

USA WHEELCHAIR FOOTBALL LEAGUE

2024 OFFICIAL PLAYING RULES

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**MOVE
UNITED**



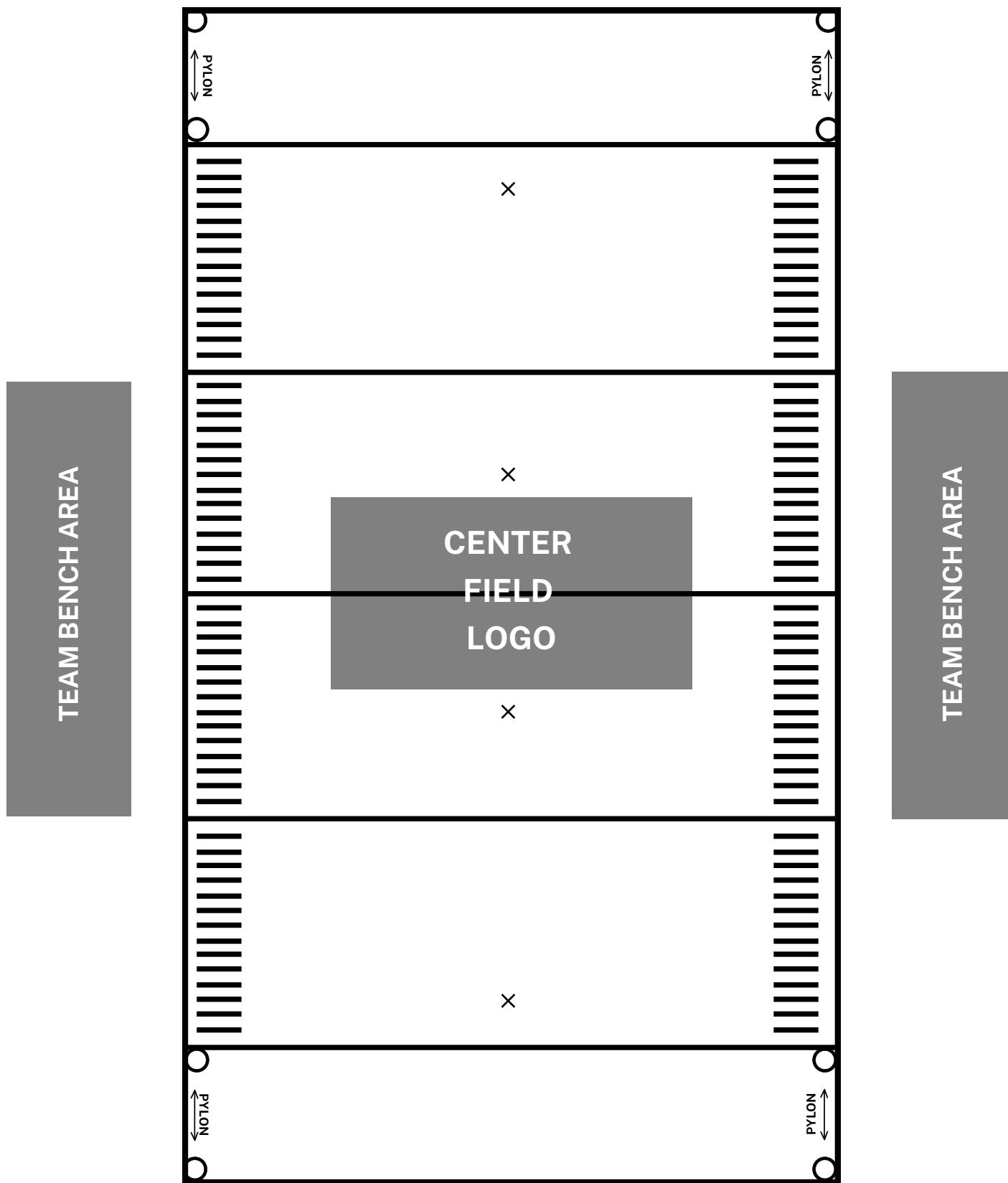
PREFACE

This is the Official Playing Rulebook for the USA Wheelchair Football League, and it contains all current rules governing the playing of wheelchair football for that League. Member clubs of the USA Wheelchair Football League along with the Rules Committee may vote to amend these rules from time to time. If that should occur, the League offices will send out an amended rulebook.

Any officials looking for further interpretation can contact Karalyn Stott at Move United (kstott@moveunitedsport.org).

If any rule in this rulebook is unclear, default to the Official Playing Rules of the National Football League.

FIELD MARKINGS



FIELD MARKINGS

1. All line work is to be laid out to dimensions shown on the plan, with all line work being straight, and utilizing a color that is clearly visible and contrasts any surface markings already on the field area.
2. Care must be exercised in any end zone marking, decoration, or club identification at the 30-yard line, that said marks or decorations do not in any way cause confusion as to delineation of goal lines, side lines, and end lines. Such markings or decorations must be approved by Move United.
3. All lines are to be 2 inches wide - or the width of a standard roll of duct tape.
4. All lines should be marked with a material that is not injurious to eyes or skin.
5. All boundary lines, goal lines, and marked yard lines (15 yards on both sides and 30 yards) are to be continuous lines.
6. The four intersections of goal lines and sidelines must be marked at inside corners of the end zone and the goal line by pylons placed at the inside edges of the lines and not touching the playing field itself.
7. Yard markers, if not painted on the field, should be placed at the outside edges of the lines and not touch the playing field itself.
8. There shall be marks at 1-yard intervals between each distance of 15 yards for the full length of the field. These lines are to begin 8 inches from the sidelines and are to measure 2 feet in length.
9. Care should be taken to allow as much space as possible from the sidelines to any benches or rigid fixtures. Wherever possible, attempt a minimum of 10 yards from the sidelines.
10. Wherever possible, player benches should be on opposite sidelines, and can be situated anywhere between respective 20-yard lines. If space is unavailable on both sides of the playing field, two player bench areas should be marked from the 5 to 20 yard line areas on the same side of the field.

RULE 1 – THE FIELD

SECTION 1 DIMENSIONS

ARTICLE 1. PLAYING LINES. The game shall be played upon a rectangular field, 228 feet in length and 66 feet in width. The lines at each end of the field are termed End Lines. Those on each side are termed Sidelines. Goal Lines shall be established in the field 8 yards from and parallel to each end line. The area bounded by goal lines and sidelines is known as the Field of Play. The areas bounded by goal lines, end lines, and sidelines are known as the End Zones.

ARTICLE 2. FIELD. The field includes the Field of Play and the End Zones. The field must be a flat, smooth surface with no large cracks or gravel that would cause an unsafe environment for a wheelchair user traveling at high speeds.

SECTION 2 MARKINGS

ARTICLE 1. LINE MARKINGS. At intervals of 15 yards, yard lines parallel to the goal lines shall be marked in the field of play. The markings should measure 2 inches wide and cross the entire length of the field.

There shall be marks at 1-yard intervals between each distance of 15 yards for the full length of the field. These lines are to begin 8 inches from the sidelines and are to measure 2 feet in length.

Care must be exercised in any end zone marking, decoration, or club identification at the 30-yard line, that said marks or decorations do not in any way cause confusion as to delineation of goal lines, side lines, and end lines. Such markings or decorations must be approved by Move United.

All boundary lines, goal lines, and marked lines are to be continuous lines. These, and any other specified markings, must be in a single color that is clearly visibly and contrasts any surface markings already on the field area. There shall be no exceptions for these markings, unless pre-approved by Move United.

The four intersections of goal lines and sidelines must be marked at inside corners of the end zone and the goal line by pylons placed at the inside edges of the field lines and not touching the playing field itself.

ARTICLE 2. GOAL LINE. All measurements are to be made from the inside edges of the line marking the boundary lines. Each goal line marking is to be in its end zone so that the edge of the line toward the field of play is 24 feet from the inside edge of the end line.

SECTION 3 PLAYER'S BENCHES

ARTICLE 1. PLAYERS' BENCHES. At the option of the tournament host, both the players' benches may be located on the same side of the field. In such a case, the end of each bench shall start at the 20-yard line and continue towards the adjacent goal line.

When both benches are so located, the down marker will be operated during the entire game on the opposite side to the benches.

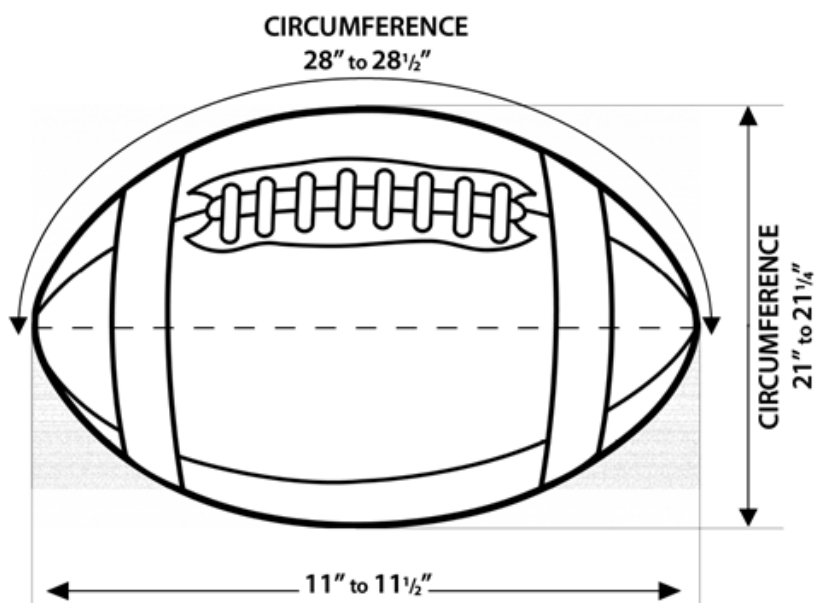


RULE 2 - THE BALL

SECTION 1 DIMENSIONS

ARTICLE 1. SPECIFICATIONS. The Ball must meet the following specifications:

1. New or nearly new. (A nearly new ball is a ball that has not been altered and retains the properties and qualities of a new ball.
2. Cover consisting of four panels of pebble-grained leather without corrugations other than seams.
3. One set of eight equally spaced lacings.
4. Inflated to a pressure of $12\frac{1}{2}$ to $13\frac{1}{2}$ pounds per square inch.
5. Conforms to the maximum and minimum sizes of: long axis, 11 to $11\frac{1}{2}$ inches; long circumference, 28 to $28\frac{1}{2}$ inches; short circumference, 21 to $21\frac{1}{4}$ inches
6. Weight, 14 to 15 ounces.



The officials team shall be the sole judge as to whether all balls offered for play comply with these specifications. A pump is to be furnished by the home club, and the balls shall remain under the supervision of the officials throughout the length of the game.

ARTICLE 2. SUPPLY. Move United will make 3 balls per field available for testing by the officials no later than ninety minutes prior to the starting time of the game to meet League requirements. In the event the supply is exhausted, the officials shall secure a proper ball from the tournament host site, failing that, use the best available ball. Any such circumstances must be reported to Move United.

It is the responsibility of the tournament host site to furnish playable balls at all times by attendants from the side of the playing field.

In case of rain or a wet or slippery field, a playable ball shall be used at the request of the offensive team's center. The Game Clock shall not stop for such action (unless undue delay occurs).



RULE 3 - DEFINITIONS

Technical Terms have been defined below. Because of their listing alphabetically, some terms may appear prior to being defined.

SECTION 1 THE BALL AND POSSESSION OF THE BALL

ARTICLE 1. DEAD BALL. A Dead Ball is one that is not in play. The time period during which the ball is dead is Between Downs. This includes the interval during all timeouts, including intermission, and from the time the ball becomes dead until it is legally put in play.

ARTICLE 2. BALL READY FOR PLAY. A Dead Ball is Ready for Play while the 40-second Play Clock is running when the ball is placed down by an official at the spot where the ball will next be put in play.

ARTICLE 3. LIVE BALL. A Live Ball is a ball that is in play. A Dead Ball becomes a live ball when it is: 1) legally thrown on a Free Kick Pass Down 2) legally snapped on a Scrimmage Down or 3) legally thrown on a Fair Catch Kick Pass Down. It continues in play until the down ends.

ARTICLE 4. LOOSE BALL. A Loose Ball is a live ball that is not in player possession. A Loose Ball is considered to be in possession of the team (offense) whose player passed or fumbled it. It is a Loose Ball until a player secures possession or until the ball becomes dead. If it has not yet struck the ground, a Loose Ball is In Flight.

ARTICLE 5. FUMBLE. A Fumble is any act, other than passing or successful handing, which results in a loss of player possession. It is not a fumble if the player immediately regains control of the ball. The use of the term Fumble always means that the ball was in possession of a player when the act occurred.

ARTICLE 6. PLAYER POSSESSION. A player is in possession when they are inbounds and have control of the ball with their hands, arms or within their wheelchair.

To gain possession of a loose ball that has been caught, intercepted, or recovered, a player 1) must have complete control of the ball with their hands or arms and 2) have the entirety of their wheelchair completely inbounds.

The terms catch, intercept, advance, and fumble denote player possession. A catch is made when a player inbounds secures possession of a pass, kick pass, or fumble that is in flight. An interception is made when an opponent who is inbounds catches a forward or backward pass or fumble that has not touched the ground.

It is a catch, or an interception, if, in the process of attempting to possess the ball, a player secures control of the ball prior to it touching the ground, and that control is maintained until the play is ruled dead.

In the field of play, if a catch or interception has been completed, and the ball comes loose on the ground before the player is down by contact, the ball becomes dead on all plays except a snap, kick off pass and a punt pass. It is also a fumble if the action occurs in the end zone of the player who caught the loose ball. If the action occurs in the opponent's end zone, it is a touchdown or a touchback.

If there is any question by the official as to whether the forward pass is complete, intercepted, or incomplete, it will always be ruled incomplete.

SECTION 2 BAT

ARTICLE 1. BAT. A Bat is the intentional striking of the ball with any part of the hand or arm.

SECTION 3 BLOCKING

ARTICLE 1. BLOCKING. Blocking is the act of obstructing or impeding an opponent by contacting him with a part of the blocker's wheelchair.

ARTICLE 2. CLIPPING. Clipping is blocking an opponent from behind the axle of their wheelchair.

SECTION 4 DISQUALIFIED PLAYER

ARTICLE 1. DISQUALIFIED PLAYER. A Disqualified Player is one who is prohibited from further participation in the game. They must leave the field of play area within a reasonable period of time and are not permitted to reappear in their team uniform or return to any area within the playing field.

SECTION 5 DOWN

ARTICLE 1. DOWN. A Down is a period of action that starts when the ball is put into play and ends when the ball is declared dead.

ARTICLE 2. SERIES OF DOWNS. The four consecutive charged scrimmage downs allotted to the offensive team during which it must advance the ball to a yard line called the "line to gain" in order to retain possession is a Series of Downs.

ARTICLE 3. LINE TO GAIN. The Line to Gain is the nearest interval of 15-yard lines in advance of the spot of the snap that starts a series, except when a goal line is the next interval line from this spot. In that case, the Line to Gain is the goal line.

ARTICLE 4. CHARGED DOWN. A Charged Down is a scrimmage down that is not nullified by a penalty, or during which there is not a change of possession. It counts as a down in a Series of Downs.

ARTICLE 5. FIRST DOWN. The initial down in each series is the First Down. If it is a charged down, subsequent charged downs are numbered consecutively until a new series is declared for either team.

