

This is what we used last year. We will keep it the same for when you go there. Please review the below and look at the link for the rulebook for penalty applications.

[Rules - Flag Football - LUG Sports](#)

We are going to stick to the 45 yard field like last season as one official should not officiate a full field game on their own.

See below for what I sent to the conveners after last season concluded.

The season went really well due to the fact that we adapted to the weather conditions on the first day. Due to the weather and field conditions, we went with the shorter fields (45 yards), no kicking/punting and 4 downs for the whole field (teams start with ball on their own 5-yard line unless intercepted) and stuck with that for the whole season. We used the penalties as per your rulebook however, we made the change of playing on 45-yard fields.

The teams and players enjoyed that.

If we revert back to 75-yard field with kicking and punting as per your rulebook, 1 official (referee) cannot handle it. Some of the teams can really play and it'll be hard to watch everything, so we will definitely need to go with 2 officials for any subsequent years if you revert back to the 75-yard fields.

If we stick with the 45-yard fields and 4 downs for the whole field and 7-yard rush as agreed on with Aidan/Carly, then we can use 1 official per game. Keep in mind that, we still utilized your rulebook for penalty applications (plus free extra point as per rulebook after scoring or attempt for 2 points from the 10) and timing of the game etc.

Games are approximately 50 minutes long.

**GAME BREAKDOWN**

**Warm Up:** 4 minutes

**1st Half:** 22 minute RUN TIME period

Half Time: Minimum of 2 minutes - may be extended at the discretion of the referee.

**2nd Half:** 22 minute RUN TIME period

**Overtime:** 2 minutes. Each team will be given one (1) possession beginning at the opposing team's 25-yard line to determine a winner.

In the event that a winner is not determined, both teams will be given one (1) possession beginning at the opposing team's 10-yard line to determine a winner

	<p>A winner is determined when one team scores, while the other team is prevented from scoring.</p> <p>The defensive team may score on an interception.</p> <p><b>Timeouts:</b> Each team has one 60 second time out per half.</p>
<b>FIELD SIZE</b>	<p>Fields should be set up to be approximately 70 yards x 40 yards with a 10 yard end zone on either side.</p>
<b>HOME &amp; AWAY BENCHES</b>	<p>Use your assigned bench at all times as outlined in your team's home or away designation.</p>
<b>TEAM "COACHES"</b>	<p>A team is entitled to a maximum of two (2) non-dressed personnel (players or coaches) behind the bench during a game. Suspended players cannot be behind the bench while under suspension.</p> <p>The referee's may use their discretion to ask these individuals to leave if they are not acting in a considerate manner and penalize the team accordingly.</p> <p>All non-dressed personnel are held to the same standards of behaviour as players in our code of conduct and in relation to alcohol/substance use. Any non-dressed personnel in violation will be banned for the season after a single offence.</p>
<b>RINGERS / EXTRA PLAYERS DURING REGULAR SEASON</b>	<p>LUG Permits the use of extra players during the regular season in order to maintain a competitive level of play. All extras should be of similar skill level to the league they are playing. Teams should follow the <a href="#">How to Call up a player process</a> when doing so.</p>
<b>RINGERS / EXTRA PLAYERS DURING LEAGUE PLAYOFFS</b>	<p>Ringers / Substitute Players are <b>NOT</b> permitted. If a team is deemed to have players that are not on their official roster during playoffs, the game will be considered default for the accused team. Teams can request an ID check of a player to confirm that player is on their opponent's registered LUG roster. If a request is made, it must be done either before the game, during the game, or within 10 minutes after the game has ended. After this time, it is no longer valid.</p> <p>Punishment for using illegal players may include but is not limited to one or more of the following; suspension of the player(s), removal of any goals scored or assisted goals, forfeit of the game, suspension of the</p>

