2026 NCSAA Flag Football Rules

NCSAA ROSTER RULES & FORFEIT POLICY

NCSAA's roster rules and forfeit policy are posted at www.ncsaasports.com. Schools are expected to always know and follow NCSAA'S roster rules and guidelines.

DIVISIONS

- 3rd Grade & Under Recreational Flag Football
- Mountain Conference: 5th Grade & Under Flag Football
- Valley Conference: 5th Grade & Under Flag Football
- Mountain Conference: 7th Grade & Under Flag Football
- Mountain Conference: 8th Grade & Under Boys Flag Football
- Valley Conference: 8th Grade & Under Boys Flag Football
- Mountain Conference: 8th Grade & Under Girls Flag Football

RECREATIONAL DIVISION

Our Recreational Division will not keep an official score, maintain standings, or hold playoffs. These games will be designed to introduce student-athletes to the sport of flag football without the pressure of winning or losing.

FIELD

The field will be 50 yards long with a 40-yard playing field and a 10-yard end zone. It will be up to 53 yards wide. Due to the unique nature of choice schools, field sizes may vary slightly from site to site at NCSAA's discretion, without notice.

Alexander Dawson School has a smaller field, so NCSAA may slightly adjust the end-zone lengths. This is fair and equal for both teams and will count towards an official game.

EQUIPMENT

1. LEATHER GAME BALLS:
   a. **3rd Grade & Under Recreational:** Mini Size Size 5 — Martin F401, Tachikara SF2R, Wilson K2, or comparable
   b. **5th Grade & Under:** Junior Size Size 7 — Wilson TDJ
   c. **7th Grade & Under:** Youth Ball Size 8 — Wilson TDY
   d. **8th Grade & Under Boys**: Youth Ball Size 8 — Wilson TDY
   e. **8th Grade & Under Girls:** Junior Size Size 7 — Wilson TDJ
2. Teams will be allowed to use team balls on offense, but they must fit the size specifications and be properly inflated. These must be switched on offense quickly.
3. Players must wear shoes. Cleats may be worn provided they do not have exposed metal.
4. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metal are not allowed.
5. No type of stick-aid can be applied to the gloves or football.
6. Players are permitted to wear sunglasses during competition. Sunglasses must not be dangerous, sharp, broken, or judged unsafe by game officials. Officials have the authority to prohibit any sunglasses or eyewear they determine to be unsafe.
7. Players must remove all jewelry, hats, wave caps, and bandanas. Winter beanies are allowed. Soft helmets are also allowed, but not required.
8. For the safety of all participants, no student-athlete is allowed to play with a cast on, whether soft or hard, even with a doctor's note. NCSAA will not allow any padding to be placed over a cast. Parents, coaches, site directors, doctors, or game officials **DO NOT** have the authority to overrule this rule. There will be no exceptions to this rule.

FLAGS

1. All players must wear triple threat flag belts, unaltered, and mouth guards at all times on the playing field.
2. No other type of flags are allowed to be used in games. A triple threat flag belt has three flags sewn onto the belt with a plastic clip on the front. NCSAA will not allow belts with removable flags or belts with only two flags.
3. Players identified without mouth guards during play will be assessed an Illegal Procedure penalty.
4. It is the player's/team's responsibility to ensure that their flags are worn properly and that they "point out" prior to each play.
5. Shorts must be a different color than the flags being worn. For instance, players may not wear red shorts with red flags.

UNIFORMS

1. Home teams should wear light-colored jerseys and visiting teams should wear dark-colored jerseys.
2. Teams must wear matching game jerseys during the game.
3. All teams must have reversible jerseys or two complete sets of game jerseys with them at all times.
4. Pinnies, scrimmage vests, and mesh practice jerseys are not acceptable game uniforms and may not be used to resolve jersey color conflicts.
5. Games will not be delayed, postponed, or rescheduled because a team does not have proper alternate jerseys.
6. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
7. Shorts or pants with belt loops or pockets are not allowed. If pockets are worn, they must be taped, and that is the responsibility of the player/team. Pockets may also be turned inside out if there are no internal pockets. If pocket issues cannot be safely remedied, the player will be ruled ineligible for that game.