SECTION 6 FAIR CATCH

ARTICLE 1. FAIR CATCH. A Fair Catch is an unhindered catch of an airborne scrimmage kick pass that has crossed the line of scrimmage, or of an airborne free kick pass, by a player of the receiving team who has given a valid fair catch signal.

SECTION 7 THE FIELD

ARTICLE 1. BOUNDARY LINES. The Boundary Lines are the End Lines and the Sidelines and enclose the field upon which the game is played.

ARTICLE 2. END LINES. The End Lines are the lines at each end of the field, and are perpendicular to the Sidelines. The End Line is 8 yards from the Goal Line and at the back of the End Zone.

ARTICLE 3. END ZONE. The End Zone is the rectangle formed by the Goal Line, the End Line, and the Sidelines. The Goal Line and the pylons are in the End Zone.

ARTICLE 4. FIELD OF PLAY. The Field of Play is the rectangle formed by the Goal Lines and the Sidelines. It does not include the End Zone.

ARTICLE 5. GOAL LINES. The Goal Lines are the lines between the Sidelines that separate the End Zone from the field of play. The Goal Lines are vertical planes that are parallel to and 8 yards from the End Lines.

ARTICLE 6. SIDELINES. The Sidelines are the lines on each side of the field and are perpendicular to the End Lines. The Sidelines separate the Field of Play from the area that is out of bounds.

ARTICLE 7. YARD LINE. A Yard Line is any line and its vertical plane parallel to the end line. The Yard Lines in the field of play are named by number in yards from a team's goal line to the center of the field. i.e. The yard line 22 yards from Team A's goal line is called A's 22-yard line. The yard line 42 yards from A's goal line is called B's 18-yard line. Also referred to as A's 42 and B's 18 or A42 and B18.

SECTION 8 FOULS AND SPOTS OF ENFORCEMENT

ARTICLE 1. TYPES OF FOULS. A Foul is any infraction of a playing rule for which a penalty is prescribed.

1. A Live Ball Foul is a foul that occurs during the period after the snap until the ball is dead.
2. A Dead Ball Foul is a foul that occurs in the continuing action after a down ends, or a taunting foul that occurs at any time.
3. A Foul Between Downs is a foul that occurs after the end of the down and after any continuing action resulting from the down, but prior to the next snap or free kick.
4. A Multiple Foul is one of two or more fouls by the same team during the same down, including dead ball fouls.
5. A Double Foul is a foul by either team during the same down during which both teams commit at least one foul, including dead ball fouls.

ARTICLE 2. SPOTS OF ENFORCEMENT. The Spot of Enforcement is the spot at which a penalty is enforced. Six such spots are commonly used.

1. The Previous Spot: The spot at which the ball was last put in play.
2. The Spot of the Foul: The spot at which a foul was committed or, by rule, is considered to have been committed.
3. The Spot of a Backward Pass or a Fumble: The spot at which a backward pass or fumble occurred during the down in which there was a foul.
4. The Dead Ball Spot: The spot at which the ball became dead.
5. The Succeeding Spot: The spot at which the ball will next be put in play
6. The Spot of a Change of Possession: The spot at which possession is gained by or awarded to the opponent.

SECTION 9 HANDING THE BALL

ARTICLE 1. HANDING THE BALL. Handing the ball is transferring player possession from one teammate to another without passing or kicking it. Except where permitted by rule, handing the ball forward to a teammate is illegal. Loss of player possession by unsuccessful execution of attempted handing is a fumble. A muffed handoff is a fumble, and the ball becomes dead except in the case of a snap where the ball can be safely recovered by the offense. A forward handoff occurs when the ball is handed to a player who is in advance of a teammate from whose hands they take or receive it.

SECTION 10 HUDDLE

ARTICLE 1. HUDDLE. A Huddle is the action of two or more players in the field of play or in the end zone who, instead of assuming their normal position for the snap, Free Kick Pass, or Fair Catch Kick Pass form a group for receiving instructions for the next play or for any other reason.

SECTION 11 LINE OF SCRIMMAGE, NEUTRAL ZONE

ARTICLE 1. LINE OF SCRIMMAGE. The Line of Scrimmage is the vertical plane of the yard line that passes through the forward point of the ball after it has been made ready for play.

ARTICLE 2. NEUTRAL ZONE. The Neutral Zone is the space between the forward and backward points of the ball and extends to the sidelines. It starts when the ball is ready for play.

ARTICLE 3. PLAYER ON LINE OF SCRIMMAGE. For a player who is not the snapper no part of their body or wheelchair is permitted to be in the neutral zone at the snap. If they are the snapper, no part of their body or wheelchair may be beyond the Neutral Zone.

Defensive team players are considered to be on the line of scrimmage when they are within one yard of the neutral zone.

ARTICLE 4. ENCROACHING. A player is considered encroaching on the Neutral Zone when any part of their body or wheelchair is in it and they contact an offensive player or the ball prior to the snap.

SECTION 12 OFFSIDE

ARTICLE 1. OFFSIDE. A player is Offside when any part of their body or wheelchair is in the Neutral Zone, or is beyond the Free Kick Pass line when the ball is put in play. The snapper is offside if any part of their body is beyond the neutral zone. The pass kicker is not offside unless their passing arm is beyond the Restraining Line when the ball is thrown.

SECTION 13 OUT OF BOUNDS, INBOUNDS AND INBOUNDS SPOT

ARTICLE 1. PLAYER OR OFFICIAL OUT OF BOUNDS. A player or an official is Out of Bounds when they touch a boundary line, or when they touch anything that is on or outside a boundary line, except a player, an official or a pylon.

ARTICLE 2. PLAYER INBOUNDS. A player who has been out of bounds re-establishes themselves as an inbounds player when the entirety of their wheelchair touches the ground within the boundary lines, provided that no part of the chair is touching a boundary line or anything other than a player, an official, or a pylon on or outside a boundary line.

ARTICLE 3. BALL OUT OF BOUNDS. A ball is out of bounds when it is in the possession of a player that is out of bounds, or when it is a loose ball that touches a boundary line or anything that is on our outside such line, including a player, an official, or a pylon.

ARTICLE 4. OUT OF BOUNDS SPOT. The Out of Bounds Spot is the forward point of the ball when the ball crosses the sideline, or if in possession of a player, the forward point of the ball at the instant the player is out of bounds or touches anything out of bounds.

ARTICLE 5. INBOUNDS SPOT. The Inbounds Spot is the spot in the center of the field between the sidelines that passes through the spot where the ball went out of bounds between the goal lines.

SECTION 14 PASS

ARTICLE 1. PASS. A Pass is the movement caused by a player intentionally handing, throwing, shoveling, or legally pushing the ball. Such a movement is a pass even if the ball does not leave their hands, provided a teammate takes it.

ARTICLE 2. PASSER AND PASSING TEAM. A player who makes a legal forward pass is known as the Passer until the play ends. The teammates of any player who passes the ball forward (legally or illegally) are known collectively as the Passing Team or Passers.

ARTICLE 3. PASS PLAY. A Pass Play begins with the snap and ends when a forward pass thrown from behind the line of scrimmage is caught by a player of either team or is incomplete. Exception is for a Free Kick Pass play which is thrown without a line of scrimmage, but considered a pass play.

ARTICLE 4. FORWARD PASS. It is a forward pass if: 1) the ball initially moves forward after leaving the passer's hand, or 2) the ball first touches the ground, a player, an official, or anything else at a point that is nearer the opponent's goal line than the point at which the ball leaves the passer's hands. When a Team A player is holding the ball to pass it forward, any intentional hand movement forward starts a forward pass.

If a player loses possession of the ball during an attempt to bring it back toward their body, or if the player loses possession after they have tucked the ball into their body, or if the player loses possession of the ball while attempting to re-cock their arm, it is a fumble.

ARTICLE 5. BACKWARDS PASS. It is a Backward Pass if the yard line at which the ball is first touched by a player or the ground is parallel to or behind the yard line at which the ball leaves the passer's hand. A snap becomes a backward pass when the snapper releases the ball.

ARTICLE 6. FREE KICK PASS. A Free Kick Pass is a pass in a kickoff or safety situation that puts the ball in play to start a Free Kick Pass down at the start of each half, at the start of overtime, after each Try, and after a safety.

ARTICLE 7. SCRIMMAGE KICK PASS. A Scrimmage Kick Pass is a pass from on or behind the line of scrimmage in an attempt to change possession from offense to defense.

SECTION 15 PENALTY

ARTICLE 1. PENALTY. A Penalty is imposed upon a team that has committed a foul and may result in loss of down, loss of yardage, an automatic first down, a charged timeout, a loss of playing time, withdrawal or disqualification of a player, extension of a period, the award of a score, or a combination of the preceding.

ARTICLE 2. LOSS OF DOWN. The phrase Loss of Down indicates that a team committing a foul will not have the opportunity to repeat the down after enforcement of any yardage penalty.

SECTION 16 PLAYER

ARTICLE 1. PLAYER. A Player is a participant of either team who is in the game. A Player may have dual roles as a coach. When a coach is on the field as a player, they are subject to all appropriate rules pertaining to player conduct.

SECTION 17 PLAYS

ARTICLE 1. FREE KICK PASS PLAY. A Free Kick Pass Play begins with a legal or illegal free kick pass and ends when a player of either team establishes possession of the ball, or when the ball is ruled dead. A Running Play begins when a player establishes possession.

ARTICLE 2. PASSING PLAY. A Pass Play begins with the snap and ends when a forward pass thrown from behind the line of scrimmage is caught by a player of either team or is incomplete. At the instant that a pass is caught, a Running Play begins.

ARTICLE 3. RUNNING PLAY. A Running Play begins in the following situations:

1. If there is not a subsequent kick pass or legal or illegal pass from behind the line of scrimmage, a Running Play begins with the Snap.

2. If there is a forward pass thrown from behind the line of scrimmage, a Running Play begins when the forward pass is caught by a player of either team.
3. If there is a running play followed by a legal or illegal forward pass, a new Running Play begins when the pass is caught by a player of either team.
4. If there is a Free Kick Pass, a Running Play begins when the receiving team establishes possession of the ball.
5. If there is a Scrimmage Kick Pass, a Running Play begins when the receiving team establishes possession of the ball.

A running play ends 1) when the ball is declared dead, 2) when a player loses possession through a Fumble or backward pass, or 3) when a player of either team throws an illegal forward pass beyond the line of scrimmage.

ARTICLE 4. SCRIMMAGE KICK PASS PLAY. A Scrimmage Kick Pass Play begins with the snap. It ends when a player of either team establishes possession of a thrown ball, or when the ball is dead by rule.

ARTICLE 5. COMBINATION OF PLAYS. There may be a combination of a Running Play and a Passing Play, Free Kick Passing Play, or Scrimmage Kick Passing Play during the same down, and there may be more than one Running Play or Scrimmage Kick Passing Play during the same down.

SECTION 18 POST-POSSESSION FOUL

ARTICLE 1. POST-POSSESSION FOUL. A foul by the receiving team is a Post-Possession Foul if it occurs during a scrimmage kick pass that crosses the line of scrimmage, provided that the receiving team does not lose possession during the rest of the down.

SECTION 19 RUNNER

ARTICLE 1. RUNNER. A Runner is the offensive player who is in possession of a live ball.

SECTION 20 SAFETY

ARTICLE 1. SAFETY. It is a Safety if the spot of enforcement for a foul by the offense is behind its own goal line, or if the ball is dead in possession of a team on or behind its own goal line when the impetus comes from the team defending that goal line.

SECTION 21 SCRIMMAGE DOWN

ARTICLE 1. SCRIMMAGE DOWN. A Scrimmage Down is one that starts with a snap. From Scrimmage refers to any action from the start of the snap until the down ends, or until the defensive team secures possession. Any action that occurs during the down after a change of team possession is Not From Scrimmage.

SECTION 22 SHIFT

ARTICLE 1. SHIFT. A Shift is any simultaneous change of position by two or more offensive players before the snap after the ball has been made ready for play for a scrimmage down, including movement to the line of scrimmage by the offensive team prior to the snap.

SECTION 23 SNAP AND THE SNAPPER

ARTICLE 1. SNAP. A Snap is a backward pass that puts the ball in play to start a scrimmage down, either by handing it or passing it backward from its position on the line of scrimmage.

ARTICLE 2. SNAPPER. The Snapper is the offensive player who initiates this action.

SECTION 24 TACKLING

ARTICLE 1. TACKLING. Tackling is an attempt by a defensive player to halt the offense's progress by placing one hand on the ball handler's body from the waist to shoulder. No contact with the head or neck is allowed. A legal tackle results in a dead ball. Where a defender makes contact on the throwing arm of a quarterback in the act of passing, a tackle will not be considered to have occurred and play will be allowed to continue.

SECTION 25 OFFENSE AND DEFENSE

ARTICLE 1. OFFENSE AND DEFENSE. Whenever a team is in possession of the ball, it is the Offense, and its opponent is the Defense. When there is a change of possession during the down, the team that is the Offense becomes the Defense, and vice versa.

ARTICLE 2. CHANGE OF POSSESSION. A Change of Possession occurs when a player of the defensive team secures possession of a ball that has been passed or fumbled by a player of the offensive team, or when the ball is awarded to the opposing team by rule. A change of possession cannot occur if the defense attempts to strip the ball from an offensive player with clear possession of the ball.

SECTION 26 TIME OUT

ARTICLE 1. TIMEOUT. A Timeout is any interval during which the Game Clock is stopped and includes the intermission. During any timeout, all playing rules continue in effect. Representatives of either team are prohibited from entering the field, unless they are incoming substitutes, or entering to provide for the welfare of a player. Any game-type activities are prohibited on the Field of Play during this period.

ARTICLE 2. CHARGED TEAM TIMEOUT. A Charged Team Timeout is an interval during which the Game Clock has stopped and play is suspended at the request of one of the teams or when it is charged to one of the teams by rule. A Timeout may be granted only when the ball is dead.

SECTION 27 TOUCHBACK

ARTICLE 1. TOUCHBACK. A Touchback occurs when the ball is dead on or behind the goal line a team is defending, provided that the impetus comes from an opponent, and that it is not a touchdown or an incomplete pass.

SECTION 28 TOUCHDOWN

ARTICLE 1. TOUCHDOWN. A Touchdown occurs if any part of the ball is on, above, or behind the opponent's goal line while legally in possession of an inbounds player, provided it is not a touchback.

SECTION 29 TRY

ARTICLE 1. TRY. A Try is the attempt by a team that has scored a touchdown to add one point (by a passing play) or two points (by a running play) during one untimed scrimmage down.

SECTION 30 TWO-MINUTE WARNING

ARTICLE 1. TWO-MINUTE WARNING. The two-minute warning occurs at the conclusion of the last down for which the ball is legally snapped prior to two minutes remaining on the game clock in the second and fourth periods.

Exception: When the point differential between teams is at or above 21 points in the second half, the two-minute warning in the fourth period will not occur.

RULE 4 – GAME TIMING

SECTION 1 PERIODS, INTERMISSIONS, HALFTIME

ARTICLE 1. LENGTH OF GAME. The length of the game is 60 minutes, divided into four periods of 15 minutes each. In the event the score is tied at the end of four periods, the game is extended by an overtime period as described in Rule 15.

ARTICLE 2. INTERMISSIONS. There will be intervals of two minutes between the first and second periods and the third and fourth periods. During these intermissions all playing rules continue in force, and no representative of either team shall enter the field unless they are an incoming substitute, or entering to see to the welfare of a player.