	<p>Captain of record, and turning over of the final game score. Ultimately, it is up to the league to make the final discretionary judgement call on how to rule it.</p>
<p><b>JERSEY NUMBERS / STATS</b></p>	<p>Teams are given LUG jerseys for the season. All players must update their player number on their DigitalShift profile in order to receive stats for their games. <a href="#">Click here for information on how to update your jersey number.</a></p> <p>Every player must wear a readable number on their jersey at all times. Only one player per number per team.</p> <p>All player numbers must correspond with the scoresheet.</p> <p>Captains are ultimately responsible for ensuring that all game statistics are accurate, and must address LUG Management with any questions.</p>
<p><b>CLOTHING AND FOOTWEAR</b></p>	<p>No belts, items of clothing, or accessories may be worn on the field that impedes the removal of the flags or cover any portion of the flags. Shirts/jerseys must be tucked in on all sides at all times.</p> <p>Pants/shorts with pockets should NOT be worn.</p> <p>All metal cleats or spikes or any shoe that has steel or metal tips are prohibited. Rubber cleats are permitted. All players must wear shoes.</p> <p>Any flat soled shoes are acceptable footwear.</p>
<p><b>EQUIPMENT</b></p>	<p>LUG will provide a football, kick off tee and twelve (12) sets of flags to each team. Teams are responsible for bringing all LUG provided equipment to each game.</p> <p>Mouth guards are strongly recommended.</p>
<p><b>WEATHER</b></p>	<p>Games are played in the rain, snow or shine. Games will be suspended when there is reasonable threat of lightning. Further information on weather suspensions can be found in the <a href="#">LUG Weather Policy</a>.</p>

**PLAYING THE GAME**

<b># OF PLAYERS</b>	<p>See the <a href="#">LUG Minimum Number of Players Required Policy</a>.</p> <p>Maximum of 7 players in a huddle.</p>
<b>CHANGING ENDS</b>	<p>One team will be given the choice to receive, or choice of side at the beginning of each half.</p>
<b>SCORING TOUCHDOWNS</b>	<p>A touchdown is worth 6 points.</p> <p>When any part of the football touches or is in-advance of the goal line, a touchdown is awarded. The football must break the plane of the end zone before the player is downed by any means.</p> <p>The goal-line extends the width of the field to the farthest point of each sideline.</p> <p>After scoring a touchdown, teams must elect one of the following two options:</p> <ul style="list-style-type: none"> <li>• receive a FREE extra point; or</li> <li>• attempt a 2 point conversion.</li> </ul>
<b>2 POINT CONVERSIONS</b>	<p>If the team elects to go for a 2-point conversion the ball is placed on the 10- yard line and the team has one down to score.</p> <p>If the ball is intercepted the play is dead.</p>
<b>SAFETY</b>	<p>A safety is worth 1 point.</p> <p>A safety occurs when the offensive team carries the ball into their own end zone and:</p> <ul style="list-style-type: none"> <li>• they are de-flagged/downed by any means while inside; or</li> <li>• the offensive team commits a foul inside the end zone (i.e. blocking, interference, guarding the flag).</li> </ul>
<b>SUBSTITUTIONS</b>	<p>Substitutions are allowed at the completion of every play.</p> <p>A team may only have a maximum of 7 players in their huddle at any time.</p> <p>Players being substituted for must be off the field prior to the next snap OR they must be out of the area of play and departing the field in haste.</p>

## COIN TOSS

At the beginning of the game the captain/player from the home team will be asked to call “heads” or “tails” prior to a coin toss. In the event there is no coin available to the referee, players shall abide by the 'rock-papers-scissors' method

The winner will have choice of the following options for the first half:

- To receive;
- Side of play; or
- Defer choice to the second half

## KICK OFF

Kickoffs occur ONLY at the beginning of each half.

If a touchdown is scored at any other point in the game, the opposing team will automatically begin with the ball on their own 25-yard line.

Kickoffs must be made from the team’s own 25-yard line.

No player from the kicking team may be in front of the kicker at the time the ball is kicked on any kick-off, unless they are the place-holder. Offside will be called if a player from the kicking team is in advance of the ball at the time that it is kicked. A 5-yard penalty to be assessed after the kickoff.

No player from the receiving team may be in front of mid-field at the time the ball is kicked on any kick-off. Offside will be called if a receiving 3 player is in advance of mid-field at the time that it is kicked. A 5-yard penalty to be assessed after the kickoff.

