

Stampede Flag Football Rules

(Updated 12/03/2023)

Welcome to Stampede Sports Indoor Flag Football League. The following rules are to be followed by any participant at Stampede for our Youth Flag Football Program. If a rule seems unclear or you have a situation where our rules do not specifically outline requirements on how to handle a specific situation, then you will need to contact the Football Director or a General Manager on duty for clarification.

The Football Director (or General Manager if the Football Director cannot be reached) reserves the right, at their discretion, to make a ruling on a situation that is not specified in the rule book. Rules from other leagues will not be recognized here unless it has been approved by the Football Director.

Our league is designed to be FUN and PROMOTE DEVELOPMENT. Fair play and good sportsmanship are the standard and expected by all who participate in our league. You will be respectful to the Officials, staff at Stampede, Coaches, and opposing team parents and players. Coaches, it is your responsibility to ensure your players are playing at least 50% of the game for your team. Stampede does not track playing time and if you feel your child is not playing enough, please address that with your coach.

AGE GROUPS/DIVISIONS

Stampede will have up to five different age groups competing in flag football depending on the season. Each season will have a rolling cut-off that is usually about 1 month before the current season starts. Kids are allowed to play up a division but cannot play down if they are past the age cut-off.

- Small Fry – ages 5-6 years old (Coach QB League 5 v 5, pee-wee size football)
- Bantam – ages 7-8 years old (Coach QB League 5 v 5, pee-wee size football)
 - If we have enough interest, we will put together a Kid QB League for this age group.
 - Bantam Kid QB (Kid QB League 5 v 5, your QB is part of your five players, pee-wee size football)
- Junior – ages 9-10 years old (Kid QB League 5 v 5, your QB is part of your five players, junior size football)
- Senior – ages 11-12 years old (Kid QB League 5 v 5, your QB is part of your five players, junior size football)
- Super Senior – ages 13-14 years old (Kid QB League 5 v 5, your QB is part of your five players, youth size football)
 - We will offer this age group in our Spring and Summer seasons only.

Rosters

Roster Rules:

- Players must be registered and paid on your team to participate in that specific season.
 - No refunds after the season starts.
 - Any player additions after the season starts must be approved by the Football Director.

- Registration fees will not be pro-rated, if a player wishes to join the team after the season starts, they will pay the full registration fee.
 - No player additions will be allowed for the end-of-season tournament. You can only play with your regular-season roster.
- Each player must have an active player's card on file.
 - They can be purchased at the front desk at Stampede Sports. If this is your first time getting your player's card, please present a copy of the child's birth certificate so we can verify their birthdate.
- You cannot have a guest player on your roster playing for you. If you are found to have a non-registered player on your roster playing for you in that game, then you will forfeit the game and the Head Coach will be suspended for the next game.
- Coaches are also required to have a Coaches Card, like the Players Card they are good for one year from the date of purchase. These are required if a coach is to be on the field coaching a team.
- **Subs**
 - You must notify the Football Director and the opposing coach a day before your game that you plan to use a sub for your roster, including the player's name and the team they currently play for.
 - Failure to notify the proper parties in the time frame given could result in a forfeit or the player not being allowed to play.
 - Subs can only be used if your roster will be below 5 players.
 - Subs can be anyone in your current division or Divisions below your age group.
 - You can only have enough subs to get you to five players.
 - You can play with 4 players you would just go without a center.

Equipment/Player Attire

Equipment

- Mouthguards, players are not required but are encouraged to do so.
- Soft Shell Helmets, players are not required but are encouraged to do so.
- **Ball Type**
 - Small Fry will use a Pee-Wee size leather football.
 - Bantam will use a Pee-Wee size leather football.
 - Junior will use a Junior-size leather football.
 - Senior will use a Junior-size leather football.
 - Super Senior will use a Youth-size leather football.
 - **IMPORTANT:**

- ***If you are caught using the wrong size football, you will forfeit the game.***