The officiating team will be in charge of timing the two-minute intermissions and shall sound the whistle and visibly signal after one minute and 50 seconds. An official shall sound the whistle immediately after the two minute period ends to indicate the next period has begun. The officiating crew will begin the 40 second play clock at this time.

ARTICLE 3. HALFTIME. Between the second and third periods, there shall be an intermission of 10 minutes. During this intermission, play is suspended, and teams may leave the field. The officiating team will time the halftime period.

ARTICLE 4. OFFICIAL TIME. The tournament host will provide a field clock and clock operator to mark the official time. The field clock should be large enough to be visible to both teams throughout the game. The game clock operator shall start and stop the clock upon the signal of any official in accordance with the rules. The officiating team shall supervise the timing of the game, and in the case that the field clock becomes inoperative, or if it is not being operated correctly, the officiating team may take over official timing on the field.

If the game clock is incorrect, officials can make a correction only before the next legal snap or kick, including an untimed down or try.

SECTION 2 STARTING A PERIOD OR HALF

ARTICLE 1. KICKOFF ON SCHEDULE. Both teams must be on the field to kick off at the scheduled time for the start of each half. Prior to the start of the game, both teams are required to appear on the field at least 20 minutes prior to the scheduled kickoff to ensure sufficient time for equipment check and review of player classifications. Designated members of the officiating crew must notify both head coaches personally of the scheduled time for the equipment check and kickoff prior to the start of each half.

Penalties:

- 1) **For delaying the start of a half: Loss of 10 yards from the spot of the kickoff.**
- 2) **For failure to appear on the field at least 20 minutes prior to the scheduled kickoff of the first half: Loss of the coin-toss option for both halves and overtime, and loss of 10 yards from the spot of the kickoff.**

ARTICLE 2. TOSS OF COIN. Not more than ten minutes before the kickoff of the first half, the officiating team, in the presence of both team's captains (limit of 4 per team) shall toss a coin at the center of the field. Prior to the Official's toss, the call of "heads" or "tails" must be made by the captain of the visiting team. Unless the winner of the toss defers their choice to the second half, they must choose one of two privileges, and the loser is given the other. The two privileges are: 1) the opportunity to receive the kickoff, or to kick off; or 2) the choice of which goal their team will defend.

If the coin does not turn over in the air or if the toss is compromised in any way, the official shall toss it again. The captain's original call may not be changed.

For the second half, the captain who lost the pregame toss is to have the first choice of the two privileges, unless one of the teams lost its first and second half options, or unless the winner of the pregame toss deferred their choice to the second half, in which case they must choose 1) or 2) above. Immediately prior to the start of the second half, the captains of both teams must inform the Official of their respective choices.

A captain's first choice from any alternative privileges listed above is final and not subject to change.

ARTICLE 3. CHANGE OF GOALS. At the end of the first and third periods, the teams much change goals. Team possession, the number of the succeeding down, the relative position of the ball on the field of play, and the line to gain remain the same.

SECTION 3 STARTING AND STOPPING THE GAME CLOCK

ARTICLE 1. STARTING THE GAME CLOCK. The game clock operator shall start the game clock during the first and third periods at the beginning of a free kick pass play, when the ball is legally thrown into the field of play. At the beginning of the second and fourth period, the game clock shall start on a scrimmage down when the ball is snapped, unless the prior period ends with a scoring play, then the clock begins on a free kick pass play. The clock shall remain running throughout each period unless any of the situations for stopping the game clock are met.

ARTICLE 2. STOPPING THE GAME CLOCK. After the game clock begins a period, it should run unless a) an official signals the two-minute warning for a half or b) an official signals a timeout for any other reason, including injury or charged team timeouts.

Exception: After the two minute warning period in the second and fourth periods, the game clock will also stop when: 1) a ball is ruled out of bounds, 2) a forward pass is ruled incomplete, 3) a team reaches their line to gain, or 4) there is a change in possession. In these circumstances the clock will re-start at the snap of the subsequent play. In this period, a PAT is an untimed down and the clock will re-start at the Free Kick Pass snap after a touchdown.

Beginning with the second half, when the point differential between teams is at or above 21 points, the two-minute warning clock rules listed in the exception above will not apply and the clock should continue to run unless for reasons outlined in item (b) above. If the score differential becomes less than 21 points before the two-minute warning, then standard two-minute warning clock rules as listed in the exception above will apply.

SECTION 4 TIMEOUTS

ARTICLE 1. CHARGED TEAM TIMEOUTS. Officials shall suspend play while the ball is dead and declare a charged team timeout upon the request for a timeout by the head coach or any player to an official.

A team is allowed three charged team timeouts during each half. Each charged team timeout shall be one minute in length.

Each team may be granted a charged team timeout during the same dead-ball period, but a second charged team timeout by either team during the same dead-ball period is prohibited.

Penalty: When a team is granted a second timeout during the same dead-ball period, or a timeout after exhausting its three timeouts during a half: Loss of five yards.

ARTICLE 2. INJURY TIMEOUTS. If an official determines a player may be injured, an injury timeout will be called. When an injury timeout is called, the injured player must leave the game for the completion of one down.

ARTICLE 3. EQUIPMENT TIMEOUTS. If an official determines a player's equipment, including their wheelchair, helmet, or other personal equipment, does not meet the standards set out in Rule 5 of this rulebook, the official may stop the clock and ask the player to make the appropriate adjustments.

Each equipment timeout shall be 45 seconds in length. Should the affected player be able to fix their equipment to a level deemed appropriate by the officials the player may return to the game. Each team may be granted two equipment timeouts per half.

Penalty: Each equipment timeout charged to a single team after the second one in a half will result in the loss of a charged team timeout.

Should the player not be able to fix their equipment, they must move to the sideline and remove themselves for at least the length of one down. After the initial 45 second timeout, a team may indicate to the officiating team that they want to use a charged team timeout. In this circumstance, the affected player would be allowed to return to the field of play immediately, assuming the equipment issue can be fixed within the 1 minute time period.

ARTICLE 4. REFEREE'S TIMEOUT. Provided that calling timeout is not in conflict with another rule, the Official may suspend play and stop the clock at any time without penalty to either team when playing time is being consumed because of an unintentional delay. Such situations include, but are not limited to:

1. When there is an undue delay by officials in spotting the ball for the next snap.
2. When there is an injury to an official.
3. During an officials' conference.
4. Repairing or replacing game equipment, except player equipment.

SECTION 5 DELAY OF GAME

ARTICLE 1. 40-SECOND PLAY CLOCK. It is a delay of the game if the ball is not put into play by a snap within 40 seconds after the start of the play clock. The play clock shall be timed by the game officials. The 40-second interval starts when the previous play ends, unless one of these play stoppage situations occurs:

1. A change of possession.
2. A charged team timeout.
3. The two-minute warning.
4. The expiration of a period.
5. A penalty enforcement.
6. A Try.
7. A Free Kick Pass.

In these situations, the play clock will begin on the Official's whistle. Teams will still have 40 seconds from the time the whistle blows to put the ball in play next.

ARTICLE 2. BALL REMAINS DEAD. If the ball is not put in play within the applicable period, the officiating team shall blow the whistle for the foul, and the ball remains dead.

ARTICLE 3. OTHER DELAY OF GAME FOULS. Other examples of action or inaction that are construed as delay of the game include, but are not limited to:

1. A player unnecessarily remains on a dead ball or on a runner who has been downed.
2. The snapper repeatedly snaps the ball after the neutral zone is established and before all the officials have had a reasonable time to assume their positions.
3. Undue delay by either team in assembling after a timeout.
4. Intentional contact with the football to delay the snap or the officials' ability to make the ball ready for play.

Penalty: For delay of the game: Loss of five yards:

- a. from the succeeding spot if it occurs between downs. The ball remains dead; or
- b. from the previous spot if the ball was in play.

Two successive delay penalties during the same down, is unsporting conduct, and a 10-yard penalty shall be enforced.

SECTION 6 ACTIONS TO CONSERVE TIME

ARTICLE 1. ILLEGAL ACTS. A team is not permitted to conserve time after the two-minute warning of either half by committing any of these acts:

1. a foul by either team that prevents the snap. (i.e. false start, encroachment, etc.)
2. an illegal forward pass thrown from beyond the line of scrimmage.
3. throwing a backward pass out of bounds.
4. any other intentional foul that causes the clock to stop.

Penalty: For Illegally Conserving Time: Loss of five yards, unless a larger distance penalty is applicable.

SECTION 7 EXTENSION OF A PERIOD OR A HALF

ARTICLE 1. BALL IN PLAY. If time expires at the end of any period while the ball is in play, the period continues until the down ends.

ARTICLE 2. PERIOD EXTENDED. A period may be extended for one untimed down, if any of the following occurs during a down in which time in the period expires:

1. If there is a live-ball foul by the defensive team that is accepted, the offensive team may choose to extend the period by an untimed down after enforcement of the penalty.
2. If there is a foul by the offense for: a) illegal touching of a kick pass, b) fair-catch interference, c) a personal foul or unsporting conduct foul committed d) a foul by the kicking team prior to a player of the receiving team securing possession of the ball.
3. If a touchdown is made on the last play of a period, the Try attempt shall be made, unless it is the fourth period or overtime period and a successful Try would not affect the outcome of the game.
4. If a kicking team interferes with the receiver's opportunity to catch the pass, the receiving team may extend the period by a down from scrimmage.

If the first or third period is extended for any reason, any additional play shall be completed before the teams change goals.

If any period is extended, it shall continue until the completion of a down free from any foul specified in Article 2 above.

RULE 5 - PLAYERS, SUBSTITUTES, EQUIPMENT, GENERAL RULES

SECTION 1 PLAYER QUALIFICATIONS

ARTICLE 1. MINIMUM AGE. To be eligible to play in the USA Wheelchair Football League, a player must be at least 18 years of age at the time the competition season begins (August 1).

SECTION 2 CLASSIFICATION.

ARTICLE 1. CLASSIFICATION. Each player shall be classified based on their physical movement ability as it relates to key skills required for the sport of wheelchair football. The Functional Classification system uses classifications from 1.0 - 5.0 which are organized based on an athletes' physical ability levels.

Those classifications shall be represented through certain number of points being assigned to each player. No team shall be allowed to have team members whose classification points add up to more than 21 points in order to ensure parity amongst teams. Players will wear a placard on their chair, provided by Move United, to identify their on-field class.

Full information on each class along with how to apply for classification or appeal a players current classification can be found at www.moveunitedsport.org/classification.

ARTICLE 2. TRACKING LEGAL CLASSIFICATION LINEUPS

A team is responsible for tracking their lineup to ensure they remain under the point limitations. A Move United representative will assist the officials with counting points on the field and alert the official as to an illegal lineup of more than 21 points.

After a warning, subsequent violations of this rule may be penalized for unsporting conduct.

Penalty: For unsporting conduct using an illegal lineup of more than 21 points on the field prior to the snap: Loss of five yards from the succeeding spot after the initial warning.

If the official deems that an athlete or coach's actions were egregious in their attempt to put together an illegal lineup, they may penalize the athlete or coach for unsporting conduct.

Penalty: For unsporting conduct in purposefully trying to put together an illegal lineup: automatic disqualification for the remainder of the game, plus a 10 yard penalty.

ARTICLE 3. COACH CHALLENGES. Each team is permitted two challenges that will initiate an automatic count of classification points by the officiating team. The head coach can initiate the challenge by throwing a red flag onto the field of play and notifying the sideline official before the next legal snap or kick pass. Each challenge requires an available team timeout. A team that is out of timeouts, or has used all its available challenges, may not attempt to initiate a challenge.

If a challenge is unsuccessful, the team will be charged a timeout. A team will be permitted a third challenge if it is successful on both of its challenges. A fourth challenge will not be permitted.

ARTICLE 4. UNSUCCESSFUL CHALLENGE. A team that makes an unsuccessful challenge is charged a team timeout. If a team takes a team timeout and then unsuccessfully challenges a lineup, it is charged a second timeout. A challenge is considered successful if any the opposing team's lineup is deemed illegal.

ARTICLE 5. ENFORCEMENT OF FOULS FOLLOWING A SUCCESSFUL CHALLENGE. In the event that a challenge is successful, the challenged team will be assessed a penalty for an illegal lineup.

Penalty: For more than 21 points in the formation prior to the snap: Loss of 5 yards from the succeeding spot.

ARTICLE 6. SCORING PLAYS In the event that a scoring play occurs with an illegal lineup of more than 21 points on the offensive lineup, no warning will be assessed. The score will be voided and the down will be repeated with a legal lineup. The scoring team will be penalized for an illegal lineup of more than 21 points on the field.

Penalty: For more than 21 points in the formation prior to the snap on a scoring play: Loss of 5 yards from the succeeding spot.

SECTION 3 ROSTER REQUIREMENTS

ARTICLE 1. ROSTER LIMITS. Each team must register their players and staff for game play by registering for the season and submitting a roster for tournament by the deadlines set out by the League at the start of the season. Registration information will be collected by Move United and include contact and demographic information, along with jersey numbers and classification assignments.

A team that flies to a game or tournament is limited to a 14 player roster. A team within driving distance of a game or tournament may roster up to 21 players.

A team may make adjustments to rosters throughout the season as long as a core group of 7 players remains intact throughout the entirety of the season.

ARTICLE 2. GEOGRAPHIC AREA. Rosters shall contain only players who's primary residence or work address is closest to the team's home city, which is defined as the location of it's primary practice facility. If, at the time the player began to play, no member team existed closer to their home, the player has the option of rostering with either team.

If a player has a compelling reason why they should be rostered on a team farther from their primary residence, they may submit a request for exception to the Move United offices and be considered for an exception. This exception form must be submitted directly by the player, not either team involved.

ARTICLE 3. ROSTER QUALIFICATIONS FOR POST-SEASON PLAY. Each team must follow the player qualification rules set out in Section 1 and the roster limits set out in Article 1 & 2 above for post-season play. In addition, no player may be rostered for post-season play that did not compete for that team in at least one game or tournament during the regular season and rosters must contain a minimum of 3 veterans with disabilities.

SECTION 4 NUMBER OF PLAYERS

ARTICLE 1. NUMBER OF PLAYERS. The game is played by two teams of 7 players each who's total classification points cannot add up to more than 21 points.

If the offensive team has more than 7 players in its formation for more than three seconds, or the defensive team has more than 7 players in its formation and the snap is imminent, it is a foul. Once the ball is made ready for play, if either team has more than 7 players in its formation prior to a free kick pass, it is also a foul. In these instances, officials shall blow their whistles immediately and not allow the snap or kick pass to occur.

Penalty: For more than 7 players in the formation prior to the snap or free kick pass: Loss of 5 yards from the succeeding spot.

If a team has more than 7 players on the field of play or the end zone when a snap or free kick pass is made, the ball is in play, and it is a foul.

Penalty: For more than 7 players on the field of play or the end zone while the ball is in play: Loss of 5 yards from the previous spot.

ARTICLE 2. TOO FEW PLAYERS. It is not a foul if a team has fewer than 7 players on the field of play or the end zone when a snap or free kick pass is made.

If a team is unable to field a full roster of 7 players due to injury or disqualification, a team may continue to play with 6 players. If a team fields a roster of fewer than 6 players for two consecutive downs for any reason it is a foul.

Penalty: For fewer than 6 players in the formation for two consecutive downs: Immediate forfeit of the game.

SECTION 5 SUBSTITUTES AND WITHDRAWN PLAYERS

ARTICLE 1. NUMBER OF PLAYERS IN HUDDLE. There can never be more than 7 players in the offensive huddle while the play clock is running. It is a foul, the whistle is blown immediately, and the ball remains dead.