If the ball goes out of bounds on a kick off the receiving team will receive the ball at the 35 yard line.

The ball is not live until the receiving team has touched it. All fumble rules apply.

If the kick goes out the back or sides of the end zone a touchback will be called.

If the ball is downed inside the end zone a touchback will be called.

## THE SNAP

**Play Clock In:** The play clock starts when the referee spots the LOS and the rusher mark with bean bags and signals down.

**Ball In Play:** A team must snap the ball to begin each play.

If the ball is snapped before the referee puts the Play Clock In, the referee may blow the play dead.

The offense has a maximum of 15 seconds from the time the referee puts the Play Clock In to put the ball In Play, 5 yard penalty for failure to put ball in play within 15 seconds

## FIRST DOWNS

The referee can only put the Play Clock In once the defense is onside. The defense must make a reasonable effort to get back onside after every play.

The player who receives the snap is the QB.

More than one player may line up in the eligible pocket to receive a snap.

Players must declare that they are the QB.

Either player may direct the center when to snap the ball.

The QB must be at least 5 yards behind the LOS and he/she must be within the eligible pocket.

There will be 1 first down marker on each field at 50 yard line (or halfway point of the field they are playing on)

A team has four downs to advance the ball beyond the first down marker directly downfield of where they gain possession of the ball or where they were awarded a first down. If they do so, they will be awarded a first down.

If a team gains possession of the ball or are awarded a first down in advance of every first down marker on the field they will have four downs to advance the ball into the end-zone.

If a team loses yardage and is downed behind the 1st down marker, if the team subsequently crosses the 1st down marker on another play, it is not a 1st down.

## PUNTS

Punts must be communicated to the referee and to the opposing coach before the play.

A punt may go out-of-bounds with no penalty. The ball will be spotted where it left the playing area.

A punt is not live until the receiving team touches it.

The punting team may down the ball by touching it on the ground.

No fake punts are allowed.

Teams can elect to forgo a punt and have the ball placed 5 yards behind half field point.

Only one defensive player may rush the punter immediately.

The rusher must stand 10-yards away from the LOS.

If a punt is deflected such that it changes direction to move toward the kicking team's end zone, the ball is dead and the non-kicking team gains possession where the player first made contact with the ball.

	<p>If a punt is deflected such that it does not change direction and continues to move toward the non-kicking team's end zone, the ball remains LIVE and the non-kicking team may advance the ball.</p>
<p><b>MOTION</b></p>	<p>A maximum of 3 players are allowed to be in motion at the snap. Movement must be parallel or away from the LOS and must be continuous. The player cannot begin this motion after coming set on the LOS.</p> <ul style="list-style-type: none"> <li>• 5-yard penalty, no loss of down, for Illegal Procedure.</li> </ul> <p>No offensive player can cross the LOS before the ball is snapped.</p> <ul style="list-style-type: none"> <li>• 5-yard penalty for False Start.</li> </ul>
<p><b>OFFSIDE</b></p>	<p>A defensive player will be called Offside if they cross the LOS before the ball has been put In Play, and do not return behind the LOS before the ball is put In Play.</p> <p>Offside is a 5-yard penalty, to be assessed from the LOS.</p>
<p><b>QB RUSHER / BLITZ RUSHER</b></p>	<p>One player may rush the QB unabated each play</p> <p>A second rusher may rush but is not given right of way.</p> <p>Players who elect to rush must start 7 yards from the LOS and identify that they are rushing.</p> <p>A QB CAN NOT RUSH before the 3 steamboats elapse, however when that countdown is completed a QB can elect to rush to avoid the pass rusher.</p> <p>A player must indicate to the ref who is rushing by holding up their hand after the play clock starts and before the ball is put into play.</p> <p>If two players raise one (1) or two (2) hands, both players will be designated as Blitzing Rushers, and no player will be designated as the QB Rusher or given the right of way.</p> <p>Rushers must be at least 7 yards away from the LOS</p> <p>Offside will be indicated if any part of a Rusher's body crossed the LOS. 5 yard penalties for offside.</p> <p>There will be NO blocking, all players who begin on the LOS are eligible to receive the ball. <i>Blocking will be a 5 yard penalty.</i></p> <p>The ref will use judgment to determine if there is a block taking place to avoid the rusher to get to the QB's Flags. If players collide it may be unintentional and play will continue.</p>

The center cannot intentionally block the progress of a Blitzing Rusher, but is given right of way on their receiving route.