- **Flags**

- We use the Flag A Tag brand of flag in our league. Other acceptable brands include Public Sports flags or USA Football Flags. The key to these flags is that they come with an open-end connector for the flag. If you are using flags that have a solid connector or a ribbed connector, then those will not be accepted. The connector for your flags must be open-ended. If not, they will not be allowed, with no exceptions.
- Flags cannot be altered in any way. The belts of the flags may be trimmed to better fit the child's waist. The flags we use are 18" in length.
- Flags cannot be the same color as your shorts. If they are you will be required to get a different set of flags.
- Our flags are popper-style flags, and each flag must be positioned on the hip of the player. It is the coach's or players' responsibility to make sure their flags are properly positioned on their hips.
- Each flag has an L connector. That L connector must be facing away from the hip allowing the flag to extend away from the hip making it easier for the defender to pull the flag. Each coach is responsible for checking their players to make sure the flags are on their hips and positioned correctly with the L connector away from the hip. If a player's flags are not properly positioned the Official will ask the player to leave the field till it can be fixed.
- Both flags must be properly inserted into the connector before the play starts. If the flag is not inserted before the play starts that player is deemed ineligible to receive the ball.
- If both flags were properly inserted into the connector but one flag or both flags fall out after the play starts the player will still be eligible to receive the ball and the defender will only need to touch him to make him down.
- **IMPORTANT:**
 - ***Any other type of flag brand outside of what Stampede uses in our league will have to have the approval of the Football Director before use. If you use a non-approved flag, you will forfeit the game.***

- **Player Attire**

- Stampede does not supply team shirts or jerseys. Coaches are responsible for organizing that for their teams.
- Jerseys or Team Shirts must be tucked into the player's shorts.
 - Flag guarding could be called if the shirt prevents the defender from pulling the flag.
- Jerseys or Team Shirts must have a number somewhere on the shirt.

- **NO CLEATS ARE PERMITTED IN THE FACILITY.** Only turf shoes or athletic shoes are permitted on the playing surface at Stampede. Anyone who has cleats (molded, screw-in, metal, etc..) will not be permitted to play until they have the proper shoes. You cannot play barefoot.
- Towels are not permitted on the waist of players.
- Hats are not permitted on the players.
- Shorts or pants cannot have open pockets. All open pockets must be taped or sewn shut. This is to help prevent any finger injuries when trying to pull flags.
- Shorts or pants cannot be the same color as the flags you are using.
 - Example: Green Shorts and Green Flags

Coaches

- Only 3 coaches are allowed on the sideline for each team.
 - Head Coach
 - Asst. Coach
 - Asst. Coach
- Each coach must have a Coaches Card which is the same as a player's card. They are good for one year from the date of purchase. They can be purchased at the front desk at Stampede Sports.
- Parents are not permitted to stand behind the team bench.
- All coaches must remain on the sideline except for these exceptions:
 - Small Fry Coach QBs and Bantam Coach QBs can remain on the field during the play.
 - Junior/Senior/Super Senior offensive coach can remain on the field of play behind their QB for the first 2 weeks of the season. Starting in Week 3 all coaches will have to call plays from the sideline
 - All defensive coaches must be off the field prior to the play starting to not interfere.
 - Junior/Senior/Super Senior defensive coaches will be required to call their defense from the sideline and are not permitted to be on the field.
 - Small Fry and Bantam coaches can assist their players in getting lined up so long as they are off the field of play or almost off the field of play prior to the play starting.
 - If an offense runs a hurry-up, you are still required to be off the field of play prior to the ball being snapped.
 - The first play of a drive the offense needs to give the defense time to set up and get organized provided it doesn't impact the 25-second play clock. After the first play, the offense can go as fast as it wants and the defensive coaches either get their players lined up quickly or call the defense from the sideline.

- It is the coach's and players' responsibility to make sure their flags are properly positioned on their hips. Each flag has an L connector. That L connector must be facing away from the hip allowing the flag to extend away from the hip making it easier for the defender to pull the flag. Each coach is responsible for checking their players to make sure the flags are on their hips and positioned correctly with the L connector away from the hip. If a player's flags are not properly positioned the Official will ask the player to leave the field till it can be fixed.
- **IMPORTANT**
 - *Teams can only warm up outside of the facility or on the playing surface of either Field 1 or Field 2 in the facility. Teams are not permitted to throw any footballs (or any other kind of ball or item) in the common areas. If your team (team includes players, coaches, or player's families or friends) is responsible for setting off a fire alarm at the facility your team will be fined \$250 which is the fee for the Fire Department to come out to the facility due to the alarm.*