Penalty: For more than 7 players in the offensive huddle: Loss of five yards from the succeeding spot.

ARTICLE 2. SUBSTITUTE BECOMES PLAYER. A substitute becomes a player when they participate in at least one play or are on the field of play or end zone when a snap or fair-catch kick pass is made or imminent.

A player becomes a substitute when they are withdrawn from the game and do not participate in at least one play.

ARTICLE 3. LEGAL SUBSTITUTIONS. Any number of substitutes may enter the field of play or the end zone while the ball is dead. Coaches should take care that substituted players do not exceed the total allowed classification points on the field.

ARTICLE 4. ILLEGAL SUBSTITUTIONS. If a substitute enters the field of play or the end zone while the ball is in play, or if substitutes result in too many classification points on the field while the ball is in play, it is an illegal substitution.

Penalty: For a substitute entering the field during a live ball: Loss of five yards.

ARTICLE 5. OFFENSIVE SUBSTITUTIONS. Offensive substitutes must move a minimum of six feet onto the field of play from the sidelines or the end zone prior to the snap to be a legal substitution. If they do not, and are on the field of play or end zone at the time of a legal snap, they are an illegal substitute. If a player who participated in the previous play leaves the playing field by mistake, and returns to the playing field prior to the snap, they are not required to reach the six foot mark, provided the defense has the opportunity to match with them.

Penalty: For an offensive substitute who does not move onto the field as far as six yards inside the sidelines, loss of five yards from the previous spot.

If a player approaches the huddle and communicates with a teammate, they are required to participate in at least one play before being withdrawn. After a warning, subsequent violations of this rule shall be penalized for unsporting conduct.

Penalty: For unsporting conduct using entering substitutes, substitutes on sidelines, or withdrawn players to confuse opponents: Loss of five yards from the succeeding spot after the initial warning.

ARTICLE 6. WITHDRAWN PLAYERS. A player who has been replaced must leave the playing field or end zone on their own team's side between the end lines prior to the next snap or fair-catch kick pass.

ARTICLE 7. DISQUALIFIED AND SUSPENDED PLAYERS. A player must be withdrawn and substituted for when they are disqualified or suspended. A suspended player may re-enter after at least one legal snap, provided that the reason for their suspension has been corrected. A disqualified player must leave the playing field and enclosure and go to the locker room within a reasonable time.

Penalty: For illegal return of a suspended player: Loss of five yards from the previous spot if the discovery is made while the ball is in play, or five yards from the succeeding spot if discovered between downs, in which case the ball remains dead.

Penalty: For return of a disqualified player: Loss of 15 yards from the previous spot if the discovery is made while the ball is in play, or five yards from the succeeding spot if discovered between downs, in which case the ball remains dead.

ARTICLE 8. DEFENSIVE SUBSTITUTIONS AND MATCHUPS. Following a timeout or change of possession, or while in the process of a substitution, the offense is prohibited from rushing quickly to the line of scrimmage and snapping the ball in an obvious attempt to cause a defensive foul (i.e., too many players on the field). If the offense snaps the ball before the defense has had an opportunity to complete its substitutions, the officials will notify the head coach that any further use of this tactic will result in a penalty for unsporting conduct.

Penalty: For Unsporting Conduct after a warning: Loss of 10 yards from the succeeding spot.

If the offense substitutes, the following procedure will apply:

1. An official will stand over the ball until it is determined that the defense has had reasonable time to complete its substitutions.
2. On a fourth-down punting situation, the officials will not allow a quick snap that prevents the defense from having a reasonable time to complete its substitutions.
3. If the play clock expires before the defense has completed its substitution, it is delay of game by the offense.

SECTION 6 EQUIPMENT, UNIFORMS, PLAYER APPEARANCE

ARTICLE 1. MANDATORY EQUIPMENT, APPAREL. Each player on a given team must wear the same colors on their uniform as all other players on their team in the same game.

During the regular season, teams designated as home on the scoreboard shall wear their primary colors or darker colored jersey with the visiting team wearing their lighter colors or a color that is of sufficient contrast.

During the post-season, the higher ranked team will choose their jersey color and all attempts should be made by opposing teams to wear a color that is of sufficient contrast.

All players must wear the equipment and uniform apparel listed below. Items must be of a suitably protective nature and be designed and produced by a professional equipment manufacturer. All components recommended by the manufacturer must be present and must not be cut, reduced in size, or otherwise altered unless for medical reasons.

Item 1. Helmet, Face Protectors. Helmet with all points of the chin strap fastened and facemask attached. Helmets should be a model that has been tested and approved as part of the NFL/NFLPA Helmet Laboratory Testing, originally released in April 2019 and updated regularly by the NFL/NFLPA. No helmets listed as prohibited on this list will be allowed.

Athletes should not wear a helmet that is cracked or broken, or a helmet that is missing any padding or parts.

Helmets should be reconditioned as appropriate following manufacturer's instructions and not be used in a way that violates any warranty. Any helmet post-warranty date should not be worn.

Eye shields are optional, and may be worn by players if they choose, or if players need them given medical reasons.

Item 2. Jerseys. Jerseys must cover all protective equipment worn on the torso and upper arms. Tear-away jerseys, and mesh jerseys with large fishnet material (bullet-hole or port-hole mesh) are prohibited.

Item 3. Numerals. Numerals on the front of jerseys should be of a size that it is clearly visible by officials, recommended to be a minimum of 8 inches high and 4 inches wide. The numeral color must be in sharp contrast with the color of the jersey.

Item 4. Pants. Pants of an appropriate athletic material must be worn during play. Teams should take care that athletes wear pants of a color that may not be confused for the opposing team's colors.

Item 5. Shoes. Shoes should be closed toed to protect the players feet, such as “sneaker” type shoes including basketball shoes, cross-training shoes, etc. Cleat style shoes are prohibited.

ARTICLE 2. PROHIBITED EQUIPMENT, APPAREL. The following items are prohibited:

Item 1. Uncovered Hard Objects. Hard object and substances, including but not limited to casts, guards or braces unless such items are appropriately covered on all edges and surfaces.

Note: This does not apply to prosthetics which may be worn during a game. Should an official deem that any part of a prosthetic poses a risk to another player, the official may ask the player to wrap or pad that portion of their prosthetic.

Item 2. Items Colored Like Football. Any equipment or apparel which, in the opinion of the officials, may confuse an opponent because of its similarity in color to that of the game football.

ARTICLE 3. MANDATORY EQUIPMENT, WHEELCHAIRS. Each player must play in a League-approved wheelchair. Wheelchairs should be of a type that is considered an elite performance sport chair and must be manufactured by an approved equipment manufacturer. All wheelchairs should include the following:

Item 1. Frame. Frames must be made from a durable material such as aluminum, and be in good condition so as not to cause potential injury to another player.

While not required, Move United recommends a solid, non-adjustable, chair frame that will withstand impact better than adjustable frames.

Arm rests and other upper body supports that are attached to the wheelchair should not project beyond the line of the player’s legs or trunk in the natural sitting position. Any chair equipped with either a horizontal bar behind the backrest or push handles extending to the rear, must have these areas sufficiently padded with a minimum of ½” thick padding to prevent injury to another player.

All parts of the frame of the chair should have a minimum of 1” of clearance from the floor in order to prevent damage to surfaces and players.

Item 2. Wheels. The wheelchair shall have 2 large wheels. The large wheels, may have a maximum diameter of 69 cm.

The wheels should be cambered between 15 and 20 degrees to improve lateral stability and redirect force.

There must be 1 handrim on each wheel.

Axel width is recommended at 5/8” to help provide durability for chairs and protection for players.

Item 3. Footrest. A protective horizontal bar at the front/side of the wheelchair must be present. Height of the bar must be 11 cm from the floor at its most forward point and throughout its whole length. The bar may be angled or curved between the two front castors.

Chairs should include a footrest. The footrest must have rounded or smooth corners. Door bumpers, knobs, projections of folding footrest, or other projections from the body of the footrest, which may readily become entangled in the wheels and/or spokes of another chair or used to hook and/or hold an opponent, shall not be allowed.

Footrests may be of any height behind the 11cm protective horizontal bar, as long as it does not touch the field surface.

The underside of the footrests must be designed to prevent damage to the playing surface.

Item 4. Chair Height. Maximum seat height must be no more than 21 inches when measuring from the field surface to the top of the highest point on the chair. Measurements must be taken with the front castor(s) in the forward position and player may be asked to get out of the chair during the measurement.

Item 5. Cushioning. Use of cushions are allowed. Cushions should be composed of therapeutic material.

Pneumatic cushions and contoured cushions are permissible providing they are commercially manufactured for therapeutic use and do not exceed the above height restrictions.

Cushions composed of non-therapeutic materials, such as non-pliable rubber, wood, or other solid composition shall not be acceptable.

Item 6. Strapping. Wheelchairs must include a strap at the hip that is secured tightly enough to prevent players from creating separation between their hips and the chair. Additional strapping is allowed at the discretion of the player to support their individual needs. In the course of a game, if an official deems any strapping to provide a physical advantage or safety hazard, an official may ask an athlete to remove the strapping. Additionally, if in the course of a game, an official deems a player should use either calf or toe strapping to prevent injury to another player, a player must comply with this request.

Note: During a game, it is possible to have a problem with the wheelchair that causes the wheelchair to no longer be functional or become unsafe. If this occurs, an Equipment Timeout will be called as outlined in Rule 4, Section 4, Article 3.

ARTICLE 4. OPTIONAL EQUIPMENT. Among the types of optional equipment that are permitted to be worn by players are the following:

Item 1. Garments Under Jerseys. Players may wear garments under game jerseys as long as the garment is a solid color that is of sufficient contrast to the opposing team. Preferred coloring would be white for home teams and black for away teams. Undergarments must be tucked in and not hanging out from the bottom of the jerseys.

Item 2. Padding and Protectors. Knee pads, elbow pads and hip pads may be worn, provided they are in good condition and their exposure could not create a risk of injury to another player i.e. the hard surface of a knee pad striking another player.

ARTICLE 5. GENERAL APPEARANCE. Consistent with the equipment and uniform rules, players must otherwise present a professional and appropriate appearance on game-day. Among the types of activity that are prohibited are use of tobacco products (smokeless included), cannabis products, and alcohol while in the bench area.

Penalties for violations of rules outlined in Section 4:

1. Discovered during pregame warm-ups or at other times prior to the game, or while the player is in the bench area during game play, player will be advised to make appropriate correction. If the violation is not corrected, player will not be permitted to enter the game.
2. Discovered while player is in the game, and which involved the competitive or player safety aspects of the game, player will be removed from the game until they have complied.

Penalty: For illegal entry or return of a player suspended under this Section 4: Loss of five yards from succeeding spot and removal until properly equipped after one down.

Penalty: For repeated violation: Disqualification from game.

RULE 6 - FREE KICK PASS

SECTION 1 PROCEDURES FOR A FREE KICK PASS

ARTICLE 1. FREE KICK PASS. A free kick pass is a pass that puts the ball in play to start a period or after a score to start a free kick pass down. It must be made from any point on the offensive team's restraining line. A free kick pass must travel at least 16 yards in the air.

Penalty: For a ball that fails to travel a minimum of 16 yards in the air: Half the distance to the goal line. Repeat Free Kick Pass down.

ARTICLE 2. RESTRAINING LINES. The restraining lines for the free kick pass shall be as follows, unless they are adjusted because of a distance penalty:

1. The restraining line for the offensive team shall be its 22-yard line
2. The restraining line for the receiving team shall be its 22-yard line.

ARTICLE 3. FORMATION. When the ball is passed on a free kick pass down:

1. From the time the ball is snapped and until the ball is passed: a) all players on the passing team must be a) inbounds, b) lined up behind their 22 yard line, and c) at least 3 players of the passing team must be on each side of the ball.

No player on the passing team may be in motion, with the exception of the passer who may take a two push start as long as their front casters do not pass the restraining line prior to the ball being in the air.

2. Until the ball is passed, all receiving team players must be inbounds and behind their restraining line. In addition, at least 4 players must be positioned at a spot at least 10 yards behind their restraining line.

No player from the receiving team may be in motion until the ball is in the air.

Penalty: For a player being beyond the restraining line when the ball is passed (offside), a player being out of bounds when the ball is passed, either team being in an illegal formation when the ball is passed, or either team being in motion prior to the ball being passed: Loss of 5 yards. Repeat Free Kick Pass down.

ARTICLE 4. CATCH OR RECOVERY. If a player on the receiving team catches or recovers the ball, they may advance.

If the ball is declared dead while in the simultaneous possession of two opposing players, the ball is awarded to the receiving team.

A player on the passing team may legally touch, catch, or recover the ball only if: a) it first touches a receiving team player, or b) it reaches or crosses the receiving team's restraining line.

A ball is declared dead if:

- a) it is caught or recovered by a player on the passing team. The ball then belongs to the passing team at the dead-ball spot.
- b) it is not touched by the receiving team and touches the ground in the end zone.
- c) it comes to rest anywhere on the field, and no player attempts to possess it. The ball then belongs to the receiving team at the dead-ball spot.

ARTICLE 5. FREE KICK PASS CROSSES GOAL LINE. It is a touchback if a free kick pass a) touches the ground in the end zone before being touched by the receiving team, b) goes out of bounds behind the receiving team's goal line, or c) is downed in the end zone by the receiving team.

SECTION 2 OTHER FREE KICK PASS FOULS

ARTICLE 1. BLOCKING.

Item 1. Passing Team. Until the ball is legally touched, a passing team player may not block an opponent, except to push aside a receiver who is actively attempting to obstruct their attempt to proceed downfield. After the ball is legally touched, a passing team player may legally block an opponent.

Item 2. Receiving Team. Until the ball is legally touched or the ball hits the ground, no player on the receiving team may initiate a block in the restraining area.

Penalty: For illegal blocking: Loss of 10 yards.

ARTICLE 2. FREE KICK PASS OUT OF BOUNDS. The passing team may not pass the ball out of bounds or be the last to touch the ball before it goes out of bounds between the goal lines. If the receiving team is the last to touch the ball before it goes out of bounds, the receiving team puts the ball in play at the inbounds spot.

Penalty: For a free kick pass out of bounds: The receiving team may elect to take possession of the ball from their restraining line or at the out-of-bounds spot.

ARTICLE 3. FREE KICK PASS HITS THE CEILING. If a free kick pass hits the ceiling during an indoor game it will be called dead immediately. The down will be replayed from the previous spot.

SECTION 3 ENFORCEMENT OF FOULS

ARTICLE 1. ENFORCEMENT FROM PREVIOUS SPOT. If there is a foul during a free kick pass, enforcement is from the previous spot and the free kick pass is made again. However, if the passing team commits a foul prior to the end of the pass, and the receiving team retains possession throughout the down, it will have the option of enforcing the penalty at the previous spot and replaying the down or adding the penalty yardage to the dead-ball spot.

RULE 7 - BALL IN PLAY, DEAD BALL, SCRIMMAGE

SECTION 1 BALL IN PLAY

ARTICLE 1. LIVE BALL. After the ball has been declared ready for play, it becomes a live ball when it is legally snapped or legally kick passed.

