toward the runner's end line. Such a pass is NOT allowed.
<b>Line of Scrimmage</b>	The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line.
<b>Live Ball</b>	A live ball is a ball in play. A ball becomes live when the ball is legally snapped by the center.

<b>No Run Zones</b>	Five-yard areas of the field as a team approaches midfield or its opponent's goal line where running the ball is prohibited.
<b>Offense</b>	The team with possession of the ball.
<b>Out of Bounds</b>	A player is out of bounds when any part of the person is touching anything other than another player or game official that is on or outside the sideline or end line.
<b>Passer</b>	A passer is the player who throws a legal forward pass. This player does not have to be the quarterback (player who received the snap to start a down.)
<b>Quarterback</b>	The offensive player to whom the ball is snapped. The quarterback may not run the ball beyond the line of scrimmage.
<b>Rush Line</b>	An imaginary line running across the width of the field seven yards (on defensive side) from the line of the scrimmage. The rusher(s) must be behind the rush line until ball is snapped.
<b>Rusher</b>	The defensive player(s) assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
<b>Screen Blocking</b>	A legal obstruction of an opponent without initiating contact with him/her with any part of the screen blocker's body.
<b>Shielding (Flag Guarding)</b>	An act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm.
<b>Shift</b>	A shift is the action of one or more offensive players who, after a huddle or taking set positions, move to a new set position prior to the snap.
<b>Shovel Pass</b>	A legal pass attempted from behind the line of scrimmage by throwing the ball underhand or pushing it towards a receiver beyond the line of scrimmage.
<b>Unsportsmanlike Conduct</b>	Actions by a player outside the spirit of sportsmanship. This includes profanity, showboating, disrespecting the officials, or taunting opponents.

## VIII. PLAYING FIELD

1. The playing field is 60 yards long (including the end zones) and 25 yards wide. If insufficient space is available, a slightly smaller space can be used.
2. A space of at least 5 yards around the field must be free and clear of obstructions. The field can be marked with chalk, paint, and/or traffic cones.
3. “No Running Zones” are located 5-yards before the midfield line and goal line.
  - i. Any ball snapped from these zones must be passed.
  - ii. The purpose of “No Running Zones” is to avoid short yardage power running situations.
4. Every effort should be made to locate game substitutes, coaches, and team attendants on opposite sidelines from the other team and between the 5-yard lines.
5. When two games are being played simultaneously on a regulation sized field, the Flag Football playing areas should be on opposite corners and ends of the facility.

**Diagram of Flag Football Playing Field**



## IX. COIN TOSS

1. A coin toss determines first possession.
2. Each team will provide two captains (one partner and one athlete).
3. The officials and team captains will meet at least three minutes prior to the start of the contest to conduct the coin toss.
4. The winner of the coin toss will choose offense, defense or end of field to defend. The



- team winning the coin toss may also defer its choice to the second half.
5. Teams should switch ends of the field for the 2<sup>nd</sup> half.

## **X. TIMING**

1. The game shall consist of two 20-minute halves.
2. The clock will continue to run with the following exceptions:
  - a. The clock will stop on all time-outs, scores and changes of possession.
  - b. Officials can stop the clock at their discretion (injuries, delays).
  - c. During the last two minutes of each half the clock will stop on all dead ball whistles (incomplete pass, out of bounds, penalties, scores and change of possession).
  - d. During the last two minutes of each half, the clock shall stop after the offense earns a first down. The clock shall restart on the official's ready for play signal.
3. Each team receives two 60-second time-outs per game.
4. There shall be a 5-minute break at halftime.
5. The ball must be put in play promptly and legally and any action or lack of action by either team that tends to prevent this is considered a delay of game. This includes:
  - a. Consuming more than 30-seconds to snap the ball after it is ready for play.
  - b. Failing to remove an injured player following an injury time-out.
  - c. Deliberately advancing the ball after it has been declared dead.