General Game Play

- Coin toss will determine initial possession of the football to start the game.
 - The away team will call it
 - Win the toss you can elect to start with the ball or start with the ball in the second half
- Teams will switch starting directions after the half.
- Each team has four downs to reach the midfield line for the first down.
 - On the initial play of a drive the defense can get set before the offense snapping the ball. Once the play clock hits 10 seconds the offense can snap the ball, regardless of if the defense is set. After the initial play, the offense can go as fast as they want, and they do not have to wait for the defense to get set.
 - **Exception:** Last 2 minutes of the game the offense and defense both need to be set as quickly as possible. The offense is not required to wait for the defense to get set, and they can snap the ball on the initial play before the 10-second countdown on the play clock.
 - If a team gets to fourth down, they must declare one of the following:
 - Go for it – if the offensive team fails to get the first down the other team will start with the ball where the ball was turned over on their attempt to get the first down.
 - Punt – the team elects to punt, and the officials will place the ball at the normal starting point for the other team.
 - Reach the first down and the team will have another four plays to reach the end zone.
 - Teams can get the first down by crossing the mid-field line during a play.
 - Defensive penalty
 - If a defensive penalty gives them a first down before reaching the midfield line the offensive team can get another first down after crossing midfield.

- If a team has crossed the mid-field line and then gets a penalty that results in the ball being placed behind the mid-field line, they cannot get another first down because they already crossed the line once.
- Each QB has 5 seconds to throw the ball or hand it off. Consult with the official before the game starts on who and how they will track the 5-second timer.
- There is a 25-second play clock managed by the on-field officials. Consult with the official before the game starting on who and how they will track the 25-second play clock. The clock starts when the ball is placed down after a play.

Reschedules

- Please do the following if you would like to request a reschedule:
 - Email me and your opposing coach that you wish to reschedule.
 - Ask them what dates will or won't work and I will provide what I have available.
 - The coach's contact emails are listed at the bottom of the Coaches Update Emails I send out regularly.
 - I will build in one week for reschedules at the end of each season. Once those times are filled up you either must play your game as is or forfeit.

Forfeits

- Teams arriving more than 10 minutes later than their originally scheduled start time will forfeit the game.
- Coaches must inform the Football Director by Thursday of that week's games if they will be unable to play. Our Referee's schedule will be finalized at the end of the day on Thursday. If you inform me after Thursday, then a rescheduled fee of \$40 will be assessed to you.
 - You can avoid the \$40 reschedule fee if you elect to do one of the following:
 - Take the forfeit.
 - Inform the Football Director no later than Thursday of that week's games or earlier.
 - Play with a minimum of 4 players, you just play without a center.
 - You can ask to borrow enough players from another team (in your division or younger) to get you to five players.

Time Situations

- Officials can stop the clock at their own discretion at any point in the game.
- Each team is allowed two time-outs per half.
 - Timeouts do not carry over to the second half.

- Games are played with two 20-minute halves and a 1-minute halftime. This is a running clock.
 - 2nd half only
 - When the game reaches the 1-minute mark in the 2nd half the clock will stop for players running out of bounds or incomplete passes.
 - The clock is started up again as soon as the official spots the ball.
 - The clock will not stop if the player's flag is pulled in the field of play.
- Overtime
 - No Overtime for regular season games
 - You are allowed 1 timeout per OT period.
 - Overtime rules for Playoffs Only:
 - Coin toss determines possession
 - The home team calls the OT coin toss because the Visitor calls the opening coin toss.
 - Win the toss you can choose to defend or play offense
 - 1st or 2nd Overtime
 - Play starts at the 15-yard line
 - Each team gets two plays to score
 - 3rd Overtime
 - Play starts at the 5-yard line
 - Each team gets two plays to score
 - If the defense gets an INT they can return it for a TD.
 - Each team has the choice to go for 1 or 2 points after a score