SECTION 2 DEAD BALL

ARTICLE 1. DEAD BALL DECLARED. An official shall declare the ball dead and the down ended:

1. when a runner is legally tackled by tagging an opponent using one hand, touching their body between the waist and the shoulder.
Note: touching of the wheelchair or pulling the jersey of a player does not count as legally downing a player in possession of the ball.
2. when a runner is blocked or otherwise restrained so that their forward progress ends.
3. when a runner is out of bounds.
4. when a forward pass is incomplete.
5. when a forward pass hits the ceiling during an indoor game.
6. when a loose ball comes to rest anywhere on the field.
7. when any legal or illegal kick pass is caught or recovered by the passers.
8. when a touchdown, touchback, safety or Try has been made.
9. when any receiver catches or recovers the ball after a fair catch signal has been made.
10. when the ball is out of bounds.
11. when a quarterback immediately sets the ball on the ground at their side behind the line of scrimmage after the snap;
12. when a runner's helmet comes completely off.
13. when an official sounds the whistle erroneously while the ball is still in play.

SECTION 3 NEW SERIES OF DOWNS

ARTICLE 1. NEW SERIES OF DOWNS FOR THE OFFENSE. A new series of four scrimmage downs is awarded to the offense when one of the following happens:

1. During a given series the ball is declared dead in possession of Team A while at or beyond the line to gain.
2. Enforcement of a foul by the defensive team results in the placement of the ball at or beyond the line to gain.
3. If there is a change of possession during the down, and the offensive team retains possession at the end of the down.
4. The passing team legally recovers a free kick pass.

ARTICLE 2. NEW SERIES OF DOWNS FOR THE DEFENSE. A new series of four scrimmage downs is awarded to the defense when the following happens. At this time, the defense becomes the offense.

1. The offense fails to advance the ball to the line to gain during a series of downs

2. A change of possession occurs during the down and the defense has possession at the end of the down, or has been awarded possession at the end of the down
3. The ball is declared dead in possession of the receiving team after a free kick pass or scrimmage kick pass.

ARTICLE 3. FORWARD PART OF BALL. The forward part of the ball in its position when it is declared dead in the field of play shall be the determining point in measuring any distance gained or lost.

SECTION 4 ACTION AT OR BEFORE THE SNAP

ARTICLE 1. BALL READY FOR PLAY. After the neutral zone has been established, an offensive player may not make a false start, a defensive player may not encroach or commit a neutral zone infraction, and no player of either team may be offside when the ball is put in play.

ARTICLE 2. FALSE START. It is a False Start if the ball has been placed ready for play, and prior to the snap, an offensive player who has assumed a set position charges or moves in such a way as to simulate the start of a play, or if an offensive player who is in motion makes a sudden movement toward the line of scrimmage. Any quick abrupt movement by a single offensive player which simulates the start of the snap is a False Start.

Item 1. Attempt to Draw Offside. Any obvious attempt by the quarterback or other player in position to receive the snap to draw an opponent offside is a False Start.

Item 2. Offense Not Set. If all 7 offensive players are not set simultaneously for one full second prior to the snap, it is a False Start.

Penalty: For a False Start: Loss of five yards from the line of scrimmage. The foul is enforced prior to the snap.

ARTICLE 3. ENCROACHMENT. It is Encroachment if a defensive player enters the neutral zone and contacts an offensive player or the ball prior to the snap. The play is dead immediately.

Penalty: For Encroachment: Loss of five yards from the line of scrimmage. The foul is enforced prior to the snap.

ARTICLE 4. OFFSIDE. A player is offside when any part of their body or wheelchair is in or beyond the neutral zone.

Penalty: For Offside: Loss of five yards.

ARTICLE 5. SHIFTS. The offensive team is permitted to shift and have one or more players in motion multiple times before the snap. However, after the last shift, all players must come to a complete stop and be in a set position simultaneously for at least one full second.

If any eligible backfield player goes in motion (one at a time) after the last shift and comes to a complete stop, there is no requirement for a full second pause before a second player can legally go in motion.

However, if the first player has not come to a complete stop when the second player goes in motion, it is another shift and requires another simultaneous stop for at least one full second by all players.

It is also an illegal shift if a player under or behind center goes in motion and fails to come to a complete stop for at least one full second before a second player goes in motion.

Penalty: For a player illegally in motion at the snap: Loss of five yards.

ARTICLE 6. MOTION. When the ball is snapped, one player who is lined up in the backfield may be in motion, provided that he is moving parallel to or away from the line of scrimmage. No player is permitted to be moving toward the line of scrimmage when the ball is snapped. All other players must be stationary in their positions. If an eligible receiver who is on the line moves to another position on the line (not forward), he must come to a complete stop prior to the snap. If he does not come to a complete stop, it is Illegal Motion.

It is also Illegal Motion if a player under or behind center goes in motion and fails to come to a complete stop for at least one full second prior to the snap.

Penalty: For a player illegally in motion at the snap: Loss of five yards.

SECTION 5 POSITION OF PLAYERS AT THE SNAP

ARTICLE 1. OFFENSIVE TEAM. The offensive team must be in compliance with the following at the snap:

- 1) It must have between 3 and 5 players on the line of scrimmage.
- 2) No player may be out of bounds.

Penalty: For Illegal Formation by the Offense: Loss of five yards.

SECTION 6 PUTTING THE BALL IN PLAY

ARTICLE 1. BALL IN PLAY. The offensive team must put the ball in play with a snap at the spot where the previous down ended, unless the enforcement of a penalty moves the ball to another spot or the down ended outside the inbounds lines.

ARTICLE 2. SNAP AT INBOUNDS SPOT. The ball is next put in play at the inbounds spot by the team entitled to possession.

ARTICLE 3. LEGAL SNAP. The snap may be made by any offensive player who is on the line of scrimmage. A snap is a backward pass. The snap must be received by a player who is not on the line at the snap.

RULE 8 - FORWARD PASS, BACKWARD PASS, FUMBLE

SECTION 1 FORWARD PASS

ARTICLE 1. FORWARD MOVEMENT OF HAND. When a player is in control of the ball and is attempting to pass it forward, any intentional forward movement of the hand starts a forward pass. If, after intentional forward movement of the hand, contact by an opponent materially affects the passer, causing the ball to go backward, it is a forward pass, regardless of where the ball strikes the ground.

It is a fumble if, after an intentional forward movement of the hand, the passer loses possession of the ball during an attempt to bring it backward toward the body, or if the passer loses possession of the ball while attempting to re-cock their arm.

ARTICLE 2. LEGAL FORWARD PASS. The offensive team may make one forward pass from behind the line during each down. If the ball crosses the line of scrimmage, a forward pass is not permissible, regardless of whether the ball returns behind the line of scrimmage before the pass is thrown.

ARTICLE 3. ILLEGAL PASSES. Any other forward pass by either team is illegal and is a foul by the passing team. These include:

1. A forward pass thrown when the passer is beyond the line of scrimmage.
2. A second forward pass thrown from behind the line of scrimmage.
3. A forward pass thrown after the ball has crossed the line of scrimmage, and returned behind it.
4. A forward pass thrown after there has been a change of possession.

If an illegal pass is caught or intercepted, the ball may be advanced and the penalty declined.

Penalty: For a forward pass from beyond the line: Loss of down and five yards from the spot of the pass.

Penalty: For a second forward pass from behind the line, or for a forward pass that was thrown after the ball returned behind the line: Loss of five yards from the previous spot.

Penalty: For a forward pass that is thrown after a change of possession: Loss of five yards from the spot of the pass.

ARTICLE 4. COMPLETED OR INTERCEPTED PASS. A player who makes a catch may advance the ball. A forward pass is complete (by the offense) or intercepted (by the defense) in the field of play, at the sideline, or in the end zone if a player a) secures control of the ball in their hands or arms and b) is inbounds with no piece of their wheelchair touching the out of bounds area.

ARTICLE 5. INCOMPLETE PASS. Any forward pass is incomplete and the ball is dead immediately if the pass strikes the ground or goes out of bounds. An incomplete pass is a loss of down, and the ball returns to the previous spot.

If there is any question whether a forward pass is complete, intercepted, or incomplete, it is to be ruled incomplete.

ARTICLE 6. ELIGIBLE RECEIVERS. Any player on the field is eligible to catch a forward pass that is thrown from behind the line of scrimmage, with the exception of a player who has been out of bounds prior to or during the pass.

Penalty: For illegal touching by a player who has gone out of bounds: Loss of down at the previous spot.

SECTION 2 INTENTIONAL GROUNDING

ARTICLE 1. INTENTIONAL GROUNDING. It is intentional grounding if a passer, facing an imminent loss of yardage because of pressure from the defense, throws a forward pass without a realistic chance of completion. A realistic chance of completion is defined as a pass that is thrown in the direction of, and lands in the vicinity of, an eligible receiver.

Penalty: For intentional grounding: Loss of five yards and loss of down at the previous spot.

ARTICLE 2. STOPPING CLOCK. After the two minute warning, a player is permitted to stop the game clock legally to save time if, immediately upon receiving the snap, they begin a continuous throwing motion and throw the ball directly into the ground.

SECTION 3 LEGAL AND ILLEGAL CONTACT WITH RECEIVERS

ARTICLE 1. LEGAL CONTACT WITHIN ONE YARD. Within the area one yard beyond the line of scrimmage, a defender is allowed to maintain continuous and unbroken contact in front of them within the five-yard zone, so long as the receiver has not moved beyond a point that is even with the defender.

ARTICLE 2. ILLEGAL CONTACT WITHIN ONE YARD. Within the one-yard zone, a defender may not make original contact in the back of a receiver, nor may they retain contact after the receiver has moved beyond a point that is even with the defender.

ARTICLE 3. ILLEGAL CONTACT BEYOND ONE-YARD ZONE. Beyond the one-yard zone, a defender cannot initiate contact with a receiver who is attempting to evade them. A defender may use their hand or arms only to defend or protect themselves against impending contact caused by a receiver. Incidental contact may occur.

Penalty: For illegal contact by the defense: Loss of five yards and automatic first down.

ARTICLE 4. DEFENSIVE HOLDING. It is defensive holding if a player grasps an eligible offensive player, their jersey, their body, or their wheelchair to cut off their path to receive the ball.

Penalty: For holding by the defense: Loss of five yards and automatic first down.

SECTION 4 PASS INTERFERENCE

ARTICLE 1. DEFINITION. It is pass interference by either team when any act by a player more than one yard beyond the line of scrimmage significantly hinders an eligible player's opportunity to catch the ball. Pass interference can only occur when a forward pass is thrown from behind the line of scrimmage, regardless of whether the pass is legal or illegal, or whether it crosses the line.

Defensive pass interference rules apply from the time the ball is thrown until the ball is touched.

Offensive pass interference rules apply from the time the ball is snapped until the ball is touched.

ARTICLE 2. PROHIBITED ACTS BY BOTH TEAMS WHILE THE BALL IS IN THE AIR.

Acts that are pass interference include, but are not limited to:

1. Contact by a player who is not playing the ball that restricts the opponent's opportunity to make the catch.
2. Grabbing an opponent's arm or wheelchair in such a manner that restricts their opportunity to catch a pass
3. Extending an arm across the body or wheelchair of an opponent, thus restricting their ability to catch a pass
4. Cutting off the path of an opponent by making contact with them, without playing the ball

ARTICLE 3. PERMISSIBLE ACTS BY BOTH TEAMS WHILE THE BALL IS IN THE AIR.

Acts that are permissible by a player include, but are not limited to:

1. Incidental contact by an opponent's hands, arms or wheelchair when both players are competing for the ball, or neither player is looking for the ball.
2. Contact that would normally be considered pass interference, but the pass is clearly uncatchable by the involved players.

Penalty: For pass interference by the defense: First down for the offensive team at the spot of the foul. If the interference is also a personal foul, the 10-yard penalty for such a foul is also enforced, either from the spot of the foul (for interference), or from the end of the run if the foul for pass interference is declined. If the interference is behind the defensive goal line, it is first down for the offensive team on the defense's one-yard line, or, if the previous spot was inside the two-yard line, halfway between the previous spot and the goal line.

Penalty: For pass interference by the offense: 5 yard penalty from the previous spot.

SECTION 5 BACKWARD PASS AND FUMBLE

ARTICLE 1. BACKWARD PASS. A runner may throw a backward pass at any time. Players of either team may advance after catching a backward pass.

ARTICLE 2. BACKWARD PASS OUT OF BOUNDS. If a backward pass goes out of bounds between the goal lines, the ball is dead, and it is next put in play at the inbounds spot.

ARTICLE 3. FUMBLE. A fumble is any act, other than a pass or kick pass which results in a loss of player possession. A fumble when it hits the ground is declared dead at the spot of the fumble, except in the case of a snap where the ball can be safely recovered by the offense. The ball is next put in play by the team that was last in possession.

RULE 9 - SCRIMMAGE KICK PASS

SECTION 1 KICK PASS FROM SCRIMMAGE

ARTICLE 1. KICK PASS ON OR BEHIND LINE OF SCRIMMAGE. The offense may attempt a punt pass from on or behind the line of scrimmage. Prior to this play, they must declare to the officiating team and defense that they plan to punt the ball, so that the play cannot be confused with a traditional pass play.

ARTICLE 2. LEGAL PUNT PASS. A legal punt pass must travel at least 15 yards in the air, or half the distance to the goal line, whichever is shorter.

Penalty: For a ball that fails to travel a minimum of 15 yards in the air, or half the distance to the goal line: 5 yard penalty. Repeat down.

ARTICLE 3. PASSING TEAM PLAYER VOLUNTARILY OUT OF BOUNDS. During a scrimmage kick pass that crosses the line of scrimmage, and prior to the end of the pass, it is a foul if a passing team player goes out of bounds voluntarily to avoid a block by a receiving team player.

Penalty: For illegally exiting the field on a scrimmage kick pass: Loss of five yards.

SECTION 2 CATCH OR RECOVERY OF A SCRIMMAGE KICK PASS

ARTICLE 1. PASSING TEAM RECOVERY. When a passing team catches or recovers a kick pass beyond the line of scrimmage, the ball is dead at the spot of recovery.

Item 1. Legal Catch or Recovery. If the receiving team touches the ball beyond the line, a subsequent catch or recovery by the passing team is legal, but the ball is dead.

Item 2. Illegal Catch or Recovery. If the passing team catches or recovers a kick beyond the line that has not been touched by the receiving team, the ball is dead, and it is a first down for the receiving team at the spot of the catch or recover.

ARTICLE 2. RECEIVERS CATCH OR RECOVERY. If the receivers catch or recover any scrimmage kick pass, they may advance.

ARTICLE 3. SIMULTANEOUS CATCH OR RECOVERY. When a legal scrimmage kick pass is simultaneously caught or recovered anywhere by two eligible opposing players, or if the ball is lying on the field of play with no player attempting to recover it, it is awarded to the receivers.

SECTION 3 BALL CROSSES GOAL LINE, OUT OF BOUNDS, DEAD IN FIELD OF PLAY

ARTICLE 1. BALL CROSSES RECEIVERS' GOAL LINE. If a scrimmage kick pass crosses the receiver's goal line from the impetus of the pass, the following shall apply:

1. If the ball has not been touched by a player of the receiving team, it is dead immediately, and the result of the play is a touchback, when: a) it touches the ground on or behind the receivers' goal line, or b) it touches a player of the passing team who is touching the ground on or behind the receivers' goal line.
2. If the receivers catch the ball in the end zone, or recover it in the end zone after touching it in the field of play or the end zone, they may advance.
3. If the passing team catches or recovers the ball in the end zone after the receivers first touch the ball in the field of play or the end zone, it is a touchdown for the passing team.
4. If the ball goes out of bounds in the field of play after being touched by a receiver in the end zone or in the field of play, it is the receiving team's ball at the out-of-bounds spot.

