

**Fremont Football League
Football Rules and Procedural Handbook
2016 Contact season**

Rev 2, August 13, 2016



2015 Champions

Continental Division

National Division

American Division



2016 Teams:

**Continental Division
Panthers, Saints**

**National Division
Steelers, Falcons, Texans, 49ers**

**American Division
Bears, Vikings, Broncos, Raiders, Ravens**



Article II - Rules and Guidelines for Football Teams

Section 1 – Player Eligibility

1. Any person, regardless of race, color, creed, national origin, ancestry or sex, meeting the requirements and conditions described herein and elsewhere in these Rules, may compete with any team belonging to this League.
2. Applicants must reside within the corporate limits of the Tri City Area and surrounding cities.
3. The applicant must have reached the age of six (6) years prior to September 1, but not the age of fifteen (15) by July 31st of the current season.
 - a. The league age for the applicant is determined by the age of the applicant on July 31st of the current year.
 - b. Age must be evidenced by an original Birth Certificate, California ID Card, or other record specified by the Board.
4. The player is not participating in any high school, junior high, grammar school or other intramural contact football program that coincides with the FFL season.
5. The League must have on file a current year registration, in a form prescribed by the League, executed by such person's parent or legal guardian on or before the deadline established by the Board.
6. The player must provide evidence, in a form satisfactory to the League, of having been examined and deemed fit to participate by a licensed physician selected by the applicant or by such other qualified examiner as may be approved by the League. The evidence is due by the first day of practice (or the player must not participate).
7. A player restricted from participating by a physician, shall lose eligibility until a medical release is given to the Head Coach and turned over to the Executive Manager or EMT Coordinator.
8. Each player applicant must meet the age and weight requirements as follows:
 - a. First official weigh-in held on Jamboree Day, as determined by the board, will determine player classification. Thereafter Weigh-ins will be performed on a weekly basis, to determine player X-Man status (see Article 1-10).

| Table II.1 – Player Classification Guidelines | | | | | |
|---|---|----------|---|----------|---|
| Continental | | National | | American | |
| Age | X-Man Older/Lighter | Age | X-Man Older/Lighter | Age | X-Man Older/Lighter |
| 6 | 100 | 9 | 120 | 12 | 160 |
| 7 | 100 | 10 | 120 | 13 | 160 |
| *8 | Over 65 lbs must advance. EOS Max 70 | *11 | Over 80 lbs must advance. EOS Max 85 | *14 | Over 155lbs are disqualified. EOS Max 160 |
| *8 | Cannot turn 9 before Dec 1 st 2016 | *11 | Cannot turn 12 before Dec 1 st 2016 | *14 | Cannot turn 15 before Dec 1 st 2016 |

9. **“Older but Lighter Rule”**, players at 8,11 & 14 respectfully are eligible to stay down in their division, if they fall into the Older but Lighter category, as long as their birthday is not between 7/31 and 12/1...if they age up during the playing season, they must move up divisions at registration. This rule is effective ONLY for the 2016 season currently.

The above maximum weights will be adjusted during the season according to the following schedule:

- a. The weights listed in Section II.1.8. (Table 1) will remain in force through Jamboree Day.
 - b. Players must submit estimated weigh in at the time of registration within the above - described weight limits.
 - c. After the official weigh in on Jamboree Day, an added 1 pound per week, up to 5 lbs, will be added to the X-Man minimum for all ages in all divisions. (first 5 weeks of games only)
10. Players who gain weight over the course of the season may change status to an X-Man and qualify to revert to standard player if they lose weight at next weigh in. Weigh-ins will be every week, 1 hour prior to game time, every week...including playoffs and championships.
 - a. Once a player is registered, classified, and or changed status to an X-Man, they will remain as an X-man

through the entire season, until weight is again below X-man qualification. *Players over 10lbs above X-Man weight at Jamboree, will be designated as an X-Man for the entire season...and do not qualify to return to non-XMan status by weight loss.*

11. The Board will act upon a challenge or complaint from coaches, officials, or other staff members in FFL or otherwise verify any or all eligibility requirements of any player. Verification will be in a form determined by the Board in a particular case.
12. Any player found to be ineligible for play will be immediately suspended from play. The case will be referred to the Executive Committee for resolution and disciplinary action. Teams found to be using ineligible players will forfeit all games in which the ineligible player participated.
13. In special circumstances, the League reserves the right to place new or 'move up' participants on a team or squad, if requested by parent/guardian, dependent upon team player strength.

Section 2 - Team and Division Organization

2. For purposes of competition, the League shall consist of three (3) divisions: Continental, National, and American.
 - a. Play shall be limited to teams of the same division.
 - b. Teams are designated and divided, with their official team colors, as as designated by Team Names and Colors.
 - c. For a list of the division weights and ages see section II.1.8. Table 1
3. Team Player Strength
 - a. A maximum of 30 players per team is allowed in all divisions.
 - b. During registration season a team may not have more than twenty-four (24) players on their roster until all other teams within the division are at or can reach a roster strength of twenty-two (22) players via Sibling Options, Player Pool, In-League Options, Out-of-League Options, and/or Holdovers.

Section 3 - Player Status

1. X-Man Status
 - a. Once a player is classified as an X-Man that player will remain an X-Man, until the player's weight once again is below the X-Man qualifying weight limits. *Players over 10lbs over X-Man weight at Jamboree, will be designated as an X-Man for the entire season...and do not qualify to return to non-X-Man status by weight loss.*
 - b. X-Men will be allowed the same player status such as *option*, holdover, and must draft, as explained in this section.
 - c. All X-Men must follow the Player Weight Verification procedure as stated in Article 2. *Section 1. Rule 10.*
2. Holdover Status
 - a. A player, who was listed at the end of the previous season on the *roster of a team*, meets the current eligibility requirements to return to that team.
 - b. A player who registers during the prescribed registration period is afforded holdover status and shall remain a member of that team through the current season.
 - c. Holdover status shall also be afforded players listed on the previous year's roster but unable to play due to injury or illness.
 - d. A player who never attends one (1) practice will not be granted holdover status the next year's season, but will be ineligible to play for the current season. This player cannot be optioned the next year's season, and must be placed in the draft.
 - e. Holdover status is lost when a player fails to register and weigh-in by the close of the last registration date, on line or at Irvington Park as determined by the board. Players who register after shall be placed in the Draft.
 - f. Children of Head Coaches, Assistant Head Coaches, Cheer Managers, and Business Managers new or returning to a team, shall be afforded holdover status.
 - g. Out-of-League options are afforded holdover status, unless a team is over their division's average of players per team. Then the out-of- league options must be classified as an in-league option.
 - h. A player achieving holdover status is allowed to "block a head coach" from being placed on said Head Coaches' team, but must meet the following requirements:
 - i. The player must have had prior documented experience with the head coach within the Fremont Football League, even if the coach was an assistant coach during the experience. Outside experiences will not be considered. (Documented Experience, requires an on file, Blue Card or Letter to the Board)
 - ii. The player cannot be 'optioned' to another team in the same division as the Head Coach. (See Options)(Must go to the Draft), and cannot be drafted by the "Blocked" Head coach's team.
 - iii. All requests for a Head Coach block must be submitted to and approved by the board of directors.