GAME

1. The game must start with seven (7) players who are verified **AND** listed on the team's official National Sports ID roster.
    a. Teams are **NOT** allowed to start with fewer than seven (7) players.
    b. If an injury occurs, a team may continue with six (6) players.
    c. Teams are not allowed to continue with fewer than six (6) players if another injury occurs.
    d. Teams are not allowed to add players from another roster in order to reach seven (7) players.
2. The Home Team will occupy the bench area closest to the end zone. The Visiting Team will occupy the bench area located closest to the 40-yard line. In the playoffs, the higher seed will be considered the home team.
3. At the start of each game, captains will meet at midfield for the coin toss. The Visiting Team will call the coin toss.
4. The winner of the coin toss has the choice of offense or defense. Possession changes to start the second half to the team that started the game on defense. Teams may not defer their decision to the second half.
5. The offensive team takes possession of the ball at the 40-yard line with their choice of hash and has three (3) plays to gain a first down. First downs will be achieved when the offensive team crosses the 25-yard line and again at the 10-yard line. From there, the offensive team has three (3) downs to score a touchdown.
6. If the offensive team fails to score, the ball changes possession and the new offensive team starts its drive from the 40-yard line.
7. If the offensive team fails to achieve a first down, possession of the ball changes and the other team starts its drive from the 40-yard line.
8. All turnover-on-down possession changes start from the 40-yard line.
9. If the defense gains an interception, they will start their drive at the 30-yard line. They can still gain a first down at the 25-yard line.
10. The second half will begin with possession for the team that began the game on defense.
11. Huddles can only consist of the seven (7) players actively involved in the upcoming play and one (1) offensive coach. No additional players are allowed in the huddle on a knee.

TIMING AND OVERTIME

1. Games will consist of two (2) 20-minute halves with a 5-minute halftime period.
2. Each team will receive two (2) 30-second timeouts per half. The timeouts do not carry over to the second half or overtime.
3. Officials can stop the clock at their discretion.
4. In the event of an injury, the clock will stop and then restart once the injured player is removed from the field of play.
    a. The injured player must sit out at least one (1) play before returning. The coach can elect to take a charged timeout to waive this.
5. Teams will have a 25-second play clock for each play once the Referee has blown the Ready Whistle for the offense.
6. Each game will begin and end with a whistle.
7. The game clock will be a running clock, stopping only for timeouts and injuries, except in the final two (2) minutes of each half, where regulation timing will be used.
    a. The Referee will announce when the game clock has reached the 2-minute mark.
8. During regulation timing, the clock will stop for all incomplete passes, penalties, players out of bounds, and timeouts.
    a. For offensive penalties, the clock will resume on the ready whistle.
    b. For defensive penalties, the clock will resume on the snap of the football.
9. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. **NO TIES.**
10. Overtime format:
    a. A coin toss will determine the team that chooses to be on offense or defense first.
    i. The home team will call the toss.
    ii. The winner of the coin toss will choose offense or defense.
    b. Each team will have one set of downs from the 10-yard line to attempt to score a touchdown.
    c. In overtime, all teams must attempt a 2-point conversion immediately after scoring. Teams may not attempt a 1-point conversion during overtime.

d. The team with the most points after each team has had a possession will be declared the winner.
e. This format will be repeated until a clear winner is declared. **NO TIES.**
f. All regulation period rules and penalties are in effect.
g. There are no timeouts in overtime.