Anyone lining up in front of the centre must line up at least 1 yard away to limit the potential for contact.

All other defensive players may line up at the line of scrimmage – they may also cross the line after the play has begun.

These players cannot de-flag OR pressure the QB in the backfield until the QB has crossed or is crossing the LOS.

10-yard penalty from LOS for Illegal Procedure on the Defense for an illegal player in the backfield.

Pressuring the QB is defined as pursuit of the QB well behind the LOS.

Pressuring the QB within close proximity of the line of scrimmage is allowed.

If another offensive player is in the vicinity of the QB and the defensive player's pursuit can be attributed to making a play on that other offensive player then no penalty will be called.

Roughing the Passer will be called when the rusher, if while attempting to de-flag the quarterback or block the pass, makes any contact with the passer including striking the passer's arm when in a forward motion.

The onus is on the defensive player to avoid contact with the QB. The defensive player is responsible for their momentum and will be called even if the contact is accidental and minor.

Personal Foul is the penalty for Roughing the Passer.

## **DE-FLAGGING**

The ball carrier is deemed to be down and the ball is dead when either flag is detached, falls to the ground (even if from equipment failure) from the ball carrier's waist or when any part of the ball carrier's body other than a hand or foot touches the ground.

When a defensive player pulls the ball carrier's flag the defensive player must return it to the de-flagged player, the de-flagged player's team, or give it to the referee.

Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm and directing the ball carrier to the ground. The following penalties may be assessed at the discretion of the referee:

- A 5-yard penalty for Minor Contact;
- A 10-yard Personal Foul penalty with an automatic first down; or



If the contact is excessive and/or flagrant, a 15-yard penalty for Major Contact shall be assessed, with an automatic first down and ejection of the player from the game.

Pushing a player out-of-bounds is prohibited. The following penalties may be assessed at the discretion of the referee:

- A 5-yard penalty for Minor Contact;
- A 10-yard Personal Foul penalty with an automatic first down; or

If the contact is excessive and/or flagrant, a 15-yard penalty for Major Contact shall be assessed, with an automatic first down and ejection of the player from the game.

Holding is prohibited. The penalty for Holding will be a Personal Foul. Grabbing the ball carrier's clothing will be considered holding.

An unintentional hold of a player's clothing or flag belt will be penalized as Minor Contact as long as the clothing is released immediately.

The intended receiver of either a pass or a Lateral may be de-flagged after first touching the ball – even while fumbling or bobbling the ball and before possession is established.

The receiver is considered down at the point they were de-flagged, NOT at the point they gain control of the ball.

If an offensive player's flag is pulled prior to contact with the football a Personal Foul will be called.

The referee will also have the option to award a score to the offense in the event the offensive player whose flag has been removed gains possession of the ball behind the defense and there is no defender that can reasonably be expected to have de-flagged them. Otherwise, the player will be deemed down where the player gains possession of the ball.

If the QB's arm is in forward motion (passing) while their flag is pulled, the pass is allowed.

## **BALL CARRIER**

The responsibility of avoiding contact rests primarily with the ball carrier. They must make every effort to avoid contact. The ball carrier cannot uncontrollably or deliberately run or dive into a defensive player.

- 5-yard penalty for Minor Contact; or
- 10-yard Personal Foul penalty, automatic first down.

When a defensive player has established position to de-flag the ball carrier, the ball carrier CANNOT run into them. The defender is entitled to a stationary effort at the flag.