- iv. The player is only allowed one (1) Head Coach block for their entire FFL tenure. No other block request will be considered.
- v. Head Coach Block option expires on the first day after practice, for the season.

3. Options

- a. Each team in the National and American divisions shall be permitted ten (10) In-League options for the 2016 season.
- b. Of these ten (10) options, a maximum of 10 (10) can come from a specific team from the prior season.
- c. There is no requirement that a parent of an option be a staff member.
- d. If a new player taken as an Out-of-League option has a sibling eligible to play in same division, the sibling must also be taken as an option and will count against the team's maximum number of In-League options.
- e. Option players must be declared by the team by 3:00pm on the last registration day at Irvington Park or as designated by the Board.
- f. Once a participant declares a team on the registration form, they are to be placed on that team pending Head Coach and Player Agent approval. Head Coach has first right of refusal, if refused the player will be placed into the draft pool.
- g. Once a player is registered as a draft player, no reverse optioning to a team is allowed.

4. Out-of-League Options

- a. Each team in all divisions is encouraged to recruit participants from outside the league and therefore have no limit on out-of-league options. (Up to Team registration cap.)
- b. Guidelines for the Outside Option are to be followed in accordance with Article 2, Section 3, Rule 3, Part c through f.
- c. Eligible Outside Option players include:
 - i. Players who have never played in the FFL before
 - ii. Players who have played before, but did not play the previous season in accordance with the holdover status rules. (Article 2, Section 3, Rule 2)

5. Lateral Moves

- a. Lateral moves within a division are permitted only for Head Coach, Cheer Manager, and Business Manager Assignment purposes, or if a Head Coach "Block" is approved, then the player is enrolled into the draft, blocking that Head Coach's team from drafting.
- b. Players cannot be "Coaches Optioned" off another team in the same division, using a Lateral Move Coaches Option once registered to another team in the division.

6. Siblings

- a. Siblings entering the League together as new players will be drafted by the same team unless the parent or guardian specifically requests otherwise.
- b. For siblings where the first sibling is already a holdover on a team, the second sibling will be placed on the same team, unless specifically requested otherwise by a parent or guardian and will be listed as a holdover.
- c. When a cheerleader is new to a team, a sibling player will be placed on the same team as a holdover.
- d. A sibling is defined as:
 - i. Living in the same household AND A Shared Parent or Guardian.
- e. Documentation in order to determine Shared Parent or Guardian must be provided by court or county document (ie. Birth certificate or adoption certificate.)

7. Must Drafts

- a. The following players, meeting qualifications, must be drafted:
 - i. Children of team staff members and Board members, not on a holdover list, provided such players are signed up prior or during tryouts.
 - ii. Players trying out in accordance with Section II.4.
 - iii. Players who participated in any team in the FFL in the preceding year in a different division, and were not optioned to an upper division team, as an In-League option.
 - iv. Players who would otherwise be holdovers on a team, which is dropped from the League for the year.
 - v. Players registering after the close of Options registration.

Section 4 - Registration

- 1. The timing, location, and procedures for player registration shall be as prescribed by the Board.
- 2. The Board shall prescribe the annual player fees. All fees are due and payable at the time of registration unless otherwise prescribed by the Board.

3. The Board may elect to budget for financial hardship cases. Any waiver of fees for a financial hardship case shall be subject to Executive Committee approval.

Section 5 – Tryouts

1. Tryouts will be held at such times and locations as the Board may designate. Particulars regarding the date, time, and place of tryouts shall be publicized in advance and made public at registration. Tryouts will be arranged by the Board and conducted by the Teams. Prior to tryouts, all Head Coaches will be provided a list of registrants with their weights, numbers, birth dates, ages, and names.
2. To be eligible to be drafted, a player must attend and complete at least one tryout session. A roll call will be taken at the beginning and end of each tryout. Every player registered will be drafted until teams reach maximum strength.

Section 6 – Drafts

1. The draft shall be conducted following tryouts at a time and place designated by the Board. The draft shall be conducted in phases as follows:
 - a. Equalization of teams: "70% rule"

To equalize the playing field, draft round forfeits and number of picks, will be based on an "Available players - Division Average" and percentage basis. Teams below 70% of division average will be allotted 2 picks per round, until that specific team is above the 70% of Division Average. Teams above 100% of division average will forfeit rounds, until all teams are at division average. Once a team reaches the 70% number, single pick per round is restored. Teams above the 24 player registration cap will forfeit all draft rounds, until all teams reach 24 players. Teams starting below 100% of average will receive pick rounds until the 100% of average cap is attained, then will forfeit rounds until all teams are at average. Once all teams reach the 100% of average number, all teams are eligible to draft, except teams at or over the 24 player registration cap.
 - b. Equal Age Draft: To the extent sufficient numbers are available each team in all divisions must draft an equal number of all age groups eligible for that division. All hold overs, options, lateral moves, siblings, and must drafts will be included in the total number of players for each division.
 - c. Draft Order: Teams draft in reverse order of their finish in the preceding season i.e. 3-2-1, 3-2-1, 3-2-1. This affords all teams an opportunity to draft the top prospects but affords the last place team the first pick. If, as a result of penalty, a team has lost the first pick round, that team will be bumped down one (1) round. New Teams that are added or formed during the off-season will be granted first pick, then returning teams, in ascending placement order. If more than one team qualifies as new, pick order will be determined by a coin flip. x1,x2,3,2,1 - x1,x2,3,2,1 etc. as applicable within the 70% rule
 - d. Phase 1: In this phase, team rosters are leveled off when all Evaluated Players (EP) are selected to a team, This accomplished when each team reaches full strength, as set by the Players Agent. With all Holders, Options, Lateral Moves, Siblings, and Must Drafts filling the last rounds of the Draft. Remaining EP's that cannot fill an entire round evenly will be moved to Phase 2
 - e. Phase 2: Teams will be given the choice to Select from the Evaluated Player Pool or the Non Evaluated Player Pool (hat pick by age group) Draft will end once all division eligible players have been selected.
 - f. If late registration pool players are available, they will be assigned weekly or sooner to teams, in draft order, starting from the final team pick in the regular draft. The assignment to a team and the acceptance of the player by the team shall be subject to verification that the player is a viable participant.