SCORING

1. Touchdown: 6 points.
2. PAT — Point After Touchdown:
   a. 1 point: From the 5-yard line and is a pass-only play.
   i. In recreational divisions only, teams may run or pass from the 5-yard line.
   b. 2 points: From the 10-yard line and can be either a run or pass play.
3. A team that scores a touchdown must declare whether they wish to attempt a 1-point conversion from the 5-yard line or a 2-point conversion from the 10-yard line. Any change, once a decision has been announced, requires a charged timeout. A decision cannot be changed after a penalty.
4. On any touchdown where the ball carrier begins the play outside the end zone and scores, the referee shall conduct a mandatory flag check immediately after the score. The touchdown is not confirmed until the official verifies that the scorer's flags were legally attached and positioned at the conclusion of the play.
5. **MERCY RULE:** After one team is winning by 35 points or more, the game is over. Once a 35-or-more-point advantage is gained, no PAT will be attempted. The game will continue in "scrimmage mode" for the remainder of the game during the regular season only. **In the playoffs, the game will completely end after a 35-point lead has been achieved. NCSAA will not continue in scrimmage mode during the playoffs.**
6. The Referee will keep the official score and time on the field for each game.

COACHES

1. There can be only one (1) offensive coach allowed on the field at any time.
2. The coach must be positioned behind the offensive huddle and out of the way of play.
3. Coaches are not allowed to challenge any official ruling.
4. Remaining team coaches must work from the sidelines.
5. No defensive coaches are allowed on the field at any time.
6. Substitutions are unlimited and to be made at the coaches' discretion.
   a. All substitutions are to be made between plays or during timeouts.
   b. Substitutions do not need to be acknowledged by the officials.
   c. The offensive team is **NOT** required to wait or delay for the defensive team to make a substitution.
7. It is the coaches' responsibility to keep control of their sidelines. This includes coaches, players, family members, and parents.

LIVE BALL / DEAD BALL

1. The ball is live at the snap of the ball and remains live until an official whistles the ball dead.
2. The official will indicate the neutral zone and the line of scrimmage.
3. It is an automatic dead ball penalty if any player on offense or defense enters the neutral zone prior to the snap of the football. The official **MAY** give both teams a "courtesy" neutral zone warning to allow players to move back out of the neutral zone.
4. A player who gains possession in the air is considered inbounds as long as one (1) foot comes down in the field of play prior to any other part of the player touching an out-of-bounds area.
5. 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.
6. Substitutions may be made on any dead ball.
7. Any official can whistle the play dead.
8. Play is ruled "dead" when:
   - The ball hits the ground as a result of a bad snap; the ball is then placed where the ball hit the ground.
   - The ball-carrier's flag is pulled.
   - The ball-carrier steps out of bounds.
   - A touchdown or PAT is scored.
   - The ball-carrier's knee or arm hits the ground.
   - The ball-carrier's flag falls out.
   - The receiver catches the ball while in possession of one (1) or no flag(s).
   - The 4-second pass clock expires.
   - There is an inadvertent whistle.
9. There are no fumbles, including snaps. The ball will be spotted where the ball-carrier's front-most foot was at the time of the fumble.
10. If an inadvertent whistle occurs with no time left on the clock at halftime or the end of the game, the offense will have one (1) untimed down. The offense has two (2) options:
    a. Take the ball where it was when the whistle was blown, and the down is consumed.
    b. Replay the down from the previous line of scrimmage.
11. Players may not intentionally kick the football.

RUNNING

1. The ball is spotted where the ball-carrier's front-most foot is when their flag is pulled, not where the football is held. Forward progress is measured based on the front-most foot.
2. The quarterback cannot directly run with the ball. The QB is defined as the offensive player who received the snap from the center.
   a. The QB may hand the ball off to a runner, that runner may make a football play, then hand it back to the QB. At that point, the QB is eligible to run the ball.
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. Reverses are legal. However, once the ball is handed off, the offense may not pass it. Only the QB may pass the ball off the initial snap. Once it is handed off, it is a run play.
   a. The "Center Sneak" play is not allowed. The quarterback is not allowed to hand off to the center on the first handoff of the play.
   b. The offensive team may run the ball on any down unless they begin inside the 10-yard line.
4. Absolutely **NO** laterals of any kind are allowed. This includes pitches.
5. In competitive divisions, the area inside the 10-yard line is designated as a no-run zone. Any play beginning in this area **MUST** be a pass play.
   a. In recreational divisions only, teams may run or pass inside the 10-yard line.
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.
   a. Runners may leave their feet if there is a clear indication that they have done so to avoid a collision with another player without a flag guarding penalty being enforced.
8. Spinning is allowed; however, players cannot leave their feet to avoid a flag pull.
   a. Players spinning out of control will be called for flag guarding.
9. No blocking or screening is allowed at any time.
10. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
11. All jerseys **MUST** be tucked in before each play begins. The flags must be on the players' hips and free from obstruction. Obstructed flags will be considered flag guarding.