	<p>It is expected of the ball carrier to slow down and stop if otherwise the ball carrier cannot avoid making contact with the stationary defender.</p> <ul style="list-style-type: none"> <li>• 5-yard penalty for Minor Contact; or</li> <li>• 10-yard Personal Foul penalty, automatic first down.</li> </ul> <p>A ball carrier may spin but must take responsibility for their momentum. If contact occurs during a spin the offensive player will be automatically penalized 5-yards from POI for Minor Contact.</p>
<b>JUMPING</b>	<p>Players may leave their feet to avoid being de-flagged, but must take responsibility for their momentum. If contact occurs during a jump the offensive player will be automatically penalized.</p> <p>Players may leave their feet to de-flag a player or to attempt to catch the ball. 5-yards from POI for Minor Contact.</p>
<b>GUARDING THE FLAG</b>	<p>The ball carrier cannot protect their flags by blocking with their hand, arm, head, shoulder or the ball.</p> <p>It is an infraction regardless of whether the player guards their flags intentionally or unintentionally. The onus is on the ball carrier to keep the path to their flags free from any obstruction.</p> <ul style="list-style-type: none"> <li>• 5-yard penalty for Guarding the Flag marked from the POI.</li> </ul> <p>The play will be blown dead upon infraction.</p>
<b>FUMBLES</b>	<p>The ball is dead on any fumble.</p> <p>The ball shall be spotted at the point where the player lost possession of the ball.</p> <p>On a muffed snap, if the QB fields the ball cleanly &amp; immediately the play is allowed to continue.</p> <p>If the ball is snapped over the head of the QB, or it is not fielded cleanly &amp; immediately, the play shall be blown dead. It will be spot at the same spot as the previous play.</p> <p>If the QB makes contact with the ball on the snap, and the ball is subsequently fumbled, the spot of the ball will be where the QB made contact with it, and NOT where the ball first landed.</p> <p>On a kickoff if the ball is muffed the play shall be blown dead immediately.</p>

## **RUNNING**

The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on to any degree.

A Running Play is defined as a play where the ball crosses the LOS on the ground.

A Backfield Play is defined as any play where the ball is not in possession of the QB.

There are unlimited running plays.

The QB is allowed to run the ball following the 3 steamboat count )

Once a backfield play has begun all players may de-flag the QB.

## **PASSING**

There can be only one forward pass per play.

If the football is past the LOS when it is released, an illegal forward pass has occurred. The spot is judged by the release of the ball, NOT the feet of the QB.

- A 5-yard Illegal Procedure penalty and a loss of down is assessed for an illegal forward pass.

Illegal forward passes shall be marked from the POI.

Any play where an illegal forward pass occurs is also considered a Running Play, as the ball crossed the LOS on the ground.

Once the ball has crossed the LOS it cannot be passed forward even if the ball is first returned back across the LOS.

Intentional Grounding occurs when the QB has not moved laterally and they intentionally and obviously throw the ball to where no receiver has a chance at it.

This does not include passes that are thrown downfield past everyone.

If the QB obviously and immediately spikes the ball at the LOS this shall be ruled an incomplete pass.

The ball shall be spotted at the POI with a loss of down.

If the QB is in their own end-zone then the result is a safety.

A Lateral is defined as any pass thrown overhand or underhand perpendicular or away from the direction of advancement of the team in possession.

A forward underhand pass is not a lateral and constitutes an illegal forward pass unless initiated from behind the LOS, in which case it is a legal forward pass.

A Lateral may be attempted at any point on the field.

Any Lateral initiated from behind the LOS that is fumbled is dead at the spot it first strikes the ground.

Any Lateral initiated from in advance of the LOS that is fumbled results in a turnover from the spot the Lateral is initiated.

## RECEIVING

A reception occurs when a player catches and controls the ball with at least one foot in-bounds.

All offensive and defensive players are eligible receivers if they are on the playing field when the ball is snapped.

If a receiver fully and clearly steps out-of-bounds, without being illegally forced out by an opposing player, and returns to catch a pass thrown to them, the receiver is ruled to be ineligible and the pass is ruled incomplete.

No penalty yardage on the play. Loss of down.

If a player steps out-of-bounds by a small margin (at the discretion of the referee) they will remain eligible.