Section 7 - Player Pool

1. Players eligible to participate but who were not assigned to a team, either because they enrolled following the draft or because they failed to participate in try-outs, will be placed in a Player Pool to be assigned to teams as set forth in this Section.
2. The Player Pool shall remain open until a predefined date and declared closed by the Board. Players not enrolled prior to the close of the Player Pool will not be eligible for assignment to a team.
3. Assignments of players from the Player Pool for each division shall be done by way of a weekly, random drawing to be started the first week after the draft. We want players assigned to teams as quickly as possible.
4. Random assignment of players from the Player Pool shall be by way of a drawing, conducted for each Division without regard to place of residence as follows:
 - a. The names of the players to be assigned will be placed on a folded piece of paper in a hat or other container in such a way as to

- prevent the identification of players to be drawn.
- b. Pool Draft will be conducted in accordance to where the regular draft left off, filling under staffed teams first, then as numbers equal out, adding teams in draft order. At all stages where teams of equal roster size are drawing, drawing shall be in draft order.
- c. Teams shall maintain accurate and up to date rosters, copies of which shall at all times be on file with the Player Agent or if there be none, the League Vice-President or other League official designated by the President. Teams must report a player quitting within 48 hours, and complete the drop paperwork.
- d. Any player being placed in the player pool must remain in the pool for at least 2 days prior to being eligible to be drawn for a team.

Section 8 - Team Staff

1. Team staffs will consist of a Head Coach, up to eight (8) assistants, one (1) assistant Head Coach, one (1) Business Manager, and one (1) Cheer Manager. These positions are official positions and require approval of the Board.
2. Teams are allowed and encouraged to seek the participation of parents in other unofficial positions. The only unofficial positions allowed being present within the playing field boundaries are the Team Statistician, Spotter, assistant Cheer Manager, (4) Asst. Cheer Coaches, and four (4) Jr. Football Coaches and (4) Jr. Cheer Coaches.
 - a. The Team Statistician and Spotter must remain outside the thirty (30) yard lines.
 - b. Jr. Football Coaches must remain inside the thirty (30) yard lines "the Coach's box".
3. The conduct and performance of all persons holding official or unofficial positions are subject to review by the Board.
4. Staff positions for the current season are held from February 15 through January 31.
5. All Head Coaches and Cheer Managers cannot coach a High School team concurrent with the FFL season.
6. All FFL team staff members cannot be a staff member for more than one FFL team in a season without board approval.
7. To be considered for the next season's position, applications must be submitted no later than:
 - a. Head Coach - Feb 28st of the calendar year, or as determined by the Board.
 - b. All Other Positions - As determined by the Board.
8. All Head Coach recommendations will be made by the March Board meeting to the Board for the upcoming season pending coaches' selection.
9. All team staff will follow the Board-approved dress code. Only those members of the staff in the approved dress code will be permitted within the field boundaries. Staff must wear field pass around neck.
10. All staff members will electronically sign and adhere to the FFL Code of Ethics and Coaches Contract. Any member of the staff who violates the Code of Ethics, or who would knowingly sacrifice the safety and well being of his or her team or individual players for ambitious reasons of their own, shall be brought to the Board for "Due-Process" review and disciplinary action. **(E-Major Infraction I.13.9)**
11. The use of drugs or other means of aiding participants to lose weight is prohibited. Staff or other officials having knowledge of such incidents are obligated to report such incidents to the President.
12. The Head Coach must attend or be properly represented, at all mandatory designated League Coordinator meetings.
 - a. To be considered properly represented at a coordinator's meeting, the Head Coach must inform the President or Vice President at least one hour before the meeting that he/she cannot attend and the Assistant Head Coach will be representing him. Missing one or more Mandatory meeting or events will result in Team Fines and Forfeit of Draft Picks or Game Suspensions, as designated by the disciplinary committee. **(C-Mid Infraction I.13.9)**
13. Business Manager and Cheer Manager must attend Booster Club meetings and any other meeting or function deemed mandatory by the Board.
14. Staff Age Requirements are as follows:
 - a. Head Coach, Assistant Head Coach, Cheer Manager, and Business Manager must be at least twenty-five (25) years of age.
 - b. All other approved staff positions must be at least eighteen (18) years of age.
 - c. The junior coaches, and unofficial staff positions, must be fourteen (14) years or older.
 - d. Water Boys or Girls, must be old enough to perform duties without assistance.
 - e. All exceptions must have Board approval.

Section 9 - Administrative Penalties

1. During the current season, February 1 - January 31, any team missing two (2) consecutive or a total of three (3) mandatory meetings, functions, or work parties, the Head Coach shall be suspended from coaching the following game. **(C-Mid Infraction I.13.9)**

2. Registration and FFL sponsored events are "off-limits" to team recruiting. Any coach or team staff attending registration or League sponsored events are allowed only to discuss players joining "The League". Recruiting at registration or FFL events, to specific teams is forbidden. (**C – Mid Infraction I.13.9**)
3. Violation of the FFL Code of Ethics, Rules, and Conduct may result in progressive disciplinary action up to and including expulsion of the league. (**C – Mid Infraction I.13.9**)
4. No drinking of alcoholic beverages at any FFL Game or Practice, by staff or guest. Smoking of cigarettes, cigars, chewing tobacco at the game field, park, and practice fields, except in Parking lots or on-streets and in designated areas. (**C- Mid Infraction I.13.9**) Non-Staff, (parents and Guests), will be subject to Game Suspensions, just as league Staff.
 - a. If alcohol has been consumed on game day, any staff, parents, and guests will be removed and are not allowed back at the game field, park, parking lot or practice field. (**C – Mid Infraction I.13.9**)
5. Disciplinary action can result in grounds for immediate expulsion from the league.
 - a. If a coach attempts to override an EMT decision regarding the player's ability to play:
 - b. First offense: he will be warned to get back in the coaches box (**B- Low/Mid Infraction I.13.9**)
 - c. Second offense: he will be removed from the game by the Game Supervisor (**2nd level B-Low/Mid Infraction I.13.9**)
6. Any EMT or Game Supervisor will be allowed to request that the head official halt a game if a coach or coaching staff is not allowing the EMT access to a possibly injured player.

Section 10 - Season Organization

1. The Fremont Football League (FFL) regular season will begin on the date established by the Board, which is designated as Opening Day and will normally be the first Saturday in September. The regular season will continue for minimum of eight (8) regular season games per team. Times and dates to be determined by the Board.
2. A playoff series for each division, culminating in the Championship game will begin on the first Saturday following the last regular season game.
3. A second day of post-season games, collectively called the FFL All-Star Games will, is played on a date set by the Board. All-Star games are League games involving participants from all league teams. The format for All-Star Game is subject to revision each year as necessary to respond to requests from other leagues for post-season play.
4. Every team must submit players for All-Stars. Refusal of a Head Coach to submit players for All-Stars may include suspension for the following season (2nd Offense). (**D – Mid/Major Infraction I.13.9** applied to next season)
5. The min / maximum number of players, for All-Star submission will be determined by the Board.