PASSING

1. All passes must be from behind the line of scrimmage, thrown forward, and received beyond the line of scrimmage. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a four-second "pass clock." If a pass is not thrown within four (4) seconds, the play is dead, the down is consumed, and the ball is returned to the previous line of scrimmage. Once a ball is handed off, the 4-second pass clock is no longer in effect.
4. In all competitive divisions, the offensive team is responsible for retrieving and setting the ball themselves. The clock does not stop, and any delay of the offense in retrieving and setting the football to the officials will result in a Dead Ball Delay of Game penalty. The officials will assist from the sideline along with the down indicator on where to set the ball.

RECEIVING

1. All players are eligible to receive passes except the quarterback.
2. Only one player is allowed in motion at the snap of the football. All motion must be parallel to, or away from, the line of scrimmage. No motion at the snap may "attack" or approach the line of scrimmage.
3. A player must have at least one (1) foot inbounds when making a reception.
4. In the case of simultaneous reception by both an offensive player and defensive player, possession is awarded to the offense.
5. If the defense gains an interception, they will start their drive at the 30-yard line. They can still gain a first down at the 25-yard line.
   a. Interceptions cannot be returned for yardage.
6. Defensive pass interference that occurs in the end zone will result in an automatic first down with the football being placed on the 1-yard line.

BLITZING & BLOCKING

1. **NO BLITZING** is allowed in the entire game, including overtime. If a team blitzes, they will be penalized 15 yards for unsportsmanlike conduct.
2. **NO** blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down and the ball being returned to the previous spot.
5. The defense is allowed to bump or press only at the line of scrimmage or within one (1) yard of the line of scrimmage. This contact must be a controlled bump or press and not a hit, shove, tackle, or excessive act. Excessive contact will be penalized. Offensive players are not allowed to block at any time.

FLAG PULLING

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags; however, they cannot tackle, hold, or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down where the flag came off if they are the ball-carrier, or where the player gains possession of the ball and the play ends. The ball is placed where the flag lands or where the play ended.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt to obstruct the defender's access to the flags by stiff-arming, dropping the head, hand, football, arm, or shoulder, or intentionally covering the flags with the football jersey.

FORMATIONS

1. Offenses must have a minimum of one (1) player on the line of scrimmage, the center, and up to six (6) players on the line of scrimmage. The quarterback must be off of the line of scrimmage.
2. Teams may shift as many players as they want; however, only one (1) player may be in motion at the snap of the football.
    a. No motion is allowed toward the line of scrimmage.
3. 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.
4. The center must snap the football with a rapid and continuous motion to a player in the backfield, and the football must completely leave their hands. The center may snap it between their legs or to the side.