A receiver is considered eligible if they are illegally forced out-of-bounds by a defender and immediately return to the field of play.

A defender cannot force an offensive player out-of-bounds by way of any positive action. Incidental contact is not considered to be a positive action.

If a receiver catches the ball with one foot in-bounds and one foot out-of-bounds simultaneously, the pass is incomplete.

When a receiver jumps to make a catch, both of the receiver's feet must have started in-bounds and the first foot to touch the ground after the reception must land in-bounds for the pass to be ruled complete.

The lines marking the sidelines and the extreme end of the end-zones shall be considered out-of-bounds if stepped on to any degree.

A double reception (when the offensive player and defensive player both catch the ball and have equal possession), always goes to the offense.

## GAME FORFEITS & DEFAULTS

We take forfeits very seriously at LUG. Registration is a commitment and we expect teams to play all of their scheduled games and be respectful of their opponent's commitment and expectations. Failure to attend a scheduled game deprives other teams a portion of their season and is frustrating to everyone who traveled and took time from their personal schedules to be there.

Refer to the [Forfeits & Defaults policy](#) for further information and applicable sanctions.

## standings AND DIVISIONS

### DIVISIONAL STRUCTURE

Teams/Free Agents will be placed into divisions initially based upon their submitted registration, skill level, and position.

League administration reserves the right to move a team (or player) to a higher or lower division based on;

- Overall and/or individual Player skill level
- Win/loss record
- Age of players
- Any other statistical data

This rule is applicable at any time during the season.

### STANDINGS

Win = 2 points

Tie/Shootout/OT Loss = 1 point

Loss = 0 points

### TIE BREAKERS

1. Points
2. Win %
3. Head to Head
4. Point Differential
5. Wins
6. Regulation Wins
7. Most number of Touchdowns
8. Fewer number of Touchdowns against
9. Coin Flip

In the event more than two teams are tied, the above process is followed until one or more teams are removed and the process begins again with the remaining teams. This is followed until only one team is remaining.

## **PAYMENT POLICY**

LUG holds the right to take disciplinary action on teams that have not fulfilled the full balance of team fees 2 weeks after the first game is played.

LUG Teams are expected to pay the full amount designated to each league regardless of rostered players.

## **SKILL LEVEL - PLAYERS**

Teams will be assigned to divisions by skill level based on total number of teams and their performance in the initial few games.

## **CODE OF CONDUCT**

### **EXPECTATION AT ALL LUG EVENTS (GAME AND NON-GAME RELATED)**

Outside of game play, all players are expected to live up to a standard Code of Conduct. The [LUG Code of Conduct](#) includes some basic rules for participating in the league and being present at games and LUG events. These common sense rules are extremely important and any violation or failure to follow these rules will result in player or team suspension and/or expulsion from LUG sports.

### **FACILITY BEHAVIOR**

All players/coaches/fans/LUG affiliates are expected to respect all facility rules.

- Use of profanity, slander, racial comments or any kind of inappropriate language is not permitted.
- Groups/Individuals are responsible for any damage caused to the facility.
- Garbage must be placed in bins provided. This includes any facility change rooms.
- Spitting/Chewing tobacco products is strictly prohibited in all areas.
- Anyone under the influence of drugs or alcohol will be refused entry and or removed from the premises.
- Possession and/or consumption of alcohol is strictly prohibited and includes the change rooms, fields, stands, and parking lots.
- Smoking/Vaping of any kind is prohibited on the field or in the change rooms.

## **PENALTIES**

### **PASS INTERFERENCE**

After the pass is in the air neither receiver nor defender may deliberately touch the other until either of them touches the ball.

Incidental contact is defined in this circumstance as contact resulting from attempts at the football. This type of contact is permitted.

**ILLEGAL USE OF  
HANDS**

Positional advantage can only be used to make an attempt at the football.

If contact occurs as a result of the receiver's attempt on the ball, and the defender is making NO attempt at the ball, this shall be considered Defensive Pass Interference.

When a defender uses their positional advantage to impede the receiver without making an attempt on the ball contact is attributed to the defender.