Section 11 - Scheduling

1. The Board shall establish the game schedule and appoint crowd control, clean up and other staffing as required prior to Opening Day.
2. In scheduling games. The Board shall attempt, to the best extent possible, to:
 - a. The Continental, National, and American Divisions will play on an 80 or 100 yard X 40-yard field, unless otherwise specified by the Board.
 - b. Night games will be distributed equally between all divisions, unless otherwise specified by the Board
 - c. Schedule of each team in a division to play each other team in the division at least once and schedule teams evenly distributed within a division.
 - d. Schedule each team in a division an equal number of visitor and home games.
 - e. The 1st game after the final regular season game shall commence the playoffs for playoff eligible teams. Unless specified by the Board. Subject to change.

Section 12 - Standings

The team's standings are determined as follows:

1. The standings are determined by wins. The team having the most wins is in position 1 in the standings. The team with the next most wins in position 2 and so on.
2. If two (2) teams have the same win record, the positions shall be determined by the most wins plus the most ties. (Win = 1 point. Tie = 1/2 point)
3. If teams have the same win-tie record, the positions shall be determined based upon regularly scheduled season games between the teams that are tied. The team with the most wins in head-to-head competition would be in the top position. If the tie persists, the position is gained by the team that has the fewest points scored against it

in all regular season games.

4. A team may not hold a place in the standings that is the result of two (2) teams being tied for a higher standing. That is, a team may not be in second place, for playoff purposes, if two (2) teams are tied for first. The team would be bumped to the next position down the ladder when the tie is adjudicated.
5. The season division champions shall be decided in the following manner:
 - a. Upon completion of the regular game schedule, the top four teams in each division will enter a playoff series to determine the League Champion in each division.
 - b. The playoff series shall begin the Saturday following the last regular season game.
 - c. In the playoff games the highest seed shall be the home Team.
6. Playoff Format
 - a. The playoff games for all divisional standings are to be scheduled as follows:
 - i. 1st Seed VS 4th Seed
 - ii. 2nd Seed VS 3rd Seed
7. The final game shall consist of the winners of the previous Saturday's games. The team with the highest position number shall be home. The winner of this game in each division will determine the League Champion.
8. If at the end of regulation play, in all the playoff games, the teams are tied, the winner shall be determined in accordance with the NFHS overtime procedures.

Section 13 - Practice

1. Practice Definition - A gathering of more than two (2) players in the presence of at least one (1) or more coaches, where one or more of the following activities takes place:
 - a. Chalk/skull session
 - b. Viewing of fundamentals and/or Game Film
 - c. Group conditioning
 - d. Individual or group skills sessions with or without a football (QB, receiving, blocking, tackling, kicking, etc.)
 - e. Groups skill sessions (offense, defense, specialty)
 - f. Dummies or other inanimate objects
 - g. Play run-through with or without pads (shorts and t-shirts)
 - h. Play run-through with or without equipment, with or without contact
 - i. Intra-squad scrimmage with or without pads or equipment
 - j. No Out-of-League or unregistered players, practice sessions, or scrimmages are allowed. **(D – Mid / Major Infraction I.13.9)**
2. As can be seen, a so-called party at the coaches home, where films are shown or where football is discussed can be deemed a practice session, as can a party at a parents home where one or more coaches are present. Use of a football field is not required to satisfy the definition of practice. **(C - Mid Infraction I.13.9)**
3. No practice sessions of any type, as determined by Section 11.13.1.a-i and Section II.13.2 will be held for all Divisions until the first official scheduled day of practice. **(C - Mid Infraction I.13.9)**
4. Private Tryouts/Practices
 - a. Any team staff member(s) involved in any unapproved private tryout or practice as defined in II. 13.1.a-i. and II.13.2 will be subject to expulsion from the league. **(C - Mid Infraction I.13.9)**
 - b. Any eligible player involved in any unapproved private tryout or practice will not be allowed to participate on the team(s) involved and cannot be optioned or picked by that/those team(s).
5. Time Limits on Practices
 - a. No practice session will exceed two and one-half (2 1/2) hours in duration. **(B –Low-Mid Infraction I.13.9)**
 - b. Split session will be allowed if separated by at least one (1) hour of no physical activity. **(B –Low-Mid Infraction I.13.9)** also know as Double-Days.
 - c. Prior to Labor Day, practices are not to exceed a total of 20 (twenty) hours for the entire practice week starting Sunday ending Saturday. **(B – Low-Mid Infraction I.13.9)**
 - d. Prior Labor Day Practices are not exceeding six (6) consecutive days. **(B – Low-Mid Infraction I.13.9)**
 - e. Prior to Labor Day there will be no more than two (2) practice sessions per day. **(B – Low-Mid Infraction I.13.9)**
 - f. After the Labor Day holiday, there will be no more than seven (7) hours per week of practice allowed, excluding the one (1) hour warm up time prior to games. **(B – Low-Mid Infraction I.13.9)**
6. Physical Contact

a. No player shall participate in physical contact with another player until they have accrued twelve (12) hours of conditioning practice over a minimum period consisting of three (3) consecutive days. (**B - Low-Mid Infraction I.13.9**)

7. Additional Practices

- a. If a team draws a bye or has won a forfeited game, the team may use these two (2) hours as an additional practice at their practice facility, all games will be moved up.
- b. Teams are not permitted to scrimmage other teams after Jamboree Day

8. Player Responsibilities

- a. Any player missing two (2) consecutive days of pre-season practice, three (3) practices, or two (2) games without an excuse acceptable to the head coach, is subject to being dropped from the teams' roster, only upon approval of the Board.
- b. The Head Coach must write up the roster drop and turn it into the Player Agent or Vice President within 48 hours of the drop. (**B - Low Mid Infraction I.13.9**)
- c. Upon investigation by the Player Agent or Vice President, a report will be given to the Disciplinary Committee for review and disposition.

9. Automatic Drop:

- a. Any player missing three (3) consecutive season games will be automatically dropped from their team, unless a parent's, doctor's, lawyer's, etc. notice contains an excuse acceptable to the Board.

Section 14 - Game Administration

1. Game Supervisors, who must be members of the Board or designated by the Board, are responsible for the operation of their assigned game in accordance with League rules, Game Supervisors will:

- a. Receive and review the team(s) roster 15 minutes prior to each game at the BOD table.
- b. Introduce officials to head coaches and coaching staff, EMT and BOD.
- c. Coordinate with the coaches on platoon system regulations.
- d. Ensure that required medical personnel are present.
- e. Report player disciplinary problems on the Game Supervision Sheet
- f. Perform crowd control.
- g. Submit a written report of the game on the Game Supervision sheet.
- h. Ensure that teams adhere to the minimum play rule for all players.
- i. If a game supervisor is late or does not show up to a Field Supervisor duty for their team, the Head Coach is subject to a ½ (half) game suspension on top of a \$100 Team Fine. (**C - Mid Infraction I.13.9**)

2. Game Supervisors are authorized to:

- a. Delay the start of a scheduled game.
- b. Inform game officials to enforce penalties prescribed by these rules for violations of League rules as stated in Section II.9.
- c. Ask the head referee to suspend play to allow the EMT to look at a suspected injury to a player.
- d. Remove a player(s) or Coach(es) from the game only after a fair warning, or immediately in cases of a major violation. All field removals by Game Supervisors must be reviewed by the disciplinary committee. (**C - Mid Infraction I.13.9**) Players are subject to game suspensions only (no Fines), applied to the next scheduled game.