ARTICLE 2. BALL OUT OF BOUNDS OR NOT RECOVERED IN FIELD OF PLAY. If a scrimmage kick pass goes out of bounds between the goal lines or is lying in the field of play with no player attempting to recover it, it is the receiver's ball at the dead-ball spot.

RULE 10 - OPPORTUNITY TO CATCH A KICK PASS, FAIR CATCH

SECTION 1 OPPORTUNITY TO CATCH A KICK PASS

ARTICLE 1. INTERFERENCE. During a scrimmage kick pass that crosses the line of scrimmage, or during a free kick pass, members of the passing team are prohibited from interfering with any receiver making an attempt to catch the airborne ball, or from obstructing or hindering their path to the airborne ball, regardless of whether any signal was given.

It is interference if a player of the passing team contacts the receiver, or causes a passive player of either team to contact the receiver, before or simultaneous to the receiver touching the ball.

A receiver who is moving toward a ball that is in flight has the right of way. If opponents obstruct their path to the ball, or cause a passive player of either team to obstruct their path, it is interference, even if there is no contact. It is not a foul if a passing team player is blocked into the receiver.

Penalty: For interference with the opportunity to make a catch when a prior signal has not been made: Loss of 10 yards from the spot of the foul, and the offended team is entitled to put the ball in play by a snap from scrimmage.

Penalty: For interfering with a fair catch after a signal: Loss of 10 yards from the spot of the foul. A fair catch is awarded even if the ball is not caught.

SECTION 2 FAIR CATCH

ARTICLE 1. DEFINITION. A Fair Catch is an unhindered catch of an airborne scrimmage kick pass that has crossed the line of scrimmage, or of an airborne free kick pass, by a player of the receiving team who has given a valid fair catch signal. If the ball touches the ground prior to being safely brought in by the player making the fair catch signal, it is not a fair catch.

ARTICLE 2. FAIR-CATCH SIGNAL. A Fair-Catch Signal is valid if it is made while the ball is in flight by 1) a player making a verbal cue of shouting 'Ball' as many times as they can during the ball's flight and 2) a referee directly behind the receiver making a visual cue by extending one arm above their head and waving it from side to side. If the receiver is also physically able to make the visual cue, they should do so.

Penalty: For illegal contact with a player who has made a fair catch: Loss of 10 yards from the dead-ball spot and disqualification if flagrant.

ARTICLE 3. MUFF. After a valid fair-catch signal, the opportunity to catch a free kick does not end if the ball is muffed. The player who signaled for a fair catch must have a reasonable opportunity to catch the muffed ball before it hits the ground without interference by members of the kicking team, and regardless of whether the ball strikes another player or an official.

ARTICLE 4. RESTRICTIONS. If a player of the receiving team makes a valid fair catch signal, and the ball is not touched by a player of the kicking team, the following apply:

1. If the player catches the ball, it is dead immediately, and it is a fair catch.
2. If the player muffs the ball, but catches it before it touches the ground, it is also a fair catch.
3. If the player recovers the ball after it strikes the ground, it is dead immediately, but it is not a fair catch.
4. If the ball is caught or recovered by a teammate who did not make a valid fair catch signal, the ball is dead immediately, but it is not a fair catch.

If the ball touches a player of the kicking team, before or after it strikes the ground, any player of the receiving team may catch or recover it and advance as long as the officials deem the ball safe to be recovered. If a player of the receiving team who has given a valid fair catch signal catches the ball before it hits the ground and elects not to advance the ball, it is a fair catch.

If a receiver has made a fair catch, an opponent is prohibited from blocking or tackling him, or causing a passive player of either team to contact him. Incidental contact is not a foul.

ARTICLE 5. PUTTING THE BALL IN PLAY AFTER FAIR CATCH. After a fair catch is made, or is awarded as the result of fair-catch interference, the ball is dead immediately. The receiving team will put the ball in play at the snap from the spot of the catch (or the succeeding spot after enforcement of any applicable yards after any penalties).

Exception: If a legal fair catch is made behind the receiving team's 22 yard line, the ball will be brought out to the 22 yard line for the subsequent snap.

RULE 11 – SCORING

SECTION 1 VALUE OF SCORES

ARTICLE 1. WINNING TEAM. The team that scores the greater number of points during the entire game is the winner.

Note: If a team forfeits a game, the opponent will be declared the winner by a score of 2-0.

ARTICLE 2. TYPES OF SCORING PLAYS. Points are scored as follows:

1. Touchdown: 6 points
2. Safety: 2 points
3. Try after touchdown: 1 point (passing play) 2 points (running play)

SECTION 2 TOUCHDOWN

ARTICLE 1. TOUCHDOWN PLAYS. A touchdown is scored when:

- a) The ball is on, above, or behind the plane of the opponents' goal line and is in possession of a runner who has advanced from the field of play into the end zone. or
- b) Any player who is legally inbounds catches a ball that is on, above, or behind the opponent's goal line.

Note: If a player attempts to catch a pass, a touchdown is not scored until the receiver completes the catch.

SECTION 3 TRY

ARTICLE 1. GENERAL RULES. After a touchdown, a Try is an opportunity for either team to score one or two additional points during one scrimmage down.

The Try begins when the Official sounds the whistle for play to start. The team that scored the touchdown shall put the ball in play three yards from the defensive team's goal line and complete a pass play (for 1 point) or a run play (for 2 points).

ARTICLE 2. RESULTS OF A TRY. During a Try, the following shall apply:

- a) If the Try results in what would ordinarily be a safety against either team, one point is awarded to the opponent.
- b) If any play results in a touchback, the Try is unsuccessful, and there shall be no replay.
- c) The try ends when: 1) either team scores; or 2) the ball is dead by rule.

ARTICLE 3. FOULS COMMITTED DURING TRY.

Item 1. Fouls by Offense. The following applies if there is a foul by the offense:

- a) If there is a foul by the offense during a successful Try, after the penalty, the Try shall be repeated, unless the penalty results in a loss of down.
- b) If the penalty for a foul results in a loss of down, the Try is unsuccessful, and there shall be no replay.

- c) All personal or unsporting conduct fouls will result in a distance penalty being assessed on the ensuing kickoff, provided the penalty does not negate a successful Try.
- d) If the foul results in a safety, the defense is awarded one point.

Item 2. Fouls by Defense. The following applies if there is a foul by the defense:

- a) All fouls will result in the distance penalty being assessed on the ensuing kickoff, unless the offense chooses to attempt a retry after enforcement of the penalty.
- b) If the foul results in a safety, the offense is awarded one point.

Item 3. Fouls by Both Teams with No Change of Possession. If there are fouls by both teams during a Try in which there is not a change of possession, the Try must be replayed.

Item 4. Fouls by Both Teams with Change of Possessions. If both teams foul during a Try in which there is a change or changes of possession, the following shall apply:

- a) If both teams foul before the first change of possession, the Try shall be repeated.
- b) If the Defense fouls before the first change of possession, the Try shall be repeated.
- c) If the Offense fouls before the first change of possession, the Try shall be deemed to have failed.
- d) If neither team fouls before the first change of possession, and both teams subsequently commit fouls, the Try shall be deemed to have failed.

ARTICLE 4. KICKOFF PASS AFTER TRY. After a Try, the team on defense during the Try shall receive the kickoff pass.

SECTION 4 SAFETY

ARTICLE 1. SAFETY. It is a Safety: 1) if the offense commits a foul in its own end zone or; 2) when an impetus by a team sends the ball behind its own goal line, and the ball is dead in the end zone in its possession or the ball is out of bounds behind the goal line.

Note: A ball in the end zone which is carried toward the field of play is still in the end zone until the entire ball is in the field of play.

ARTICLE 2. BALL IN PLAY AFTER SAFETY. After a safety, the team scored upon must put the ball in play by a free kick pass from its 22-yard line.

SECTION 5 TOUCHBACK

ARTICLE 1. TOUCHBACK. It is a Touchback if the ball is dead on or behind the goal line a team is defending, provided that the impetus comes from an opponent, and that it is not a touchdown or an incomplete forward pass.

Note: A touchback, while not a score, is included in this rule because, like scoring plays, it is a case of a ball that is dead on or behind the goal line.

ARTICLE 2. TOUCHBACK SITUATIONS. When a team provides the impetus that sends a loose ball behind its opponent's goal line, it is a touchback:

- a) if the ball is dead in the opponent's possession in its end zone.
- b) if the ball is out of bounds behind the goal line.
- c) if a scrimmage kick pass has not been touched by a player of the receiving team beyond the line of scrimmage and the ball 1) touches the ground on or behind the receiver's goal line 2) touches a player of the kick passing team who is touching the ground on or behind the receiver's goal line or who has touched the ground on or behind the receiver's goal line and has not re-established themselves in the field of play.

ARTICLE 3. BALL NEXT IN PLAY. After a touchback, the team that has been awarded the touchback next snaps the ball at its 22-yard line.

RULE 12 - PLAYER CONDUCT

SECTION 1 BLOCKING, USE OF HANDS AND ARMS

ARTICLE 1. LEGAL AND ILLEGAL BLOCK. A Player of either team may block (obstruct or impede) an opponent at any time, provided that the act is not:

- a) pass interference.
- b) illegal contact.
- c) fair catch interference or interference with the opportunity to catch a kick pass.
- d) unnecessary roughness.
- e) offensive or defensive holding.
- f) an illegal block behind the axle of a wheelchair.

ARTICLE 2. LEGAL BLOCK BY OFFENSIVE PLAYER. An offensive player is permitted to block an opponent by contacting them with their wheelchair.

A blocker may use their wheelchair to contact an opponent on or in front of the opponent's axle, provided that they do not materially restrict them. The blocker is permitted to work for and maintain their position against an opponent, provided that they do not illegally clip or push from behind.

ARTICLE 3. ILLEGAL BLOCK BY OFFENSIVE PLAYER. It is a foul if an offensive blocker:

- a) thrusts their hands forward above the frame of an opponent to forcibly contact them on the head, neck or face.

Penalty: For illegal use of hands by the offense: Loss of 5 yards.

- b) blocks an opponent from behind the opponent's axle on their wheelchair.

Penalty: For illegal block in the back of the axle: Loss of 10 yards.

- c) uses their hands or arms to materially restrict or alter the defender's path or angle of pursuit. Material restrictions include but are not limited to 1) grabbing an opponents wheelchair or jersey, 2) pulling the opponent to the ground.

Penalty: For holding by the offense: Loss of 10 yards.

Blocking Notes: When a defensive player is held by an offensive player during the following situations, Offensive Holding will not be called:

- a) if the runner is being tackled simultaneously by another defensive player.
- b) if the runner simultaneously goes out of bounds.
- c) if a Fair Catch is made simultaneously.

ARTICLE 4. DEFENSIVE HOLDING. It is a foul for defensive holding if a defensive player holds an opponent other than a runner, except as permitted in Article 3 above.

Penalty: For defensive holding: Loss of 5 yards and automatic first down.

ARTICLE 5. ILLEGAL USE OF HANDS BY DEFENSE. It is a foul if a defensive player thrusts their hands or arms forward above the frame of an opponent to forcibly contact them on the neck, face, or head.

Penalty: For Illegal Use of Hands by the Defense: Loss of 5 yards and an automatic first down.

ARTICLE 6. ASSISTING THE RUNNER. No offensive player may assist a runner by:

- a) pushing a runner downfield at any time
- b) pushing or throwing their body or wheelchair against a teammate to aid them in an attempt to obstruct an opponent.

Penalty: For assisting the runner or illegal use of hands, arms, or body by the offense: Loss of 5 yards.

SECTION 2 PERSONAL FOULS

ARTICLE 1. PHYSICAL ADVANTAGE FOUL. All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for physical advantage over an opponent (e.g., raising out of their chair, or using the heel on the floor to maneuver the chair, or leaning forward on the foot rests to block an opponent).

Penalty: For a physical advantage foul: loss of 10 yards.

ARTICLE 2. CLIPPING. There shall be no clipping (striking behind the axle of a wheelchair) against any player.

Penalty: For illegal clipping: Loss of 10 yards.

ARTICLE 3. UNNECESSARY ROUGHNESS. There shall be no unnecessary roughness. This includes, but is not limited to:

1. Forcibly contacting a runner when they are out of bounds or should not have reasonably anticipated such contact by an opponent, before or after the ball is dead.
2. Running into a runner whose forward progress has been stopped, or who has declared themselves down and has made no attempt to advance.
3. A 'kicker' who is standing still or fading backward after the ball has been passed, is out of the play and must not be unnecessarily contacted by the receiving team through the end of the down, or until they assume a distinctly defensive position.
4. Using any part of a player's helmet to butt or strike an opponent. (Note: This does not prohibit incidental contact in the course of a conventional block or football play)
5. Coming into contact with an opponent at an unsafe speed and strength, that is not compatible with necessary game play. This includes forcing a wheelchair to tip over, or forcing a player out of their wheelchair using forceful contact not required for game play.

Penalty: For unnecessary roughness: Loss of 10 yards. The player may be disqualified for the remainder of the game and the entirety of the next game on their schedule if the action is judged by the official to be flagrant. If the foul is by the defense, it is also an automatic first down.

ARTICLE 4. PLAYERS IN A DEFENSELESS POSTURE. It is a foul if a player initiates unnecessary contact against a player who is in a defenseless posture.

Players in a defenseless posture are:

- a) A player in the act of or just after throwing a pass.
- b) Any player when the defender approaches from behind or the side behind the axle.
- c) A receiver attempting to catch a pass who has not had time to clearly become a runner. If the player is capable of avoiding or warding off the impending contact of an opponent, they are not longer a defenseless player.
- d) A runner already in the grasp of a tackler and whose forward progress has been stopped.

Prohibited contact against a player who is in a defenseless posture is:

- a) Forcibly hitting the defenseless player's head or neck area with the helmet, facemask or forearm, even if the initial contact is lower than the player's neck.
- b) Illegally launching into a defenseless opponent. It is an illegal launch if a player increases speed or a portion of their wheelchair leaves the ground prior to contact.

Penalty: For unnecessary roughness: Loss of 10 yards. The player may be disqualified for the remainder of the game and the entirety of the next game on their schedule if the action is judged by the official to be flagrant. If the foul is by the defense, it is also an automatic first down.

ARTICLE 5. ROUGHING THE PASSER. Because the act of passing often puts the quarterback (or any other player attempting a pass) in a position where they are particularly vulnerable to injury, special rules against roughing the passer apply. The officials have a principal responsibility for enforcing these rules. Any physical acts against a player who is in a passing posture which, in the officials' judgment, are unwarranted circumstances of the play will be called as fouls.

The officials will be guided by the following principals:

- a) Roughing will be called if, in the official's judgment, a pass rusher clearly should have known that the ball had already left the passer's hand before contact was made; once a pass has been released by a passer the rusher must be making an attempt to avoid contact and must not continue to 'drive through' or otherwise forcibly contact the passer.
- b) In covering the passer position, officials will be particularly alert to fouls in which defenders impermissibly hit the passer in the head or neck area.

- c) A passer who is standing still or fading backward after the ball has left their hand is obviously out of play and must not be unnecessarily contacted by an opponent through the end of the down or until the passer becomes a blocker, or runner.
- d) The official must blow the play dead as soon as the passer is clearly downed and in control of any tackler behind the line, and the passer's safety is in jeopardy.

Penalty: For Roughing the Passer: Loss of 10 yards and an automatic first down; The player may be disqualified for the remainder of the game and the entirety of the next game on their schedule if the action is judged by the official to be flagrant.