UNSPORTSMANLIKE CONDUCT

1. If the officials witness any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player may be ejected from the game. The decision is made at the Referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED.**
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the Referee may give one (1) warning. If it continues, or is overly egregious, the individuals will be ejected from the game and must leave the premises.
3. Players may not physically or verbally abuse any opponent, coach, or official.
4. Fighting will not be tolerated. If a player throws a punch, they will be immediately ejected and **CANNOT** return to the game. This will likely end up in a yearlong suspension. If players are involved in pushing/shoving, they will be immediately ejected and **CANNOT** return to the game. If a team's bench clears and a fight breaks out, both teams will be ejected, and the game will be forfeited. The Referee has the right to eject any player, players, or team from the game. The ejected player, players, or team must leave the premises immediately. A Referee can also assess a 10-yard unsportsmanlike conduct penalty.
5. Ball-carriers **MUST** make an effort to avoid defenders with an established position.
6. Defenders are not allowed to run through the ball-carrier when pulling flags.
7. Fans must also adhere to good sportsmanship.
    a. Yell to cheer on your players, not to harass officials or other teams.
    b. Keep comments clean and profanity-free.
    c. Compliment **ALL** players, not just one (1) player or team.
8. Fans are required to keep fields safe and kid-friendly. Fans are **NEVER** to address the officials for any reason. Any yelling at, disagreeing with, booing, etc. of a game official is grounds for an immediate ejection.
    a. Site Directors have the authority without prior warning to dictate where fans may sit during the games. This is done for the safety of the teams, student-athletes, coaches, officials, and staff. This may include limiting seating to one side of the field, no sitting in end zones, etc. We ask that all chairs be placed on blacktop/concrete only and not on the turf for any reason. This may change from week to week at NCSAA, the school, and Site Director's discretion. Generally speaking, NCSAA does not want spectators on the same sideline as our team benches in any sport. This will be the general rule at the majority of our sites. If a field has built-in stands, fans are required to sit there and only there. No chairs will be permitted on the field, track, or sidelines. They must be in the stands.
        - Keep younger kids and equipment, such as coolers, chairs, and tents, far enough off the field as to create a safe playing area for all players.
        - Dispose of all trash in designated trash cans.
9. Unsportsmanlike conduct penalties:
    a. Defensive: +10 yards from the line of scrimmage and an automatic first down.
    b. Offensive: -10 yards from the line of scrimmage and a loss of down.

PENALTIES

1. General
    a. The Referee will announce all penalties.
    b. Officials determine incidental contact that may result from normal run of play.
    c. All penalties will be assessed from the line of scrimmage, except as noted (Spot Fouls).
    d. Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question calls.
    e. Games may not end on a defensive penalty unless the offensive team declines it.
    f. Penalties are assessed Live Ball then Dead Ball. Live ball penalties must be assessed before play is considered complete.
    g. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

h. An Illegal Procedure penalty may also be used for any play/action not specifically specified in the rule book that goes against the integrity of the football game. This is at the sole discretion of the Referee and can be used on any play in which is deemed not in the best interest of the game.

2. Defensive Spot Fouls

Defensive Pass Interference	Automatic First Down
Holding	+5 Yards/Automatic 1st Down
Stripping	+10 Yards/Automatic 1st Down

3. Offensive Spot Fouls

Charging	-10 Yards/Consumption of Down
Flag Guarding	-10 Yards/Consumption of Down
Screening, Blocking, or Running with the Ball-Carrier	-10 Yards/Consumption of Down

4. Defensive Penalties (Assessed from LOS)

Defensive Unnecessary Roughness	+10 Yards/Automatic 1st Down
Defensive Unsportsmanlike Conduct	+10 Yards/Automatic 1st Down
Illegal Flag Pull	+5 Yards/Automatic 1st Down
Illegal Rush/Blitz	+15 Yards/Automatic 1st Down
Offsides	+5 Yards/Automatic 1st Down
Roughing the Passer	+5 Yards/Automatic 1st Down
Taunting	+5 Yards/Automatic 1st Down

5. Offensive Penalties (Assessed from LOS)

Delay of Game (25 Second Play Clock)	-Consumption of Down
Delay of Game (Fail to Retrieve/Return Ball)	-Consumption of Down
Illegal Forward Pass	-5 Yards/Consumption of Down
Illegal Motion	-5 Yards/Consumption of Down
Illegal Procedure	-5 Yards/Consumption of Down
Offensive Pass Interference	-5 Yards/Consumption of Down
Offensive Unnecessary Roughness	-10 Yards/Consumption of Down
Offensive Unsportsmanlike Conduct	-10 Yards/Consumption of Down
Offsides/False Start	-5 Yards except on 40 yard line in which will be Consumption of Down. Yards 36-39 will move back to 40.

TEAMS DROPPING

All teams dropped after the deadline will be charged the **FULL Season fees**. If the schedule has not yet been released, the team will remain on the schedule for the season and games will be treated as a forfeit.