3. Medical Personnel

- a. No game will commence or continue without the presence of qualified medical personnel. The term "qualified medical personnel" is defined as a physician, licensed paramedic, Emergency Medical Technician (EMT), Registered Nurse (RN), Licensed Vocational Nurse (LVN), Physicians Assistant (PA) or other public safety personnel (fire or policeman) trained to provide first aid. Medical personnel will be contracted to the League and will be scheduled by the Medical (EMT) Coordinator for each game.

6. Medical personnel have the following responsibilities:

- a. Initial determination as to the severity of the injury.
- b. Recommendation to seek emergency medical care.
- c. Final determination as to the player's ability to continue to participate in the game.
- d. First aid for minor injuries.

7. All involved in the FFL program are dedicated to the fundamental principle that the safety of the participants is of primary importance. It is the intent of the Board and the Officers that those charged with the administration of first aid and emergency care is afforded the complete cooperation and support of everyone involved in the program. Therefore, it is appropriate that the Board and Officers make clear the standards that all coaches will be

held to in matters related to the role of the EMT during the season. Failure to comply with the letter and spirit of these standards will be grounds for disciplinary action to, and including, suspension. (E - Major Infraction I.13.9)

- a. Coaches may not interfere with the performance by the EMT of his or her function. Coaches must promptly comply with the instructions of the EMT in all matters related to the handling of a situation involving an injury. **(B - Low/Mid Infraction I.13.9)**
- b. No coach may approach an injured player on the field unless and until the EMT signals that it is permissible to do so. **(B - Low/Mid Infraction I.13.9)**
- c. Game officials will be instructed that play shall be suspended, and time shall be called, to allow the EMT to determine whether a player is injured.
- d. Coaches must be aware that in the event that the EMT enters the field to determine whether a player is injured, the player involved must sit out at least one play.
- e. In the event that the EMT determines that a player should be seen by a physician prior to further participation, it shall be the responsibility of the Head Coach to provide the EMT on duty with a physician's release prior to the player's participating in a subsequent league game. **(C - Mid Infraction I.13.9)**

8. Game Officials

- a. Game officials will be under contract to the League and are responsible for field control and application of the rules of football. All officials are subject to Board approval and dismissal at the Board's sole discretion. Non-paid volunteer officials may be utilized provided they meet League requirements.
- b. Officials shall be uniformed in accordance with high school federation and interscholastic standards. An Official's uniform must be provided by the official.
- c. Fees for game officials shall be determined by the Board and administered by the League Treasurer.
- d. All American and National Division games shall have four (4) officials whenever possible.
- e. All Continental Division games shall have at least three (3) officials.
- f. At the discretion of the Board member on duty and with the Head Coaches approval, games may be played with one fewer official than prescribed.
- g. The Board may appoint one (1) official as the head official of the program to act as a liaison and adviser to the Board and to evaluate the efficiency, competence and advancement of *game* officials.
- h. All officials shall be under contract with the league, approved by the Board.

9. Player Weight Verification

- a. The League will perform weight verification for all players on roster on all teams on set weight dates to ensure that all players meet the classification weights. (every week, for the 2016 season)
- b. The verification process will be performed every week until completion of the season, including playoffs,
- c. On game days for which weight verification is being performed, all teams will report to the designated weigh master one (1) hour and fifteen (15) minutes prior to game start. The weigh master may continue to weigh players in up to fifteen (15) minutes prior to the start of the game.
- d. A player that shows up within the 15-minute window prior to the game can be weighed in, but must sit out the 1st quarter.
- e. In no case will a team be allowed to weigh-in earlier than one (1) hour and fifteen (15) minutes prior to game start. **(A - Minor Infraction I.13.9)**
- f. Players will weigh in with game pants, t-shirts, kneepads, thigh pads, girdle pads, and no shoes. Players may choose not to remove any part of the uniform if they are well below the X-Man Minimum weight.
- g. Players not able to make the maximum ball carrier weight will be allowed to remove all clothing except for girdle with pads and t-shirt and re-weigh once.
- h. Players not meeting the ball carrier weight limit for their age group will be allowed to play the game as an X-man player. See X-man qualifications. Sect. 1 9-10

Section 15 - High School and FFL Rules

1. Fremont Football League (FFL) games will be played using the Official 2016 season, NHFS-High School Rules of Football, as posted at <http://www.nfhs.org/Football/> except where modified herein:

- a. The Field and Markings
 - i. The field for all divisions shall be 80-100 yards long by 40 yards wide.
 - ii. The field shall be marked identical to regulation fields except for hash marks that shall be placed 15 yards in from each sideline.
- b. Game Equipment
 - i. Only footballs issued or approved by FFL will be used in games. **(B-Low to Mid Infraction)**
 - ii. All teams within a division will use a ball of the same size and construction.

Fremont Football League, Football Rulebook, 2016 Season

- iii. Official ball types and sizes for each division will be established by the Board.
 - iv. A yardage chain and down indicator will be provided and used.
 - v. Teams designated as visitors will be responsible for providing a competent crew consisting of 3 to 4 adults - persons 18 and older to operate the equipment. These individuals cannot coach or participate in any manner except to operate the equipment and communicate with the game officials and the *Game Supervisors*. The Game Supervisor has the authority to remove and replace crewmembers.
 - vi. The official game dock will be provided by the game officials. Any auxiliary timing devices provided by the League will be subject to the control of the game officials.
 - vii. Communications of all types between the team personnel within the coaching box and any other person outside of the coaching box is prohibited. Cell phones, head-sets, video equipment, etc. are all prohibited. The referees, and FFL, follow the NFHS procedures that prohibit coaching from outside the coach's box. This includes *coaches* in the stands *or* sidelines talking to coaches during the game.
 - viii. Any participant will be ejected from the remainder of the game and from the next game. (C – Mid Infraction I.13.9)
- c. X-Men
- i. X-Men will identified by a weight-master approved 'X' sticker on the back of their helmet. Removal of this sticker to play other positions will be grounds for immediate suspension of both the player and head coach, for the remainder of the game and the next game. (**C-Mid Infraction I.13.9**)
 - ii. There are to be no more than 5 X-Men, on the field, for each team, at one time. . Illegal Participation Penalty
 - iii. X-Men are only to play on the line of scrimmage, from tackle to tackle, on both offense and defense, from a 3-point stance. Illegal Participation Penalty.
 - iv. In the event of an unbalanced line all X-Men offense or defense must line up within the traditional Left Tackle, Left Guard, Center, Right Guard, Right Tackle formation. Illegal Participation Penalty.
 - v. X-Men can be a tackle eligible receiver but cannot release for a pass. Illegal Participation Penalty.
 - vi. X-Men must line up within the free blocking zone. Illegal Participation Penalty.
 - vii. Intentional ball carrier plays intended for an X-Man are prohibited. Dead ball foul - Illegal Participation Penalty.
 - viii. Only 2 X-Men can play Kick-off or Kick-return. These 2 players must be the center players on Kickoff (Next to Kicker, or Kicker + 1 next to him), on Kick Return, must be the 2 center players on the line of scrimmage. (Cannot overload to one side). The X-Men do not need to be in a 3 pt. stance. Illegal Participation Penalty
 - ix. If in any case an X-Man recovers a 'live ball' or intercepts a pass, once in clear possession of the football, the ball will be considered dead and the play is over. The X-Man cannot carry/advance the football.