Mercy Rule

- Coaches are asked to avoid a mercy situation as best they can.
- A mercy situation is declared once a 35-point differential has been reached. The game is officially declared over. The teams may continue to finish up their regulation time if both teams agree to play. The scorekeeper will not add any additional points to the scoreboard.
 - The General Manager has the right to end the game if the facility is behind schedule with games being delayed after a mercy rule has been declared.
 - If you want at least one official to stay present please ask, otherwise they will not be required to continue to officiate the game.
- If a team goes up by 21 points or more the following can be enacted:

- The team down by 21 points will be allowed to play with 6 players on offense and defense till the following happens
 - The team down pulls back within 14 points or less. Once they do they have to go back to playing with 5 players instead of 6. This applies to all age groups
- Bantam Leagues (specifically Coach QB Leagues)
 - For teams that are winning by 21 points you must replace your Coach QB with a Kid QB.
 - The Kid QB must remove all his flags and can only hand off or throw the ball.
 - The opposing team will be allowed to play with 6 players on offense and defense until they pull within 14 points or less.
 - Once the opposing team pulls within 14 points or less the Coach QB can come back into the game replacing the Kid QB.
 - Small Fry Leagues do not have to put in a Kid QB in their league if they go up by 21 points (strictly optional for this age group).

General Offense Play

- No INTENTIONAL CONTACT of any kind is permitted.
 - It is the responsibility of the ball carrier to avoid colliding with defenders that line in their path. Unintentional contact will not be penalized, provided the ball carrier tries to avoid it. Failure to attempt to avoid contact with a defender (charging) may be penalized. Intentional contact could result in an unsportsmanlike conduct penalty or an ejection if deemed appropriate by the official.
 - If the ball carrier intentionally runs over a defender, then the following can happen:
 - 1st Warning – the player's name is recorded on the score sheet and a penalty is assessed
 - 2nd Incident – the player is ejected from the game.
 - Contact and intent are determined by the officials based on the criteria outlined in the rules above. Intentional contact will not be tolerated and may also result in an immediate ejection from the game without a warning.
- No Run Zones
 - Each field has a dotted line about 2-3 yards from the goal line and that area is considered a no-run zone. Meaning if the ball is spotted in that area, you must throw the ball and you can't run it.
- Bantam/Junior/Senior/Super Senior QBs are not permitted to underhand the ball for a forward pass, shovel passes are acceptable. Tosses behind the LOS are acceptable but it cannot be an underhand pass beyond the LOS.
 - Small Fry Coaches can underhand the ball as a forward pass.
- The ball is spotted based on where the flag is pulled.

- Officials use the hips as a reference point on whether the player was able to cross the mid-field line or the goal line. Simply reaching the ball out will not improve the spot. Diving for the goal line or mid-field line for a first down will be penalized.
- Offenses must have three players on the line of scrimmage (LOS).
 - Center counts as one of your three players.
 - On the LOS, any player within 3 feet of the LOS.
- You are allowed to motion one player at a time, but they cannot be moving toward the line of scrimmage prior to the ball being snapped.
 - Motion players are not required to stop before the snap of the ball.
- No laterals of any kind beyond the line of scrimmage are permitted.
- There are no fumbles, if the ball hits the ground, the ball is ruled down where it hits. You cannot strip the ball from the offensive player.
- Pick plays or rub routes are not allowed and will be penalized.
- Only one forward pass is permitted per play.
 - Both feet of the QB must be behind the LOS.
- All players are eligible to receive a pass in the Junior/Senior/Super Senior Leagues
 - Coach QBs (Small Fry and Bantam Leagues) are not permitted to receive a pass or handoff.
 - The QB is considered the player that receives the snap. So, if you snap the ball to a player and hand that ball to another player then that player can run or pass. The defense can rush the passer once the ball has been handed off or thrown.
 - Players must have at least one foot inbounds and possession of the ball for the pass to be considered complete.
- Players can spin to avoid getting their flag pulled.
- Players cannot jump or dive to advance the ball.
 - Players can jump over a player on the ground to avoid a collision.
 - Players can jump or dive to catch a pass.
- No downfield blocking or impeding the defender from getting to the player with the ball.
 - Once the ball is handed off or thrown tell your other players to stop where they are to prevent being seen as trying to block or impede the defender from getting to the offensive player.
- The ball must be snapped either between the legs of the center or to the side.
 - Shotgun snaps are allowed
 - Small Fry centers must be touching the ball before the coach picks it up to start the play.