## **XI. OVERTIME**

1. An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores.
2. The team scoring the greater number of points in overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during both regulation time and overtime periods.
3. All regulation rules and penalties are in effect.
4. Following a three-minute intermission, a coin toss is held in the same manner as the pregame toss.
5. The same end of the field will be used for possessions by both teams during each overtime period to ensure equal game conditions and conserve time.
6. If the score remains tied after an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined.
7. If multiple overtimes are necessary, teams will alternate the choice of offense or defense without a coin toss (i.e., the team captains who did not have first choice in the first overtime will have first choice to start the second, etc.).
8. Each team will be allowed 1 time out per overtime period. Time outs do not carry over.
9. Team possession for each team in overtime starts at the 12-yard line.
10. The first offensive team shall have a series of downs. That series shall be terminated by any score by the offensive team or if the defensive team gains possession of the ball.

11. If the team on offense scores a touchdown, it is entitled to the opportunity for an extra point attempt unless the points would not affect the outcome of the game (i.e., no try will be attempted if the winner of the game has been determined).

## **XII. SCORING**

1. **Touchdown:** 6 points
2. **Extra Point:** 1 point from the 5-yard line  
2 points from the 12-yard line
3. **Safety:** 2 points

## **XIII. LIVE BALL / DEAD BALL**

1. Positions/Snap
  - a. The ball must be snapped between the center's legs to start each play.
  - b. No minimum number of players is required to line-up on the line of scrimmage.
2. Dead Ball - play is ruled dead when:
  - a. The ball carrier's flag is pulled.
  - b. The ball carrier loses his/her flag.
  - c. A receiver catches a ball without his/her flags attached.
  - d. The ball carrier steps out of bounds.
  - e. Any part of the ball carrier's body other than the hand or foot touches the ground.
  - f. A touchdown, extra point, or safety is scored.
  - g. When during a try-for-point the defense obtains possession of the ball
  - h. When a snap or pass strikes the ground
  - i. When a pass is caught simultaneously by opposing players (the offense retains possession)
  - j. A pass is intercepted (no returns)
  - k. When there is an inadvertent whistle
3. Fumbles
  - a. A ball fumbled by the runner is dead when it hits the ground and remains in possession of the offensive team (unless it is fourth down).
  - b. If fumbled forward, the ball is spotted where the ball carrier's feet were at the time of the fumble.
  - c. If fumbled backwards, it is marked where it hits the ground.
4. Inadvertent Whistle – In case of an inadvertent whistle, the team in possession of the ball may choose to accept the result of the play at the point where the play was blown dead or choose to replay the down.
5. Substitutions (athlete for athlete / partner for partner)
  - a. Any player on the roster may enter upon the completion of a play (dead ball).
  - b. A substitute must play at least one down prior to being replaced.
  - c. A replaced player must leave the field immediately.
6. False Start – No member of the offensive team may simulate the start of the play before the ball is snapped.

## XIV. RUNNING

1. Handing the Ball
  - a. Handing the ball is transferring player possession from one player to a teammate without throwing it.
  - b. Only direct handoffs behind the line of scrimmage are permitted.
  - c. Handoffs may be in front, behind, or to the side of the quarterback / offensive player but must be behind the line of scrimmage.
  - d. The offense may use multiple handoffs behind the line of scrimmage.
  - e. Center Sneak – The ball must completely leave the center’s hands on the snap, and he/she must step backwards off the line of scrimmage in order to receive the direct handoff from the quarterback/offensive player before advancing the ball.
2. Running
  - a. The quarterback (player receiving the snap) cannot advance the ball across the line of scrimmage.
  - b. A partner may handoff to a partner behind the line of scrimmage.
  - c. The player who takes a handoff can pass the ball, as long as he/she does not pass the line of scrimmage.
  - d. “No Running Zones” are located 5-yards before the midfield line and goal line.
    - i. Any ball snapped from these zones must be passed.
    - ii. The purpose of “No Running Zones” is to avoid short yardage power running situations.
  - e. The ball carrier may not dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag.
  - f. The ball is marked at the spot of the position of the ball when the player is declared down (flag belt is pulled or any part of body other than hand or foot touches the ground).
3. Shielding (Flag Guarding)
  - a. Runners shall not shield (flag guard) by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove their flag belt.
  - b. Shielding includes:
    - i. Swinging the hand or arm over the flag belt
    - ii. Stiff arms
    - iii. Placing the ball in a position over the flag belt
    - iv. Lowering the shoulders or arm over the flag belt
4. Hurdling
  - a. Jumping over or attempting to jump over a player, by the ball carrier, to avoid being downed or to gain additional yardage is illegal.
  - b. Jumping over a player who is on the ground to avoid injury, by official’s judgment, is legal.
5. Diving is illegal when used to down a player or advance a ball.