ARTICLE 6. STRIKING OPPONENTS. All players are prohibited from: 1) striking an opponent with their fists, 2) striking, swinging at, or clubbing the head, neck or face of an opponent with the wrists, arms, elbows, or hands.

Penalty: For unnecessary roughness: Loss of 10 yards. The player may be disqualified for the remainder of the game and the entirety of the next game on their schedule if the action is judged by the official to be flagrant. If the foul is by the defense, it is also an automatic first down.

ARTICLE 7. TWISTING, PULLING, OR TURNING THE FACEMASK OR HELMET OPENING. No player shall grasp and control, twist, turn, push, or pull the facemask or helmet opening of an opponent in any direction. If a player grasps an opponent's facemask, they must immediately release it. If they do not immediately release it and control their opponent, it is a foul.

Penalty: For twisting, turning, pushing, pulling, or controlling the mask or helmet opening: Loss of 10 yards. The player may be disqualified for the remainder of the game and the entirety of the next game on their schedule if the action is judged by the official to be flagrant. If the foul is by the defense, it is also an automatic first down.

ARTICLE 8. USE OF HELMET AS A WEAPON. A player may not use a helmet that is no longer worn by anyone as a weapon to strike, swing at, or throw at an opponent.

Penalty: For illegal use of a helmet as a weapon: Loss of 10 yards and automatic disqualification for the remainder of the game and the entirety of the next game on their schedule. If the foul is by the defense, it is also an automatic first down.

SECTION 3 UNSPORTING CONDUCT

ARTICLE 1. PROHIBITED ACTS. There shall be no unsporting conduct. This applies to any act which is contrary to the generally understood actions required to play the sport of football and the generally understood principles of good sporting conduct. All players must follow the rules outlined in the athlete code of conduct signed prior to participation in competitive play each season. Such acts specifically include, but are not limited to:

- a) Throwing a punch, or a forearm, even though no contact is made.
- b) Using abusive, threatening, or insulting language or gestures to opponents, teammates, officials, or representatives of the League.
- c) Using baiting or taunting acts or works that may engender ill will between teams.
- d) Any violent gesture, or act that is sexually suggestive or offensive.
- e) Unnecessary physical contact with a game official. Under no circumstance is a player allowed to shove, push, or strike an official. The player shall be disqualified from the game, and such action must be reported to Move United.
- f) Using any object as a prop, or possessing any foreign or extraneous object(s) that are not part of the uniform on the field. If any foreign object is deemed a safety hazard by the game officials, in addition to a yardage penalty, the player will be subject to ejection from the game, whether they use the object or not.

Penalty: (for (a) through (f)): Loss of 10 yards from the succeeding spot. If the foul is by the defense it is also an automatic first down.

- g) Using acts or words by the defensive team that are designed to disconcert an offensive team at the snap. An official must blow their whistle immediately to stop play.
- h) Concealing the ball underneath the uniform or using any article of equipment to simulate a ball.
- i) Using entering substitutes, legally returning players, substitutes on sidelines, or withdrawn players to confuse opponents.
- j) Attempting to conserve time after the two-minute warning of either half by repeatedly violating the substitution rule while the ball is dead and time is in.
- k) Two successive delay-of-game penalties during the same down.
- l) If a member of the kicking team is forced out of bounds, or goes out of bounds voluntarily, and does not attempt to return inbounds in a reasonable amount of time.

Penalty: (for (g) through (l)): Loss of 10 yards from 1) the succeeding spot if the ball is dead; or 2) the previous spot if the ball was in play.

ARTICLE 2. CODE OF CONDUCT VIOLATIONS. All athletes will be required to sign a code of conduct at the beginning of the season outlining generally accepted behavior. If, at any time during a game or tournament an athlete is considered to be in violation of the code of conduct, or an investigation is opened as to whether an athlete has violated the code of conduct, the athlete will be removed from the field of play immediately until such investigation has been completed. Once an investigation is completed, the player will be allowed to return to the field of play or will be required to complete any applied penalties. Investigations will follow the steps outlined in Move United's code of conduct policies.

ARTICLE 3. FOULS TO PREVENT SCORE. The defense shall not commit successive or repeated fouls to prevent a score.

Penalty: For successive or repeated fouls to prevent a score: If the violation is repeated after a warning, the score involved is awarded to the offensive team.

SECTION 4 AUTOMATIC DISQUALIFICATION

ARTICLE 1. MULTIPLE UNSPORTING CONDUCT FOULS. In addition to any penalty referenced elsewhere in this rulebook, a player and non-player personnel (e.g., management personnel, coaches) will be automatically disqualified if that player is penalized twice in the same game for committing one of the unsporting conduct fouls listed below:

- a) Throwing a punch, or a forearm, even though no contact is made.
- b) Using abusive, threatening, or insulting language or gestures to opponents, teammates, officials, or representatives of the League.
- c) Using baiting or taunting acts or words that may engender ill will between teams.

A player and non-player personnel (e.g., management personnel, coaches) will be automatically disqualified regardless of whether the penalty is accepted or declined by the opponent. The fouls do not have to be judged by the official to be flagrant for the automatic disqualification to occur.

Penalty: For unsporting conduct: After a warning: automatic disqualification for the remainder of the game, plus a 10 yard penalty.

RULE 13 - NON-PLAYER CONDUCT

SECTION 1 NON-PLAYER CONDUCT

ARTICLE 1. NON-PLAYER FOULS. There shall be no unsporting conduct by a substitute, coach, attendant, or any other non-player in the team bench area during any period or timeout.

ARTICLE 2. TEAM ATTENDANTS MAY ENTER FIELD DURING TIMEOUT. Team attendants may enter the field to attend to their team during a team timeout by either team. No other non-player may come on the field without the official's permission, unless they are an incoming substitute.

ARTICLE 3. RESTRICTED AREAS. All team personnel must observe the zone restrictions applicable to the bench area and the border rimming the playing field for reasons involving safety of participating players whose actions may carry them out of bounds, and officials' unobstructed coverage of the game. Violators are subject to penalty by the officials.

Penalty: For illegal acts under Articles 1 through 3 above: Loss of 10 yards from team for whose supposed benefit foul was made (unsporting conduct). Enforcement is from: the succeeding spot if the ball is dead, or whatever spot the official deems equitable if the ball was in play.

For a flagrant violation, the Official may exclude the offender from the playing field enclosure for the remainder of the game.

ARTICLE 4. NON-PLAYER PERSONNEL. Non-player personnel of a club (e.g., management personnel, coaches) will not be permitted to make unnecessary physical contact with or direct abusive, threatening, or insulting language or gestures at opponents, game officials, or representatives of the League.

Penalty: Loss of 10 yards (Unsporting Conduct). Enforcement is from: a) the succeeding spot if the ball is dead; b) the previous spot if the ball was in play. After a warning: automatic disqualification for the remainder of the game.

ARTICLE 5. CODE OF CONDUCT VIOLATIONS. All non-player personnel will be required to sign a code of conduct at the beginning of the season outlining generally accepted behavior. If, at any time during a game or tournament any non-player personnel is considered to be in violation of the code of conduct, or an investigation is opened as to whether they have violated the code of conduct, they will be removed from their on-field duties immediately until such investigation has been completed to either allow personnel to return to the field of play or enforce a code of conduct penalty. Investigations will follow the steps outlined in Move United's code of conduct policies.

RULE 14 - PENALTY ENFORCEMENT

SECTION 1 GENERAL RULES

ARTICLE 1. REFUSAL OF PENALTIES. Unless expressly prohibited, the penalty for any foul may be declined by the offended team, and play proceeds as though no foul had been committed. The yardage distance for any penalty may be declined, even though the penalty is accepted.

ARTICLE 2. NUMBER OF DOWN AFTER PENALTY.

Item 1. Foul by Offense. If the ball is behind the line to gain after the enforcement of a distance penalty for a foul by the Offense that occurs prior to or during a play from scrimmage, the number of the ensuing down remains the same, unless it is a combination penalty involving loss of down (see below).

Item 2. Combination Penalty. A combination penalty involving both distance and loss of down is enforced for the following rules:

- a) A forward pass from beyond the line.
- b) Handing the ball forward beyond the line of scrimmage.

If a loss-of-down penalty is enforced prior to fourth down, the number of the ensuing down is one greater than that of the previous down. If it is enforced on the fourth down, the ball is awarded to the other team, and possession changes; if there is a combination penalty on fourth down, the distance penalty is also enforced.

Item 3. Line to Gain and Change of Possession. If a change of possession is negated by enforcement of a penalty against the original Offensive team during a play from scrimmage, the line to gain remains the same.

Item 4. Ball in Advance of Line to Gain. If the ball in advance of the line to gain after the enforcement of a distance penalty for a foul by the Offense during a play from scrimmage, it is an automatic first down.

Item 5. Foul Between Downs. If there is a Foul Between Downs, the down remains the same, unless enforcement of the foul results in a first down.

Item 6. Double Fouls. If there is a Double Foul during the down, and the fouls offset, the down is replayed, and the number of the down remains the same.

ARTICLE 3. CHOICE OF PENALTIES (MULTIPLE FOULS). If there is a Multiple Foul during the down, only one penalty may be enforced after the Official has explained the alternatives to the offended team. If one of the fouls is a Personal Foul or Unsportsmanlike Conduct foul, that foul will be enforced in addition to the other foul.

SECTION 2 SPECIAL ENFORCEMENT FOR PENALTIES

ARTICLE 1. HALF-DISTANCE PENALTY. If the enforcement of a distance penalty would move the ball more than half the distance from the spot of enforcement to the offender's goal line, the penalty shall be half the distance from the spot of enforcement to its goal line. This general rule supersedes any other general or specific enforcement of a distance penalty.

ARTICLE 2. FOUL BEHIND A GOAL LINE.

1. When the spot of enforcement for a foul by the defense is behind the offensive goal line, a distance penalty is enforced from the goal line. However, if the play results in a touchback, the penalty is enforced from the 20-yard line.
2. If the spot of enforcement for a foul by the offense is behind their own goal line, it is a safety.
3. If the spot of enforcement for a foul by the offense is behind the defensive goal line, a distance penalty is enforced from the goal line.

ARTICLE 3. FOUL DURING A SCORE. If a team commits a personal or unsporting conduct foul during a down in which the opponent scores, the penalty is enforced on the succeeding free kick pass. On a touchdown, the penalty can be enforced on the succeeding kickoff pass or Try. On a successful Try, any foul by the defense that does not result in a retry or negate a score may be enforced on the succeeding free kick pass.

SECTION 3 SPOT FROM WHICH PENALTY IS ENFORCED

ARTICLE 1. ENFORCEMENT SPOT NOT GOVERNED. When the spot of enforcement is not governed by a general or specific rule, it is the spot of the foul.

ARTICLE 2. SPOTS OF ENFORCEMENT. The Spot of Enforcement is the spot at which a penalty is enforced. There are six spots that are commonly used.

- a) The Previous Spot: The spot at which the ball was last put in play.
- b) The Spot of the Foul: The spot at which a foul was committed, or by rule, is considered to have been committed.
- c) The Spot of a Backward Pass or a Fumble: The spot at which the backward pass or fumble occurred during the down in which there was a foul.
- d) The Dead Ball Spot: The spot at which the ball became dead.
- e) The Succeeding Spot: The spot at which the ball will next be put in play.
- f) The Spot of a Change of Possession: The spot at which possession is gained by or awarded to the opponent.

ARTICLE 3. BASIC SPOT. The Basic Spot is a reference point that is used to determine the Spot of Enforcement for fouls committed during a running play or a backward pass.

- a) For fouls committed during a running play which is not followed by a change of possession, the Basic Spot is the dead-ball spot.
- b) For fouls committed during a running play which is followed by a change of possession, the Basic Spot is the spot where the possession is lost.
- c) For fouls committed during a backward pass, the Basic Spot is the spot of the backward pass.

SECTION 4 SPOTS OF ENFORCEMENT

ARTICLE 1. FOUL BEFORE OR AT THE SNAP.

Item 1. Before the Snap. A foul that occurs prior to the snap is enforced from the succeeding spot, and the down remains the same, unless enforcement of the foul results in a first down.

Item 2. At the Snap. A foul that occurs at the snap is enforced from the previous spot, and the down is repeated, unless enforcement of the foul results in a first down.

ARTICLE 2. FOUL COMMITTED DURING A RUNNING PLAY. For a foul committed during a running play when there is not a subsequent change of possession during the down, the Basic Spot is the dead-ball spot.

ARTICLE 3. FOUL COMMITTED DURING RUNNING PLAY BEFORE CHANGE OF POSSESSION. When a foul occurs during a running play, and the run in which the foul occurs is followed by a change of possession, the Basic Spot is the spot where the possession is lost.

Note:

- 1) *If the foul is by the defensive team, the ball reverts to the offensive team prior enforcement of the foul.*
- 2) *If the foul is by the offensive team, the defense must decline the penalty to retain possession, unless it is a Personal Foul or Unsporting Conduct Foul.*
- 3) *If there are Multiple Fouls by the defense, the enforcement shall be that which is most beneficial to the offense.*

ARTICLE 4. FOUL COMMITTED AFTER CHANGE OF POSSESSION (END ZONE ENFORCEMENT). If there is a foul by either team after a change of possession, and the dead-ball spot is in the defense's end zone, enforcement shall be as follows:

a) Fouls by the Offense:

1. If the impetus that sent the ball in touch was provided by the Defense, enforcement is from the goal line.
2. If the impetus that sent the ball in touch was provided by the Offense, enforcement is from the 15 yard line.

b) Fouls by the Defense:

1. If the impetus that sent the ball in touch was provided by the Offense, if the Defense attempts to advance the ball, and the spot of its foul is in the end zone, the result is a safety.
2. If the impetus that sent the ball in touch was provided by the Offense, if the Defense does not attempt to advance the ball, and it's a foul occurs in the end zone, enforcement is from the 22-yard line.
3. If the impetus that sent the ball in touch was provided by the Offense, and the spot of its foul is in the field of play, the penalty is enforced from either the spot of the foul or the touchback spot, whichever is least beneficial to the Defense.
4. If the impetus that sent the ball in touch was provided by the Defense, regardless of whether the foul is in the field of play or in the end zone, the result is a safety.

ARTICLE 5. FOUL COMMITTED DURING PASSING PLAY. If there is a foul by either team from the time of the snap until a forward pass thrown from behind the line ends, the penalty is enforced from the previous spot. A pass play ends and a running play begins at the instant that a pass is caught.

Exceptions:

- 1. It is a safety when the offensive team commits a foul behind its own goal line.*
- 2. If there is a personal foul or unsporting conduct foul by the defense prior to the completion of a forward pass thrown from behind the line, enforcement is the previous spot or the dead-ball spot, whichever is more beneficial to the offense.*
- 3. If there is a personal foul or unsporting conduct foul by the offense prior to an interception of a forward pass thrown from behind the line, enforcement is from the dead-ball spot. If the intercepting team subsequently loses possession, the penalty is enforced from the spot of the interception, and the intercepting team retains possession.*

ARTICLE 6. FOUL DURING A BACKWARD PASS OR FUMBLE. If there is a foul by either team during a backward pass or fumble, the Basic Spot is the spot of the backward pass or fumble.

ARTICLE 7. FOUL DURING FREE KICK PASS PLAY. If there is a foul during a free kick pass, enforcement is from the previous spot, and the free kick pass is made again. However, if the passing team commits a foul prior to the end of the pass, and the receiving team retains possession throughout the down, it will have the option of enforcing the penalty at the previous spot and replaying the down or adding the penalty yardage to the dead-ball spot.