- Small Fry is the only league where the center doesn't have to snap the ball to the coach QB, the Coach QB can pick the ball up.
 - Bantam, Junior, Senior, and Super Senior QBs are not permitted to just pick the ball up from the ground, the center must snap the ball to you.
 - Only "direct" handoffs behind the LOS are legal. Anyone behind the LOS can receive a handoff. The player must completely let go of the ball, to be considered a legal handoff.
 - There is no limit to the number of handoffs that can occur on a single play so long as they occur behind the LOS and not beyond.
 - Toss plays are permitted and are considered a handoff.
 - HB toss pass plays are permitted provided the player throwing the ball doesn't go beyond the LOS.
 - Both flags must be properly inserted into the connector before the play starts. If the flag is not inserted before the play starts that player is deemed ineligible to receive the ball.
 - If both flags were properly inserted into the connector but one flag or both flags fall out after the play starts the player will still be eligible to receive the ball and the defender will only need to touch him to make him down.
 - Small Fry and Bantam Coach QBs are not permitted to roll out of the pocket.
 - The pocket is considered a 6 x 6-foot box using the center as the mid-point of the box.
 - You are not permitted to run sideline to sideline to mislead kids on defense
 - Coach QBs can only hand off or throw the ball. They are not permitted to receive the ball back again once they hand it off or throw it.
 - If a Coach QB throws an INT, they are not permitted to pull the flag of the defender or be involved in the play.
 - Bantam Kid QB/Junior/Senior/Super Senior QBs are permitted to roll out of the pocket.
 - ***The QB is considered the player that receives the snap from the center.***
 - QBs are not allowed to tuck and run the ball. They must either hand it off or pass.
 - If a QB hands the ball off that player can either run or pass but the defense is allowed to rush the passer after the QB hands it off or throws it.
 - If the QB hands the ball off to a player and that player hands the ball back to the QB the QB now has the option to run or pass the ball. The Defense now has the right to rush the QB.

General Defense Play

- No INTENTIONAL CONTACT of any kind is permitted.
 - It is the responsibility of the defender to avoid colliding with the ball carrier when trying to pull their flag. Unintentional contact will not be penalized, provided the defender tries to avoid it.

Failure to attempt to avoid contact with a ball carrier (charging) may be penalized. Intentional contact could result in an unsportsmanlike conduct penalty or an ejection if deemed appropriate by the official.

- Tackling is NOT PERMITTED; tackling is defined by the following conditions:
 - Traditional tackle
 - A ball carrier is pushed out of bounds or pushed down to the turf without pulling the flag.
 - The defender pulls the shirt or shorts of the player to the ground regardless of if they were trying to pull the flag or not pull the flag.
 - If the defender releases the shirt or shorts quickly the official will not consider this a tackle.
 - The defender slide tackles or intentionally trips the ball carrier.
 - The defender dives at the ball carrier trying to trip the ball carrier.
 - The defender doesn't break down and runs into the ball carrier.
 - The officials have the latitude to determine the severity of the tackle.
 - 1st Warning: the player and his name are recorded on the score sheet and a penalty is assessed (Unsportsmanlike Conduct)
 - 2nd Incident: the player is ejected from the game.
 - Contact and intent are determined by the officials based on the criteria outlined in the rules above. Intentional contact will not be tolerated and may also result in an immediate ejection from the game without a warning.
- Diving for a flag is not permitted.
- All defenders must give the offensive players a one-yard cushion prior to the snap of the ball.
- Defenders are not allowed to push, pull, or grab the offensive players when playing man-to-man.
- Interceptions can be returned for a touchdown or for two points on an extra point try regardless of if the offense goes for one or two points.
 - After an INT the defense is not permitted to block or impede the offensive team's ability to pull the flags from the person that intercepted the ball. Doing so will result in a penalty.
- You cannot strip the ball from the offensive player.
- There are no fumbles, if the ball hits the ground the ball is ruled either incomplete or if it was a completed pass or hand off the ball is downed at the point where the offensive player fumbled the ball.
- No Run Zones
 - Each field has a dotted line about 2-3 yards from the goal line and that area is considered a no run zone. Meaning if the ball is spotted in that area, you must throw the ball and you can't run it.