## **XV. PASSING / RECEIVING**

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. All players are eligible to receive a forward pass, including the Quarterback, if he/she has legally handed-off. However, if a partner throws a pass, only athletes are eligible receivers.
4. Only one player is allowed in motion at the snap, and he/she may not be moving toward the line of scrimmage at the snap.
5. A player must have at least one foot in bounds when making a catch.
6. Interceptions change possession of the ball at the point of the interception. Exception: A ball intercepted inside the 5-yard line or in the end zone is spotted at the 5-yard line.
7. If a player steps out of bounds, he/she may not be the first player to touch the ball.
8. A defensive or offensive player may dive to catch a pass.
9. Pass Eligibility
  - a. All offensive and defensive players are eligible to receive a pass, with the following exception:
  - b. Partners are ineligible when another partner on his/her team is throwing a pass.
    - i. Teams are expected to immediately acknowledge to the officials within a reasonable amount of time that a completed pass by their team was a partner-to-partner pass.
    - ii. A partner-to-partner pass is considered incomplete when acknowledged by the coach of the offending team in a reasonable amount of time. (30 seconds)
    - iii. An official may question whether a completed pass was a partner-to-partner pass.
    - iv. An opposing coach may request that the official question whether a completed pass was a partner-to-partner pass.
    - v. A partner-to-partner pass is considered unsportsmanlike conduct against the coach of the offending if not acknowledged within a reasonable amount of time. (30 seconds)

## **XVI. RUSHING THE PASSER**

1. All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
2. The Line Judge (official) starts each play on the sideline 7 yards beyond the line of scrimmage and serves as the “marker” designating the rush line.
3. Players not rushing the quarterback may defend the line of scrimmage.
4. Once the quarterback hands off the ball, the 7-yard zone no longer exists, and all defenders are eligible to rush.

## **XVII. SCREEN BLOCKING**

1. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.
2. The screen blocker shall have his/her arms either at his/her side or extended downward in front or behind his/her body.
3. Any use of arms, elbows, legs, hips, or shoulders to initiate contact during the screen block is illegal.
4. A player must be on his/her feet before, during, and after screen blocking.
5. Screen blocking is the only form of legal blocking that can be used by any player at any time.
6. There are two form of legal screen blocking:
  - a. Backfield Blocking: If any of the provisions listed are violated, and contact results, the screener has committed an illegal block.
    - i. The screen blocker must give an opponent at least one (1) step.
    - ii. The screen blocker must not initiate contact with an opponent.
    - iii. The screen blocker may not take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing directions.
    - iv. After the snap of the ball, a blocker may move laterally or backward two (2) steps.
  - b. Downfield Blocking: A basketball style (non-moving) screen is the only acceptable form of downfield blocking. The blocker may not run between a rusher and ball carrier impeding a defender's progress to the flag.

## **XVIII. FLAG PULLING**

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. If a player's flag belt inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
3. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball (penalty).
4. Flag Guarding / Shielding is an attempt by the ball carrier to obstruct the defense's access to the flags by stiff arming, dropping the head or shoulder, or intentionally covering the flags with the football jersey.
5. It is illegal (penalty) to attempt to pull or strip the ball from the carrier's possession at any time in an attempt to stop the run.
6. A defensive player may not leave his/her feet during an attempt to pull the flag of the ball carrier. If such a violation occurs, the offense shall be granted a first down at the spot of the foul.

## **XIX. FORMATIONS**

1. Line of Scrimmage
  - a. The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line.
  - b. Each player on a team must be on his/her side of the line of scrimmage when the ball is snapped.
2. Motion – Only one player of the offensive team may be in motion at the snap.
  - a. This player must be behind the line of scrimmage and not moving toward the line of scrimmage at the time the ball is snapped.
  - b. If the player comes to a stop, he/she must be set for one second.
3. Shift – A shift is the action of one or more offensive players who, after a huddle or taking set positions, move to a new set position prior to the snap. A player who shifts must reset for one second prior to the snap.
4. Snap – A snap is the legal act of passing the ball through the center's legs from the ground to the quarterback to start a play.