NOTE: SEE APPENDIX B FOR X-MAN ALIGNMENT DIAGRAMS

Section 16 - Platoon System

1. If a division, in its entirety, is averaged at or below 23 players per team by draft day, that division will follow the two-way system of player participation as stated in Article II. Section 17.
 - a. The American Division is exempt from the platoon system.
2. The FFL uses a platoon system. This system consists of the division of each team into two (2) platoons. One platoon will be designated as offense and the other as defense. The platoons will be divided so as to differ in number by no more than one (1) player. All platoon designations must be made prior to the game and be submitted to the Game Supervisor on the prescribed roster form in advance of the schedule game time.
3. Player designations for teams with 24 or more players;
 - a. Designation of a player as OFFENSE or DEFENSE can be made on a game-to-game basis.
 - i. Any player designated OFFENSE will only play OFFENSE during the game.
 - ii. Any player designated DEFENSE will only play DEFENSE during the game.
 - b. All players will be additionally designated as starters or substitutes.
 - i. The American Division is exempt from II.16.3.b.
 - c. In the event that a team is below 24 players in its roster, this rule will apply, both teams will designate equal amount of players to play both ways, regardless of the amount of players on the opposing team,
 - i. All players, including subs, must have completed all of their required plays per quarter before a 2-way player can enter the game.
 - d. All players may participate on special teams, i.e.: kick-off, kick-off return, point after touchdown, field goal, and free kick after safety (X-men are excluded from Kick-off and Kick return).
4. Player designations for teams with 23 or fewer players:

- a. 23 or 22 players - Any one (1) offensive player may be designated to play defense and any one (1) defensive player may be designated to play offense.
 - i. Example/clarification: Any 2 players from the offensive side of the ball can be eligible to play defense, but must meet all requirements of section 11.17 and can play any two quarters.
 - b. 21 or 20 players - Any two (2) offensive players may be designated to play defense and any two (2) defensive players may be designated to play offense.
 - i. Same as example above, but with a total of 8 players, 4 from offense, 4 from defense.
 - c. 19 or 18 players - Any three (3) offensive players may be designated to play defense and any three (3) defensive players may be designated to play offense.
 - i. Same as example above, but with a total 12 players, 6 from offense, 6 from defense.
 - d. Any team can start a game with 16 players, and then if goes down to 15 players due to injury - the game is potentially over. A decision of 2 Executive board members and the Safety coordinator is required to continue the game. Additionally, the Board may halt the game if it is determined that the game cannot continue safely.
 - e. The designated player(s) going both ways for each quarter must be reported on the BOD sheet before the beginning of each game. Illegal substitution penalty. 3 penalized illegal substitutions in a game, is an immediate suspension of the Head Coach for the remainder of the game, and next game.
 - f. The player(s) designated for each quarter must remain as the designated player(s) for the entire quarter in which they are listed on the BOD sheet, unless removed from the game by the medic on duty or referees (refer to a, b, c above).
 - g. Any violations of rule I.16.4.(e and f) will be considered an illegal participation penalty. (C – Mid Infraction I.13.9)
 - h. No player(s) can be designated to go both ways for more than 2 quarters per game.
 - i. If a game proceeds into overtime the two-way players allowed to play both ways will be those who were eligible in the 1st quarter. All requirements must still be met.
5. Substitution of Players
- a. Every eligible player must participate in a minimum number of downs from scrimmage in each of the four quarters:
 - i. The player plays per quarter will be determined based on the active roster per game to be determined as follows:

| Table 2 - Plays Per Quarter | |
|-----------------------------|---------------------------|
| If the Active Roster is: | The Plays Per Quarter is: |
| 33 or more | 2 |
| 30-32 | 3 |
| 29 or Below | 4 |

- ii. All Head Coaches must appoint at least one (1) assistant coach to tell the Game Supervisor which sub is entering the game.
 - iii. A warning will be given at the 4-minute mark, to the Head Coach, that players have not played the prescribed number of downs. If a Head Coach makes no attempt to get the players in a 12-yard penalty will be assessed after four (4) plays. Players designated as Offense or Defense is NOT a viable excuse, except in the platoon system!
 - A. Example: If an offensive player has not gone in the game, coach has been warned at the 4-minute mark. Team is the offensive team and he does not put the player in after 6 plays, he will be assessed a 12 yard penalty.
 - iv. If the game is progressing in an uneven balance of time on the field by the offense or defense and is not allowing a team enough downs to get the reserve players in that quarter, the BOD has the option to not hold the team in violation of the platoon system substitution rule.
 - a. The Head Coach will then be instructed by the BOD to add the number of downs that the reserve players missed to the next quarter.
 - b. These downs do not include participation on special teams used during kickoff coverage and kickoff return teams.
6. Violation of League platoon system regulations will be considered an illegal participation penalty. This violation will be communicated to the referee by the Game Supervisor and the penalty assessed against the offending team.(C

- Mid Infraction I.13.9)

7. No eligible player will be held out or removed from a game or a team by the team staff without prior approval by the Game Supervisor. (C - Mid Infraction I.13.9) This rule does not supersede the discretion of the referee regarding removal of players.

Section 17 - Two-Way Player System

1. This section is in accordance with rule II.16.1
2. Divisions that meet the requirement of rule II.16.1 will be allowed to use the Two-Way player system.
3. Players on the Game Supervision Sheet, also known as the BOD sheet, cannot be listed, played, or classified as offensive only or defensive only players. The coach will list starters and subs the same way as the platoon system. Using all players on both sides of the ball. American Division exempt.
4. If a team is at or below 22 players, all players are to have a starting position on either offense or defense.
 - i. American Division is exempt from requirement of starting positions for all players.
5. All plays per quarter per player will follow Table 2 located at II.16.5.i
6. The minimum number of players needed to start a game is 16. This rule may be overwritten by a vote of 2 executive board members, and the Safety coordinator, to allow play to continue...when determined safe.
7. If a team is to reach 14 players due to injury during the course of a game, using the two-way system, the game will be declared over; the current score will remain as the final score. This rule may be overwritten by a vote of 2 executive board members, and the Safety coordinator, to allow play to continue...when determined safe.
8. Additionally, the board may halt or dismiss a game if it is determined the game cannot continue safely.
9. This section will execute all rules in section II.16 with the exclusion of rules 1, 2, 3, 4.a.i, 4.a.iv, 4.a.iv.l, and 4.c.