- Rushing the QB
 - The defense can only rush the QB if the QB hands the ball off or throws the ball. Remember the QB is considered the player that receives the snap from the center regardless of formation.
- Safety
 - The QB or ball carrier is downed in their end zone.
 - Bad snap or the QB or ball carrier fumbles the ball in their end zone.
 - If a Safety occurs the defense will be awarded 2 points and their team will receive the ball at the normal starting position.

Rules

- **Protest**
 - A coach can protest one rule interpretation per game.
 - The Head Coach only is allowed to protest and must have a copy of the rules present and call a "Protest Time Out".
 - The protest must take place before the next play starts.
 - The official will stop the clock and read the rule in question.
 - If no agreeable solution is determined, then an event liaison (General Manager or Football Director if present) may arbitrate and have the final say.
 - If a team loses their protest, they will be charged a time-out. If they do not have a time-out, they will be charged with a delay of the game.
 - Judgement calls cannot be protested. A judgment call is at the official's discretion.
- Games or the half cannot end on a defensive penalty.
- Offensive penalties that occur in their end zone will result in a safety for the defense.
- Officials, at their discretion, can give out warnings in place of a penalty to a player or coach for any of the stated rules except for unsportsmanlike conduct, violations of the Stampede Sports Code of Conduct, or acts by a player, coach, or participant deemed to be a safety risk or abusive. A penalty must be assessed for these exceptions.

Ejections

- Officials, at their discretion, can eject a player, coach, or participant from the facility if that person or persons is acting in a manner that violates the Stampede Sports Code of Conduct or is deemed a safety risk for players, coaches, participants, or staff at Stampede Sports.
- Flagrant Unsportsmanlike acts
- Intentionally Tampering with Equipment to gain a competitive edge.
- Non-Registered or Guest Player

- Player and Coach will be ejected from the game
- The coach will be suspended the following week as well.
- Once a player, coach, or parent has been ejected from the game or facility if they do not leave the playing field or if directed to leave the facility the team will be assessed an unsportsmanlike conduct penalty until the issue has been resolved. If the player, coach, or parent has not left the field or facility (if directed to do so) the team will forfeit the game. Before the second unsportsmanlike penalty, an on-site manager or Football Director will need to be contacted to help escort the individual off the field or out of the facility. If the individual refuses to leave then the game will be forfeited and that player, coach or parent will be suspended for the remainder of the season.
- Any player, coach, or parent who has been ejected could be suspended for the remainder of the season depending on the severity of the incident. Stampede and the Football Director will have full discretion when imposing penalties. Head Coaches are responsible for their players, coaches and parents and will be directly impacted if one of them is suspended from the game.

Offensive Penalties

- ***False start***
 - 5-yard penalty repeat the down
 - The clock will be stopped after a false start to prevent a team from running the clock.
- ***Offside***
 - 5-yard penalty repeat the down
 - The clock will be stopped after an offside to prevent a team from running the clock.
- ***Illegal Motion***
 - 5-yard penalty repeat the down
 - More than one player in motion at a time or a player moving toward the LOS prior to the snap
- ***Offensive Impeding***
 - 5-yard penalty repeat the down from the original LOS
 - Rub routes or pick plays
- ***Offensive Blocking Downfield***
 - 5-yard penalty from the original LOS repeat the down
 - Offensive players blocking or shielding the defender from his/her ability to pull the offensive player's flag. The key is that the offensive player moves to block the defender. If the offensive player is just standing still or in one spot they won't be called for this penalty.