## **XX. UNSPORTSMANLIKE CONDUCT**

1. The officials may disqualify any player who participates in rough or unsportsmanlike play, including seeking to strip or pull the ball from the ball carrier at any time, or a ball carrier failing to make an effort to avoid a defender who has established his/her position.
2. Any player or coach who is charged for two unsportsmanlike fouls is automatically disqualified from the game.
3. No coach, player, substitute, or team attendant shall behave in an unsportsmanlike manner. Examples are, but not limited to:
  - a. Unnecessarily rough play
  - b. Profanity
  - c. Disrespecting the officials
  - d. Failure to comply with equipment and uniform requirements
  - e. Taunting opponents
  - f. Any act in which a player attempts to focus attention on him/herself (e.g., spiking the ball, showboating, dancing following a good play)
  - g. A coach failing to acknowledge a partner-to-partner pass within a reasonable amount of time.
  - h. Failure of a coach to adhere to the required athlete to player ratio as established in RULE III.






## XXI. PENALTIES













1. Coaches may decline or accept the penalty based on the result of the play.
2. The penalty may be accepted while the yardage is declined.
3. No penalty may take the ball more than half the distance to the offender's goal line.
4. All penalties are assessed from the line of scrimmage.
5. Offense:
  - a. Penalties before or during the snap – 5 yards, the down remains the same.
    - i. Delay of Game (failing to snap within 30 second of ready)
    - ii. False Start (shift or feigned charge that simulates action at the snap)
    - iii. Illegal Motion (more than one player moving at snap, moving forward at snap)
  - b. Penalties during the play - 10-yards from the line of scrimmage and loss of down
    - i. Flag Guarding (diving, warding off, or hurdling to prevent defender from pulling flag)
    - ii. Illegal Backward Pass (any lateral or backward pass)
    - iii. Illegal Forward Pass (Pass not completed beyond the line of scrimmage; partner to partner pass; pass made from beyond line of scrimmage)
    - iv. Illegal Contact (holding, blocking, bumping, stiff arming)
    - v. Illegal Procedure (quarterback run)
    - vi. Intentional Grounding (Pass intentionally thrown into an area not occupied by an offensive team receiver, pass intentionally thrown to save loss of yardage}
    - vii. Pass Interference (Interfering with an opponent's opportunity to move toward or catch as pass)
6. Defense:
  - a. Penalty before the snap – 5 yards, the down remains the same.
    - i. Offside (in or beyond neutral zone at snap)
  - b. Penalties during the play – 10 yards from the line of scrimmage and automatic first down
    - i. Illegal Contact (holding, blocking, bumping, stripping)
    - ii. Illegal Flag Pull (before receiver has ball)
    - iii. Illegal Rushing (rushing quarterback inside 7-yards of the line of scrimmage)
    - iv. Pass Interference (interfering with an opponent's opportunity to move toward or catch as pass)

**PENALTY CHART**

<b>Offensive Team Penalties</b>			
<p><b>Delay of Game</b> <i>5 yards, down remains the same</i></p>	<p><i>Failing to snap the ball within 30 seconds of the Ready for Play.</i></p>		
<p><b>False Start</b> <i>5 yards, down remains the same</i></p>	<p><i>Shift or feigned charge that simulates action at the snap</i></p>		
<p><b>Flag Guarding</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Diving, warding off, or hurdling to prevent defender from pulling flag.</i></p>		
<p><b>Illegal Contact</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Holding, blocking, bumping, stiff arming and defender</i></p>		
<p><b>Illegal Forward Pass</b> <b>Backward Pass</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Pass not completed beyond the line of scrimmage; any backward pass; partner to partner pass; pass made from beyond line of scrimmage</i></p>		
<p><b>Illegal Motion</b> <i>5 yards, down remains the same</i></p>	<p><i>More than one player moving at the snap; moving forward at the snap</i></p>		
<p><b>Illegal Procedure</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Quarterback runs beyond line of scrimmage</i></p>		
<p><b>Intentional Grounding</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Pass intentionally thrown into an area not occupied by an eligible receiver, pass intentionally thrown to save loss of yardage</i></p>		
<p><b>Pass Interference</b> <i>10 yards from the line of scrimmage and loss of down</i></p>	<p><i>Interfering with an opponent's opportunity to move toward or catch as pass</i></p>		