Section 18 - Players Equipment

1. All players at all games will wear the equipment provided by the League. This equipment will consist of a helmet with faceguard, jersey, shoulder pads, pants, hip pads, thigh pads, knee pads, standard mouthpiece (attached to the helmet) and equipment provided by the player - orthodontic mouthpiece (replacing a League supplied mouthpiece), supporter, and shoes.
2. Each participant is responsible for their uniform's cleanliness during the season and shall be responsible for returning the equipment intact at the conclusion of the last team game.
3. Only shoes with molded rubber cleats and are in accordance with NFHS standards are approved for wear in FFL games.
4. An equipment inventory list on the approved form must be submitted to the Equipment Director by the last game each year. If the inventory is not cleared by the team, jerseys and equipment for the next year will not be ordered.

Section 19 - Staff Uniforms

1. All team staff members will dress in a manner conducive to the enhancement of the reputation of the League.
2. Team staff will wear coordinated coaching apparel in team colors to all league games,
3. A dress code has been established to show league unity, such dress code will be reviewed yearly, and followed.
4. All staff uniforms are subject to the full Board review and approval.

Section 20 - Periods/Time Factors

1. Each quarter shall be 12 minutes in length in National and American divisions.
2. Each quarter shall be a 10-minute regulation clock in the Continental division.
3. A full 12-minute rest period, followed by three (3) minutes of warm up shall occur between the second and the third quarter (half-time) after the Cheer program.
 - a. The rest period clock will not start until both cheer squads have finished performing.
4. The officials on the field will keep official time and will inform coaches of time remaining. A 4-minute warning will be given to each Head Coach of each team during the second and fourth quarters.

Section 21- Scoring

1. The team accumulating the most points wins the game. Points are scored as follows:

| Scoring Method | Points |
|----------------|--------|
|----------------|--------|

| | |
|---|--|
| Touchdown | 6 points |
| Field Goal | 3 points |
| Safety (points awarded to the opponent) | 2 points |
| Successful Point <i>After</i> Touchdown (<i>PAT</i>) | |
| Run Or Pass | 1 Points |
| Place Kick | 2 Point |
| Forfeited Game due to injury | Score at time of game called. |
| Forfeited Game | Offended Team - 6; Opponent - 0 If offended team is ahead, the <i>score</i> stands |

Section 22 – Point Differential Rule (AKA – Slaughter Rule)

1. For the sake of the players, when a coach knows when he has control of the game. Embarrassment, humiliation, and grudges will not be tolerated in the Fremont Football League. Swift action will be taken against any violation of these rules.
2. 24 Point Rule - Any time a team is leading by 24 points or more the Slaughter Rule goes into effect. This includes the following actions:
 - a. The BOD's are to call a time-out and inform the coaches and referees that the 24-point Rule is now in effect.
 - b. Game Clock:
 - i. 1st Half: The losing coach may request that the game clock continue to run.
 - ii. 2nd Half: The clock will continue to run.
 - c. Substitution of reserve players: Starters for both teams shall play the first play following any change of possession. After the first play of the change of possession the team that is leading shall substitute all available reserve players in lieu of the starters. These reserve players shall remain in the game until the next change of possession or until the point differential is less than 24 points. The BOD has the authority to make appropriate adjustments once both head coaches have been warned for inappropriate substitution.
 - d. Kickoffs: The leading team shall not kickoff following a score. The ball will be placed on the 35-yard line of the trailing team.
 - e. Passing is allowed, to encourage the spreading out of the defense.
 - f. Defensive Blitzing: No defensive blitzing by the winning team. The winning team defensive line can only rush four (4) down linemen. Must be tackle to tackle.
 - g. The head coach of each team shall be accountable for compliance with these regulations.
 - h. Anytime the point differential is within the 24 points all rules default to regulation rules.
 - i. Anytime the point differential is at or beyond 24 points the slaughter rule procedure applies.
3. 50 Point Rule - Anytime a team is leading by 50 points or more, by the beginning of the 3rd quarter or later, the game will be called.

Section 23 - Conduct of All FFL Participants

1. All members of Fremont Football League will adhere to the League code of ethics and rules.
 2. Head Coaches are responsible for the actions of their staff's players and team personnel who support their team.
3. Team staffs are prohibited from using tobacco products in or near the team bench area.
4. Players and cheerleaders must remove all uniforms and/or equipment for purposes other than team practices and League games. Uniform can be worn starting one and half hour prior to the game and ending one hour after the end of the game.

All players are to remove their uniforms and equipment no more than 1 hour after their game ends. The first occurrence will be a warning and the coach will be notified. The *second occurrence* will result in a player suspension.
5. Players and cheerleaders will not throw or abuse equipment in any manner.
 - a. Any player that abuses or throws equipment will be immediately suspended for the remainder of the game. If player re-enters game, game is forfeited. If infraction occurs at the end of the game, the player is suspended for the next game.
 - b. Any cheerleader that abuses or throws equipment will be immediately suspended for the remainder of the game.

If cheerleader continues to cheer the squad will lose 10 points on field judging. If infraction occurs at the end of the game, cheerleader *is* suspended for next game.

6. Misconduct by players or cheerleaders, during a FFL function, is grounds for disciplinary action by the Board.
7. Any player, cheerleader or coach who is ejected from a game for misconduct of flagrant violation of the rules will be subject to additional penalties as set forth in I.13.9 (**C - Mid Infraction** I.13.9)
8. Immediately following each game, each team will meet on its sidelines for a brief talk of approx. one (1) minute. Each team, players, cheerleaders and staff will be led to the middle of the field by the Head Coach to shake opponent's hands. A violation of this rule shall subject those teams or individuals to disciplinary action by the Board. (**C - Mid Infraction** I.13.9)
9. Each team shall clean up sidelines after each game. A garbage bag will be supplied. A \$100 fine will be assessed if a team does not clean up sidelines after their game.