- ***Delay of Game***
 - 5-yard penalty repeat the down
 - The clock will be stopped after a delay of the game to prevent a team from running out the clock.
- ***Coach Interference***
 - 5-yard penalty repeat the down
 - Does not apply to Coach QB's
 - Applies to any coach still on the field of play once the play starts. If the coach is near the sideline and does get off even after the play starts and doesn't impede the other team's ability to play then it becomes a judgment call by the official.
- ***To Many Players on the Field***
 - 5-yard penalty repeat the down
 - Does not apply to a team that has six players due to being down 21 points or more.
- ***Improper Equipment***
 - 5-yard penalty repeat the down
 - Equipment tampering, pants/shorts with pockets, jersey/team shirt excessively untucked, cleats, missing or improperly placed flags
 - If deemed the equipment has been tampered with to gain a competitive edge the Coach and player involved will be ejected from the game.
- ***Flag not properly inserted before the play starts***
 - 5-yard penalty loss of down from the original LOS
 - If a player does not properly install his flag fully prior to the QB snapping the ball, then that player is deemed ineligible to receive a pass. If the players flag was installed prior to the play starting but falls out during the play the defense only must touch the player to consider him down.
- ***Not enough players on the LOS***
 - 5-yard penalty repeat the down
 - At least 3 players need to be within 3 feet of the LOS
- ***Flag Guarding***
 - 5-yard penalty loss of down
 - Judgement calls by the official.
- ***Illegal Ball Advancement***
 - 5-yard penalty loss of down
 - Jumping or diving to advance the ball or laterals beyond the LOS

- ***Offensive Pass Interference***
 - 5-yard penalty loss of down at the original LOS
 - Pushing, grabbing, or pulling the defender away from the ball to prevent an INT or impeding the defender's ability to have a fair shot at the ball. Judgment calls by the official.
- ***Run in "No Run Zone"***
 - 5-yard penalty loss of down
 - Hand-off occurs while the ball is spotted in the No Run Zone.
- ***Unsportsmanlike Conduct***
 - 10-yard penalty (Small Field)
 - 15-yard penalty (Big Field)
 - The official has the right to eject any player, coach, or participant for an unsportsmanlike penalty if the act includes but is not limited to:
 - Intentional Tackling or tackling as outlined in the rules
 - Elbowing/Shoving
 - Cheap Shots
 - Stampede Code of Conduct Violations
 - Fighting
 - Abusive language or behavior

Defensive Penalties

- ***Intentionally Removing a Players Flag before they contact the ball***
 - 5-yard penalty from the spot of the foul automatic 1st down
 - Defender removes the offensive player flag before the ball gets to them
- ***Illegally Rushing the QB***
 - 5-yard penalty from LOS automatic 1st down
 - Defender crosses the line and continues to pursue the QB. If the defender crosses the line but gets back quickly then it becomes a judgement call by the Official.
- ***Coach Interference***
 - 5-yard penalty repeat the down
 - Does not apply to Coach QB's

- Applies to any coach still on the field of play once the play starts. If the coach is near the sideline and does get off even after the play starts and doesn't impede the other team's ability to play then it becomes a judgment call by the official.
- ***Defensive Pass Interference***
 - 5 yards from the spot of the foul automatic 1st down
 - The defender is pushing, pulling, and grabbing the offensive player while trying to run their route.
 - The defender doesn't have their head around trying to play the ball and runs into the offensive player to disrupt the pass.
 - The defender makes forceable contact with the offensive player prior to the ball getting to them.
- ***Unsportsmanlike Conduct***
 - 10-yard penalty (Small Field)
 - 15-yard penalty (Big Field)
 - The official has the right to eject any player, coach, or participant for an unsportsmanlike penalty if the act includes but not limited to:
 - Intentional Tackling or tackling as outlined in the rules
 - Elbowing/Shoving
 - Cheap Shots
 - Stampede Code of Conduct Violations
 - Fighting
 - Abusive language or behavior
 - Disrespectful

Sportsmanship

Each player, coach, and parent have a responsibility to teach good sportsmanship. Regardless of the outcome of each game, the teams should line up to shake hands. Coaches and Parents can show the kids how to win gracefully and lose with class. Every setback has a purpose and an opportunity to learn and grow. We can't all be winners, but we don't have to be sore losers either. Stampede expects each team to play hard, have fun and compete to the best of their ability.

Stampede has and will always provide an atmosphere where players, friends, and families can feel comfortable enjoying a day of football. Any players, teams, or family members that endanger that experience will be asked to leave the facility. ***Stampede has a zero-tolerance policy.***