Defensive Team Penalties		
<p><b>Illegal Contact</b> <i>10 yards from the line of scrimmage and automatic first down</i></p>	<p><i>Holding, blocking, bumping, or attempting to strip the ball from the runner</i></p>	
<p><b>Illegal Flag Pull</b> <i>10 yards from the line of scrimmage and automatic first down</i></p>	<p><i>Pulling the flag before a receiver catches the ball</i></p>	
<p><b>Illegal Rushing</b> <i>10 yards from the line of scrimmage and automatic first down</i></p>	<p><i>Rushing the quarterback from closer than 7 yards from the line of scrimmage</i></p>	
<p><b>Offside</b> <i>5 yards, down remains the same</i></p>	<p><i>Being in or beyond the line of scrimmage at the snap</i></p>	
<p><b>Pass Interference</b> <i>10 yards from the line of scrimmage and automatic first down</i></p>	<p><i>Interfering with an opponent's opportunity to move toward or catch as pass</i></p>	

Other Officials Signals	
<p>Dead Ball</p>	
<p>Disqualification</p>	
<p>End of Period</p>	
<p>First Down</p>	
<p>Illegal Participation</p>	
<p>Incomplete Pass</p>	
<p>Loss of Down</p>	
<p>Ready for Play</p>	
<p>Safety</p>	
<p>Time-out</p>	
<p>Touchdown</p>	
<p>Unsportsmanlike Conduct</p>	

## XXII. CASE BOOK PLAYS

1. **Play:** Team A snaps the ball from its 5-yard line to start a new series. The Quarterback muffs the snap, and it touches first in the end zone.

**Result:** Safety. The ball is dead where it touches the ground on a muff or fumble.

2. **Play:** Team B intercepts a pass at its own 3-yard line.

**Result:** The ball is spotted at the 5-yard line for the new series.

3. **Play:** Team A's Quarterback, a partner, inadvertently throws a pass to a teammate who is also a partner. Team A's coach immediately brings this mistake to an official's attention.

**Result:** The pass is considered incomplete. The down counts.

4. **Play:** Team A's Quarterback, a partner, throws a pass to a teammate who is also a partner. Team A does not bring the mistake to an official's attention; but Team B does.

**Result:** This is considered an unsportsmanlike foul against the coach. Team A is penalized 10 yards from the previous spot and loses the down. In this situation Team A is given a reasonable amount of time to acknowledge their error before being penalized.

5. **Play:** Team A secures a first down, advancing the ball (by run or pass) two yards beyond the midfield line. On the next play Team A commits a false start infraction, thus moving the ball behind the midfield line. Does Team A gain a first down if they cross midfield again?

**Result:** No. A team may obtain only one first down during any series.

6. Team A's Quarterback makes a legal handoff to a teammate who looks to pass the ball from behind his line of scrimmage. A Team B player who is lined up on his line scrimmage rushes the player who is attempting a pass and pulls his flag.

**Result:** Legal play. Once the Quarterback hands the ball to a teammate, and defensive play may rush.

### **XXIII. SAMPLE ROSTER CARD**

*COMMENT: The privacy of our athletes must be protected. Identifying or in any way distinguishing between athletes and partners beyond those responsible for the administration of the contest violates the values, philosophies, and rules of Unified Sports® and may be a violation of federal law under the Family Educational Rights and Privacy Act (FERPA).*

*The purpose of providing line-up cards is solely for the administration of the contest in hopes of avoiding the potentially contentious and even sportsmanlike challenges based on the rules of Unified Flag Football (maximum number on game roster, ratio of athletes/partners on the field, partner-to-partner pass). These challenges are often based on a harmful stereotype that students who have an intellectual disability cannot be excellent players.*

*The proper procedure for a coach who thinks that there might have been a violation of a rule by the opposing team based on a roster issue should 1.) check the lineup card from the opposing team and then 2.) quietly and respectfully request the official to confirm with the opposing coach. Game roster cards should be treated as confidential information and should not be shared with anyone else. Game roster cards should be returned to the coach after the contest or be appropriately destroyed.*