If contact results from the receiver's attempt on the ball, and the defender has positional advantage and is making an attempt on the ball, this shall be considered Offensive Pass Interference.

When a defender is using their positional advantage to catch the football contact is attributed to the receiver.

Defensive Pass Interference occurs when the defender makes deliberate contact with the offensive player to impede the catching of the ball. This is also referred to as taking away any positional advantage through contact.

The ball is spotted at the point of interference and an automatic replay of down

If the interference occurs in the end zone the ball is spotted at the 1-yard line replay of down

An attempt to catch the ball that results in unintentional contact is NOT Pass Interference, unless one player had established a positional advantage.

When no positional advantage has been established by either player, the onus is on both the offensive and defensive player to avoid contact with the other player.

Offensive Pass Interference occurs when the offensive player makes deliberate contact with the defensive player at any point to gain a positional advantage in order to catch the ball or hinder the defensive players' ability to catch it and/or guard the offensive player.

"Pushing off" to free up space is considered offensive Pass Interference.

A 10-yard penalty will be assessed from the LOS with a loss of down.

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No defender may make deliberate contact with a receiver to impede their route at any point.

5-yard Interference penalty for illegal use of hands.

## **INTERFERENCE**

Any offensive player not making a play for the ball (or running a pattern) who deliberately impedes any defensive player's ability to cover their opponent shall be called for Interference.

A 10-yard Interference penalty with no loss of down.

## **QUICK WHISTLES**

If the official whistles the play dead prematurely, AND the outcome of the play is in doubt, the offense shall have the choice of:

- Accepting the ball where it was whistled dead; or
- replaying the down.

If the outcome of the play is NOT in doubt, the result of the play may be left to stand at the discretion of the referee.

If there is an interception on the play the team with possession of the ball shall be considered the offence.

## **PENALTIES**

All penalties are subject to the non-penalized team's choice to accept or decline the penalty.

All live ball penalties (fouls which occur while the play is in progress), with the exception of the plays enumerated in Section 6.01(c), will be indicated by the referee tossing a penalty flag on the field. The play will be allowed to continue to its completion and the penalty will subsequently be subject to the non-penalized team's choice of whether to accept or decline the penalty.

The following penalties on the offense will be blown dead at the moment of infraction:

Offsetting fouls occur when both the offense and the defense are penalized on the same play. It is irrelevant if the penalties have different yardage amounts.

Offsetting fouls result in the down being played over.

If two penalties occur against one team on the same play, only a single penalty may be enforced. The choice is given to the opposing team as to which foul to be enforced.

If a foul occurs during a play and after the play a dead ball foul occurs, both fouls will be enforced, even if they are both against the same team. They do not offset, even if they are against both teams.

If a distance penalty, enforced from a specific spot between the goal lines, would place the ball more than half the distance to the offender's goal line, the penalty is half the distance from that spot to the goal line.



<b>PHYSICAL CONTACT</b>	Any excessive physical contact or use of the body as a weapon will result in immediate removal from the game.
<b>UNSPORTSMANLIKE CONDUCT</b>	<p>Minor: Utilized by the referee as a warning to the player that their conduct is unacceptable.</p> <p>Major: At the discretion of the referee. 10 yard penalty and the player may be ejected.</p>
<b>REMOVAL FROM GAME - DISCRIMINATORY BEHAVIOUR</b>	Any Player or Team Official who engages in verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be immediately removed from the game and be suspended according to Discipline and Complaints Policy (add link). There will be no tolerance for this type of behaviour and LUG Management will be very harsh with their assessment of suspensions. Should the Player who committed the offense not be discovered, the team representative will be automatically and indefinitely suspended pending a review by LUG.