SCORE REPORTING

It is the responsibility of each team's Head Coach and/or Athletic Director to check the scores posted at ncsaasports.com for accuracy within 7 days of the conclusion of the game. If the score is inaccurate, please email **sports@ncsaasports.com** to request a score review. NCSAA will then check with Site Officials and the opposing team to determine the correct score. Teams may not dispute the score of the game after 7 days and the score will stand.

COMPLAINTS

NCSAA will not respond to individual parent complaints/issues. Any issues need to come directly from the Head Coach or Athletic Director.
If you would like to compliment or complain about a game official, you may do so at https://www.ncsaasports.com/officials.html.
Game officials are human. Errors do occur. However, all decisions made on the field are final. NCSAA will not overturn the result of a game based on an official's judgment or error. We will simply review complaints for teaching purposes only.
There is no such thing as "playing under protest" in NCSAA. NCSAA will often follow the "24-48 hour rule" on responding to any complaints in order to give all parties time to have a proper "cooling down" period. We will not take angry phone calls on gameday from coaches. We ask that all complaints be in writing from the Head Coach or Athletic Director. In addition, we will not tolerate a mob mentality in which several coaches and parents email the league. This may result in the team being removed from the league.

OFFICIALS

There is a nationwide shortage of officials that is heavily impacting Nevada. This is impacting high school and youth sports across the valley.
There may be times when NCSAA will make alterations to the number of officials on the field for games based on availability. This is not a cost-cutting measure or a miscommunication from the league. These games will count and not be postponed or replayed should there only be one official available. This is not simply a "just go train some more officials" situation. Our officials association does an amazing job of posting ads and providing training. There are just not enough officials at times. We will work together to get through it as a sports community.

PLAYOFFS

- The regular season will consist of an 8-game season.
- For divisions of 15 or less teams, the top 4 teams will make the playoffs.
- For divisions of 31 or fewer teams, the top 8 teams will make the playoffs.
- For divisions of 32-41 teams, the top 12 teams will make the playoffs.
- For divisions of 42-48 teams, the top 16 teams will make the playoffs.
- There may be doubleheaders in the playoffs.
- Commissioner has the authority to adjust the number of teams based on what's best for the league.

TIE-BREAKERS

2 Teams Tied	**3 or More Teams Tied**
1. Standings	1. Standings
2. Head-to-head	2. Point Differential
3. Point Differential	3. Least amount of points allowed
4. Least amount of points allowed	4. Coin Flip
5. Coin Flip	

DRONES

NCSAA supports the same position statement issued by the NIAA in 2014 and 2017:

1. Drone/UAS activity is prohibited in and/or around, before, during, and after NCSAA sanctioned events.
2. NCSAA officials may halt the game/event until the air space is cleared.

Regulations issued by the FAA, 14 CFR part 107.39, prohibit the flying of a drone over a human being that is not operating it. NCSAA member schools employing the use of drones outside of NCSAA sanctioned events are encouraged to assure such use is in accordance with federal and state laws and regulations.

TERMINOLOGY

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the endzone.
Charging	An illegal move by the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.
Dead Ball	This refers to the period of time immediately before or after a play.
Defense	The team opposing the offense to prevent them from advancing the football.
Downs (1-2-3)	The offensive team has three (3) attempts or "downs" to advance the football past the Line-To-Gain.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by still arm, lowering the elbow or head, or by blocking access to the runner's flags with a hand or arm.
Inadvertent Whistle	This is an official's whistle that is performed in error.
Lateral	A backward or sideway toss of the football by the ball-carrier.
Line of Scrimmage (LOS)	An imaginary line running through the point of the football and across the width of the field.
Line-To-Gain	The line the offensive team must pass to get a first down or touchdown.
Live Ball	This refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Neutral Zone	An area the width of the football along of the Line of Scrimmage.
Offense	The team with possession of the football.
Passer	The offensive player that throws the ball and may, or may not, be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent them from passing the football by pulling their flags.
Shovel Pass	A legal pitch attempted from behind the LOS that is caught beyond the LOS.
Unsportsmanlike Conduct	Rude, confrontational, or offensive behavior or language.
Whistle	This is the sound made by an official using a whistle that signifies the end of the play or a stop in the action.