Exceptions:

- 1. A personal foul (blocking) after a fair-catch signal is enforced from the spot of the foul.*
- 2. A foul for fair-catch interference is enforced from the spot of the foul.*
- 3. A foul for interference with the opportunity to make a catch is enforced from the spot of the foul.*
- 4. For a free kick pass out of bounds (Rule 6, Section 2, Article 2).*
- 5. For a free kick pass illegally touched, (Rule 6, Section 2, Article 4).*
- 6. Double fouls are enforced according to the customary rules.*

A free kick pass ends when the receiving team establishes possession. Fouls by the passing team prior to that time are offensive fouls. If the passing team legally recovers a free kick pass, there is no change of possession. After the receiving team established possession, a running play begins, and fouls that occur thereafter are enforced from the dead-ball spot or the spot of the foul.

ARTICLE 8. FOUL DURING SCRIMMAGE KICK PASS PLAY. If there is a foul from the time of the snap until a legal scrimmage kick pass ends, enforcement is from the previous spot. This includes a foul during a run prior to a legal kick pass.

Exceptions:

- 1. If the offensive team commits a foul in its own end zone it is a safety.*
- 2. If there is a foul by the passing team, the receiving team will have the option of taking the penalty at the previous spot and replaying the down, or adding the penalty yardage on to the dead-ball spot.*
- 3. Fair-catch interference, interference with the opportunity to make a catch, an invalid fair-catch signal, or a personal foul after a fair-catch signal are enforced from the spot of the foul.*
- 4. Except for fouls that are committed in an attempt to block the pass, if the receiving team commits a foul during a pass that crosses the line of scrimmage, the penalty for its infraction will be enforced as if it has been in possession of the ball at the time the foul occurred. The penalty shall be enforced from whichever of the following spots is least beneficial to the receiving team: a) the end of the pass, or b) the spot of the foul.*

When the receiving team establishes possession of the ball, a scrimmage kick pass ends, and a running play begins, and fouls that occur thereafter are enforced from the dead-ball spot or the spot of the foul.

ARTICLE 9. DEAD BALL FOUL AND FOUL BETWEEN DOWNS. A Dead Ball Foul is a foul that occurs in the continuing action after a down ends, or a taunting foul that occurs at any time. The penalty for a Dead Ball Foul is enforced from the succeeding spot, and the down counts.

A Foul Between Downs is a foul that occurs after the end of the down and after any continuing action resulting from the down, but prior to the next snap or free kick pass. The penalty for a Foul Between Downs is enforced from the succeeding spot, and the down counts, but it cannot be combined with a Live Ball Foul or a Dead Ball Foul to create a Multiple or Double Foul. A Foul Between Downs is always enforced separately from any other foul. A foul against an official, regardless of when it occurs, is always treated as a Foul Between Downs.

SECTION 5 FOULS BY BOTH TEAMS (DOUBLE FOULS)

ARTICLE 1. DOUBLE FOUL WITHOUT CHANGE OF POSSESSION. If there is a Double Foul during a down in which there is not a change of possession, the penalties are offset, and the down is replayed at the previous spot. If it is a scrimmage down, the number of the next down and the line to gain is the same as for the down in which the fouls occurred.

Note: Disqualification of one or more players is enforced, even though the penalties are offset.

ARTICLE 2. DOUBLE FOUL WITH A CHANGE OF POSSESSION. If there is a Double Foul during a down in which there is a change or changes of possession, including if one of the fouls is a post-possession foul by the receiving team during a scrimmage kick pass, the team last gaining possession will keep the ball after enforcement for its foul, provided it did not foul prior to last gaining possession (“clean hands”).

If the team last in possession does not have “clean hands” when it establishes possession, the penalties offset, and the down is replayed at the previous spot.

Exceptions:

- 1. If the passing team fouls during a kickoff pass, punt pass, safety kick pass, or fair-catch kick attempt prior to the change of possession, the receiving team may elect to replay the down at the previous spot.*
- 2. If a safety results from the enforcement of a foul by the defense, the down is replayed at the previous spot.*
- 3. If both teams foul after the last change of possession, the penalties are offset, and the team last in possession shall retain the ball at the spot where its foul would be enforced if it was the only foul.*
- 4. When there is a Personal Foul or Unsporting Conduct foul on one team and a simple 5 yard foul on the other, only the Personal Foul or Unsporting Conduct foul is enforced.*

RULE 15 - OVERTIME PROCEDURES

SECTION 1 OVERTIME PROCEDURES

ARTICLE 1. SCORE TIED. If the score is tied at the end of the regulation playing time, a system of modified sudden-death overtime shall be in effect, pursuant to the following.

ARTICLE 2. END OF REGULATION. At the end of the regulation playing time, the Official shall immediately toss a coin at the center of the field, in accordance with rules pertaining to a usual pregame toss. The visiting team captain is to again call the toss.

ARTICLE 3. EXTRA PERIOD. Following an intermission of 3 minutes after the end of the regular game, the extra period shall commence.

1. Each extra time period is untimed by the game clock.
2. The first extra time period shall consist of a two-possession series with each team putting the ball in play by a snap on the designated 15-yard line. This becomes the opponent's 15-yard line.
3. Each team retains the ball for one possession series until it scores or turns the ball over, including turnover on downs. The ball remains alive after a change of team possession until it is declared dead. However, the offense may not have a first down if it regains possession after a change in team possessions.
4. If the score is still tied after the first extra time period, extra time periods will continue with a two-possession series consisting of one down each with each team putting the ball in play by a snap on the designated 3-yard line. This becomes the opponent's 3-yard line.
5. Each team retains the ball for one down to attempt a TRY with either a pass play or run play from the line of scrimmage.
6. The Team scoring the greater number of points during the regulation and extra periods shall be declared the winner. There shall be an equal number of possession series, as described in 3 above in the first extra time period and 5 above for each subsequent extra time period.
7. Between each extra time period, there shall be a one-minute intermission.
8. Each team shall be allowed one timeout for the entirety of all extra time periods. Timeouts not used during the regulation periods may not be carried over into the extra period(s).

ARTICLE 4. DISQUALIFIED PLAYERS. Disqualified players shall not re-enter a game during any extra period or periods.

ARTICLE 5. GENERAL AND SPECIFIC RULES APPLY. Except as provided above, all other general and specific rules shall apply during any extra period or periods.

RULE 16 - TOURNAMENT PROCEDURES & TIEBREAKS

SECTION 1 TOURNAMENT POOLS

ARTICLE 1. CREATING POOLS AND SCHEDULING. All tournaments should aim for pool play format unless expressly requesting another format from Move United a minimum of 3 months in advance of the tournament date to give time for Move United to notify participating teams.

The following conditions should apply when creating pools for a tournament:

1. Pool play format tournament may have one or more pools.
2. If more than one pool is used, the number of teams in the largest pool must be no more than two teams greater than the number of teams in the smallest pool.
3. Pool assignments must work to create evenly matched pools.
4. Each team within any one pool must be scheduled to play an equal number of games as the other teams in that pool with every effort being made to schedule each team in a given pool to play all other teams in that pool once.

ARTICLE 2. SEGMENTS OF A POOL PLAY TOURNAMENT. Under this format there will be two distinct segments to a tournament.

Segment 1 - Pool Play Round. Each team in each of the pools shall play the other teams in that pool once. By decision of the tournament director, with approval by Move United, one or more teams with the best record(s) in the pool will advance to the next segment.

Segment 2 - Elimination Round. The teams advancing out of Segment one will be matched up for games to determine final seeding in either a single elimination or double elimination format.

Once a segment is complete, games played previously have no bearing on the win-loss record in the next segment.

Where tournaments involve more than one pool, one or more teams may advance out of each pool to the second segment. In most cases, when two teams advance, the schedule should be arranged so that teams will "cross over" for the purpose of seeding the next round. For example: First Place in Pool A plays Second Place in Pool B, First Place in Pool B plays Second Place in Pool A. The winners of those games play for the championship and a consolation game may be scheduled between the losing teams.

SECTION 2 TIEBREAK PROCEDURES

ARTICLE 1. TIEBREAKS. In tournaments, the team(s) advancing past the pool play rounds will be the team(s) with the best win-loss record during pool play. The tournament director, in conjunction with Move United, will decide on the number of teams that will advance beyond pool play and that information will be made available to participating teams prior to the tournament start.

When records are tied, the following procedures will be applied, in order, so that the tie may be broken and determine who will play in the subsequent round. The procedures apply only for the games and records within that tournament, and not the entirety of the season.

Two Team Tie -

1. Head to Head win percentage in games between the clubs
2. Best win/loss percentage in common games
3. Strength of victory
4. Points allowed
5. Best combined ranking among pool teams in points scored and points allowed
6. Best combined ranking among all teams in points scored and points allowed
7. Best net points in all games
8. Coin Toss

Three (or more) Team Tie -

1. Head to head win percentage in games between the clubs
2. Best win/loss percentage in common games
3. Strength of victory
4. Points allowed
5. Best combined ranking among pool teams in points scored and points allowed
6. Best combined ranking among all teams in points scored and points allowed
7. Best net points in all games
8. Coin toss

Note: If two teams remain tied after a third or other team is eliminated during any step, the tiebreak reverts to step 1 of the two team format.

RULE 17 - POST-SEASON QUALIFICATIONS

SECTION 1 QUALIFICATIONS

ARTICLE 1. ROSTER REQUIREMENTS. Participation in post-season play requires a team to meet all of the roster requirements as outlined in Rule 5, Section 4. of this rulebook. This includes minimum player requirements, disability requirements, and veteran minimums.

ARTICLE 2. TOURNAMENT CHAMPIONSHIP. To qualify for post-season play a team must win a tournament during the regular season following the standard tournament rules outlined in Rule 16 of this rulebook.

SECTION 2 TIEBREAK PROCEDURES

ARTICLE 1. TIEBREAKS. If more teams have met the requirements listed in Section 1 than can participate in post-season play, the following procedures will be applied, in order, so that the tie may be broken. The procedures apply to all games and records within the eligible season.

Two Team Tie -

1. Head to Head win percentage in games between the clubs
2. Best win/loss percentage in common games
3. Best win/loss percentage in all games
4. Strength of victory
5. Points allowed
6. Best combined ranking among all teams in points scored and points allowed
7. Best net points in all games
8. Coin Toss

Three (or more) Team Tie -

1. Head to head win percentage in games between the clubs
2. Best win/loss percentage in common games
3. Best win/loss percentage in all games
4. Strength of victory
5. Points allowed
6. Best combined ranking among all teams in points scored and points allowed
7. Best net points in all games
8. Coin toss

Note: If two teams remain tied after a third or other team is eliminated during any step, the tiebreak reverts to step 1 of the two team format.

RULE 18 - EMERGENCIES, UNFAIR ACTS

SECTION 1 EMERGENCIES

ARTICLE 1. NON-PLAYER ON FIELD. If any non-player enters the field of play or end zones, and in the judgment of any official interferes with the play, the official shall enforce any such penalty or score as the interference warrants.

ARTICLE 2. FIELD CONTROL. If spectators enter the field and/or interfere with the progress of the game in such a manner that in the opinion of the official, the game cannot continue, the official shall declare timeout. In such a case, the official shall then order the home club through its management to have the field cleared, and when it is cleared and order restored and the safety of the spectators, players and officials is assured to their satisfaction, the game must continue.

ARTICLE 3. EMERGENCY SITUATIONS. The League affirms the position that in most circumstances all games should be played to their conclusion. If, in the opinion of appropriate League authorities it is impossible to begin or continue a game due to an emergency, or if a game is deemed to be imminently threatened by any such emergency (i.e. severely inclement weather, power failure), the following procedures (Articles 4-9) will serve as guidelines. The League has the authority to review the circumstances of each emergency and to adjust the following procedures in whatever manner they deem appropriate. If, in the League's opinion, it is reasonable to project that the resumption of an interrupted game would not change its ultimate result or adversely affect any other inter-team competitive issues, the League is empowered to terminate the game.

ARTICLE 4. LEAGUE AUTHORITY. The League employees vested with the authority to define emergencies under these procedures are Officials. Should the Officials delay the beginning of or interrupt a game for a significant period of time due to an emergency, the Official must document the procedures for the League Commissioner.

ARTICLE 5. PRE-GAME THREAT. If there is deemed to be a threat of an emergency that may occur during the playing of a game (i.e. an incoming tropical storm), the starting time of such game will not be moved to an earlier time unless there is clearly sufficient time to make an orderly change.

ARTICLE 6. ALTERNATE DATES, SITES. In instances under these emergency procedures which require the League to reschedule a game, every effort will be made to reschedule the game as quickly as possible and at the game's original site. If unable to schedule the game at the same site, the League will work with the home team to find an appropriate alternate site.

ARTICLE 7. ALTERNATE DATES, SITES. In instances under these emergency procedures which require the League to reschedule a game, every effort will be made to reschedule the game as quickly as possible and at the game's original site. If unable to schedule the game at the same site, the League will work with the home team to find an appropriate alternate site.

ARTICLE 8. GAME RESUMPTION. In all instances where a game is resumed after interruption, either on the same date or a subsequent date, the resumption will begin at the point at which the game was interrupted. At the time of interruption, the Officials will call timeout and make a record of the following: the team possessing the ball, direction in which its offense was headed, position of the ball on the field, down, distance, period, time remaining in the period, and any other pertinent information required for an efficient and equitable resumption of play.

SECTION 2 EXTRAORDINARILY UNFAIR ACTS

ARTICLE 1. LEAGUE AUTHORITY. The League Offices have the sole authority to investigate and take appropriate disciplinary and/or corrective measures if any club action, non-participant interference, or calamity occurs in a game which the League deems so extraordinarily unfair or outside the accepted tactics encountered in the game of wheelchair football that such action has a major effect on the result of the game.

RULE 19 - GUIDELINES FOR CAPTAINS

SECTION 1 GUIDELINES FOR CAPTAINS

ARTICLE 1. NUMBER OF CAPTAINS. One hour and thirty minutes prior to kickoff, respective coaches designate a maximum of four captains per team.

ARTICLE 2. COIN TOSS.

1. Up to four captains per team can participate in the coin toss ceremony.
2. The team that won the coin toss may then have only one captain declare its option.
3. The team that lost the coin toss may then have only one captain declare its option.

ARTICLE 3. CHOICE OF PENALTY OPTION. Only one captain is permitted to indicate the team's penalty option.

ARTICLE 4. CHANGE OF CAPTAINS. The coach has the prerogative of informing the official when they wish to make a change in team captains. A captain who is leaving can inform the official which player will act as captain in their place when they are substituted for. When a captain leaves the game, the incoming substitute is permitted to inform the official which player the respective coach has designated as captain.

RULE 20 - OFFICIALS

SECTION 1 OFFICIALS

ARTICLE 1. GAME OFFICIALS. The game shall be played under the supervision of five officials: Referee, Umpire, Down Judge, Line Judge and Back Judge . Should an official be injured or unable to complete their duties, a game may be continued with 4 officials. If fewer than 4 officials are available, the tournament or game host will do everything in their power to secure a fourth official. If they are unable to do so, it will be their responsibility to work with Move United to reschedule the game at a mutually agreed upon date and time.

ARTICLE 2. JURISDICTION. The officials' jurisdiction begins 100 minutes before the scheduled start time and ends when they declare the final score.

ARTICLE 3. OFFICIAL AUTHORITY. The officials have general oversight and control of the game, along with final authority for the score. If in their oversight of the game an official must disqualify a player, they must submit a disqualification form to the League Offices.

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