Section 24 - Game Penalties

1. All penalties are established in accordance with the National Federation of State High School (NFHS) rules of Football, except as modified herein.
2. All penalties are modified where the FFL 80 yard field length is used:
 - a. 5-yard penalties will become 4-yard penalties
 - b. 10-yard penalties will become 8-yard penalties.
 - c. 15-yard penalties will become 12-yard penalties
3. Additional penalties levied by the League.
 - a. Failure to play all eligible players: Illegal Participation - 12-yards
 - i. After second penalty, within the same game, the Head Coach is to be ejected and will be suspended for the following game. (**C- Mid Infraction** I.13.9)
 - ii. If the player does make their minimum plays in the fourth quarter, said player will become automatic starter the following game. BOD table will be notified after the game. (**C - Mid infraction** I.13.9)
 - b. If the kicker or holder is ruffed on the kick of extra points, the team will receive the points for the kick and the penalty will be assessed on kickoff.
 - c. Players that show disrespect to, or disregard the instructions of the on-field EMT will receive a 12-yard unsportsmanlike conduct penalty. This penalty shall go against the player involved.
 - d. Team staff that show disrespect to, or disregard the instructions of the on-field EMT will receive a 12-yard unsportsmanlike conduct penalty. This penalty shall count as a sideline penalty and will go against the head coach. (**B- Low/Mid Infraction** I.13.9)
4. Players ejected from a game by the officials or the Board will be ejected as follows:
 - a. 1st occurrence: The player will be ejected for the remainder of the game and for the entire next scheduled game.
 - b. 2nd occurrence: The player will be suspended from the league pending Board review.
5. Any staff member ejected from the game by the officials or Board will be ejected as follows:
 - a. 1st occurrence: The staff member will be ejected for the remainder of the game and the following game. (**B- Low/Mid Infraction** I.13.9)
 - b. 2nd occurrence: The staff member will be suspended from the league pending review of the Executive Committee. (**2nd Level B- Low/Mid Infraction** I.13.9)
6. Misconduct or violation of rules will result in investigation and subsequent appropriate disciplinary action. The Executive Committee will appoint an investigation committee. (**D- Mid / Major** I.13.9)
7. Violence on and off the field is prohibited. It is clearly defined the difference between game play and violence. Any team staff, player(s), or cheerleader(s) involved in such activity will face the following consequences:
 - a. First offense: Those involved shall be suspended for that day's events and for the next two games. (**D - Mid / Major Infraction** I.13.9)
 - b. Second offense: Those involved for a second time will be immediately suspended for the entire season. (**D- Mid/Major** Infraction I.13.9)

Appendix B – X-Man Alignment Diagrams

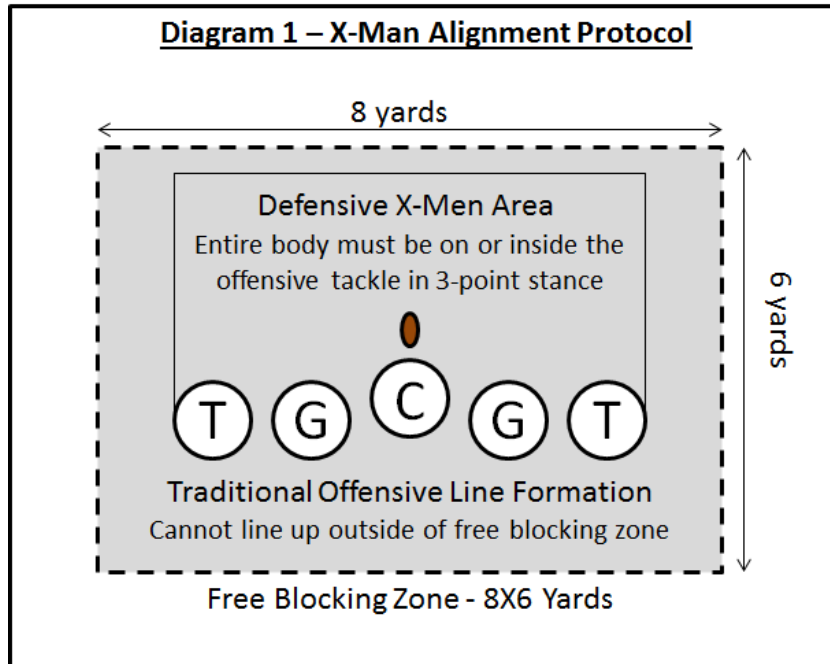
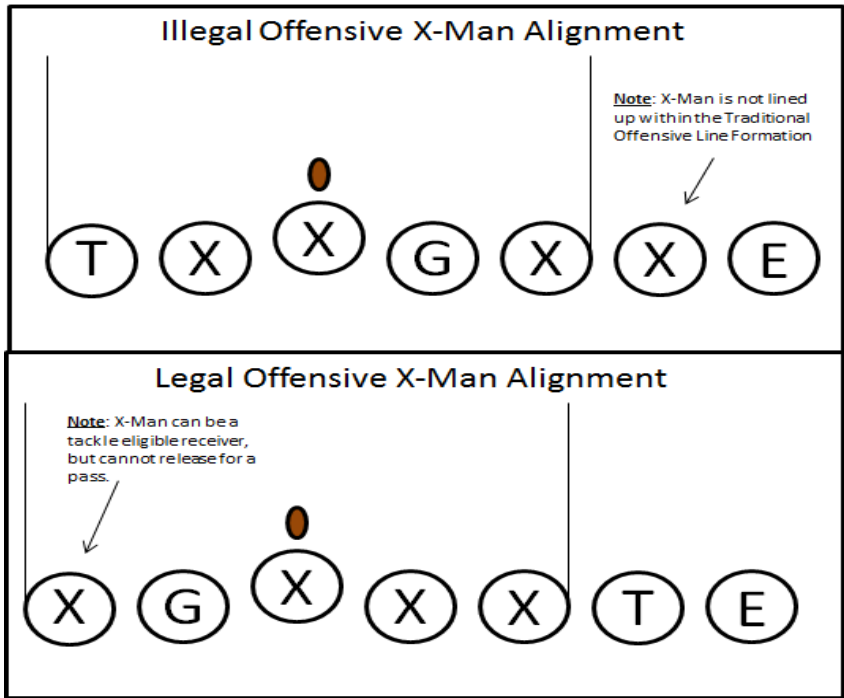


Diagram 2 – Offensive X-Man Formation Examples



| Progressive Disciplinary Action Table | | | | | |
|---------------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|------------------------|
| Offenses | A – Minor Infraction | B – Low/Mid Infraction | C – Mid Infraction | D – Mid/Major Infraction | E – Major Infraction |
| 1st | Written Warning | Written Warning | ½ Game Suspension and \$100 Fine | 2 Game Suspension And \$100 Fine | Indefinite Suspension* |
| 2nd | \$100 Team Fine | 1 Game Suspension | 1 Game Suspension And \$100 Fine | Indefinite Suspension* | Expulsion |
| 3rd | 1 Game Suspension | 1 Game Suspension and \$100 Fine | Indefinite Suspension* | Expulsion | |
| 4th | 1 Game Suspension And \$100 Fine | Indefinite Suspension* | Expulsion | | |

*- Suspension, Fine, or Disciplinary action to be defined by the Board.

Diagram 3 – Defensive X-Man Examples