## SUSPENSIONS

<b>DISCIPLINARY ACTION</b>	LUG Sports reserves the right to impose disciplinary action against any player deemed to have broken the rules and regulations of the league including but not limited to suspension and expulsion with ZERO refund.
<b>SUSPENDED PLAYERS / TEAMS</b>	<p>No one is allowed to play on any team in the league while on suspension from another team.</p> <p>Captains are ultimately responsible for notifying their players of any suspensions.</p> <p>Suspension from the regular season will carry over to the playoffs and future seasons.</p> <p>Suspended players are not permitted on the Player's bench.</p> <p>Any player knowingly participating in a League game while under suspension will automatically have their teams' points removed for that game and the suspension length will be doubled (at minimum). If the Team Rep knowingly permits a suspended or ineligible Player to participate in a League game, the Team Rep and the team will face disciplinary action.</p>
<b>SUSPENSIONS - GAME PLAY INFRACTIONS</b>	Any penalty incurred that carries an automatic suspension cannot be appealed. LUG Management will work with the Game Officials to determine any suspensions administered from actions in game play.

## SUSPENSIONS - NON-PLAYING INFRACTIONS

Any infractions to the LUG Code of Conduct that occur away from the field of play will receive an automatic suspension with potential further action taken by LUG Management:

**Alcohol:** All alcohol is prohibited from being brought into facilities. This includes dressing rooms, the parking lot, benches, stands, and any other not mentioned facility premises. Any alcohol seen on benches will result in an additional suspension due to the complete disregard for the rules.

Player with Alcohol = 1 game suspension. 2nd infraction results in removal from league.

Team with Alcohol - 1 game team suspension. 2nd infraction results in removal from league.

Benches - 2 game team suspension. 2nd infraction results in removal from league.

**Vaping & Smoking:** Smoking or vaping is prohibited inside facilities. Player = 1 game suspension. 2nd infraction results in removal from league.

**Abusive Behaviour:** LUG has a zero tolerance for any abuse or harassment towards or by any LUG participant, game official or spectator. All incidents should be reported to LUG Management by completing an [Incident form](#). Submitted incidents will be assessed using the Discipline and Complaints Policy and a minimum of a two game suspension will be applied. Any player determined to have been involved in an act of racism or hate will be removed from the league.

**Facility Damage:** Any team found to have damaged the facility in any way will receive an automatic 3 game suspension. If there is damage to the facility that you are made aware of, please take photos and complete a [LUG Incident Form](#).

**Fan Behavior:** All actions of the fans are attributed to the teams on the ice. Please ensure your guests behave and follow the above rules. Any incidents created by fans may result in a Fan Ban for your division. Teams found to have brought fans to the rink to party or drink will receive suspensions.

## FIGHTING FULL TIME PLAYER

Fighting is NOT permitted in LUG games and carries the following automatic suspensions. These suspensions are not eligible for appeal.

### FIRST INFRACTION

Major Penalty & ejection from game.

\* Serious offences may result in subsequent suspensions or disciplinary actions.

\*\* Any call up player that is assessed a fighting infraction will be ineligible for any further games in the season.

**SECOND INFRACTION**

Those involved in multiple fighting majors in a single season may be suspended and/or removed from the league. Each case will be evaluated on a case by case basis by league management.

**FIGHTING**  
CALL UP PLAYER NOT  
REGISTERED IN LEAGUE

Any call up player that is not a full time registered player with LUG in the current season will automatically be ineligible for all future games for the remainder of the season.

**BENCH BRAWLS**

Any team involved in a bench brawl or line brawl will receive an automatic 1 game suspension. The situation will also be reviewed for further suspensions to individuals and the team above this. Both teams will receive a default for the game in which the brawl took place.

**APPEAL PROCESS**

A Team Captain, on behalf of the suspended player, may appeal a suspension of three (3) games or more by filing a written submission to [LUG Management](#) and paying a \$75 review fee. The appeal letter must be submitted to LUG Management within three (3) days of the suspension's issue and the fee must be received before any appeal will be considered. A suspension appeal may only be made by the Team Captain. The letter must outline the basis for the appeal (eg Player's penalty history, comparable suspension length for similar infraction, etc).

Upon receipt of the appeal letter and review fee, the appeal will be reviewed by LUG Management. The following information may be considered relevant to any review:

- Player suspension and penalty history relevant to LUG league play in any sport
- Game Officials' reports
- LUG onsite staff and Commissioner reports
- All information gathered in the initial suspension review