



# MESIVTA FOOTBALL LEAGUE RULEBOOK

Rabbi Yossi Bennett, *Administrator*

Dom Derosa, *Head Referee*

## LEAGUE RULES:

THE MESIVTA FOOTBALL LEAGUE WAS ESTABLISHED WITH THE STRICTEST HALACHIC STANDARDS AND AS SUCH THE FOLLOWING RELIGIOUS REGULATIONS MUST BE ADHERED TO BY ALL TEAMS AND ALL PLAYERS, WITHOUT EXCEPTION. FAILURE TO ADHERE TO THESE RULES MAY RESULT IN FORFEITURE OF A GAME.

NO FEMALES ARE PERMITTED AT ANY OF THE GAMES (EVEN SISTERS, MOTHERS, ETC.). IT IS THE RESPONSIBILITY OF EACH TEAM TO ENSURE THIS RULE IS ADHERED TO. IF A FEMALE FAN SHOWS UP, THE TEAM FOR WHICH SHE IS ROOTING MUST ASK HER TO LEAVE AT RISK OF FORFEITING THAT GAME.

NO FOUL LANGUAGE WILL BE TOLERATED. IF A PLAYER/COACH OR SCHOOL REPRESENTATIVE USES AN OBSCENITY ON ANY PLAY IT WILL BE CITED AS A WARNING. A SECOND OFFENSE WILL RESULT IN EJECTION FROM THE GAME. IF THIS OCCURS DURING ANOTHER GAME, PLAYER/COACH WILL NOT GET ANOTHER WARNING AND WILL BE THROWN OUT OF THE LEAGUE.

HEAD COVERINGS MUST BE WORN AT ALL TIMES ON AND OFF THE FIELD. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN A FIVE YARD PENALTY.

NOTE: POCKETLESS PANTS AND MOUTH-GUARDS ARE RECOMMENDED.

## EQUIPMENT:

ALL PLAYERS MUST WEAR A SET OF FLAGS, PROVIDED BY THE LEAGUE, WITH BOTH FLAGS ATTACHED. SHIRTS MUST BE TUCKED INTO, AND ARE NOT PERMITTED TO HANG OVER THE FLAG BELT. SOFT PADDING IS PERMITTED, BUT GUARDS AND PADS MADE OF HARD MATERIALS (METAL OR PLASTIC) ARE NOT PERMITTED WITH THE EXCEPTION OF A MEDICALLY APPROVED FACE MASK. REFEREES MAY, AT THEIR DISCRETION, FORBID THE USE OF ANY PAD, PIECE OF CLOTHING OR EQUIPMENT. METAL CLEATS ARE NOT PERMITTED. ALL PLAYERS MUST WEAR THEIR TEAM JERSEY OR THE SAME COLOR SHIRT WITH A NUMBER. NO JEWELRY IS PERMITTED ON FIELD OF PLAY.

## ROSTERS:

TEAMS WITHOUT ROSTERS ON FILE WITH THE LEAGUE WILL NOT BE ALLOWED TO PLAY. TO BE ELIGIBLE TO PLAY

A PLAYER MUST BE ON THE ROSTER PRIOR TO THE START OF THE SEASON. BEFORE OR DURING A GAME, A TEAM CAPTAIN OR COACH MAY ASK A REFEREE TO CHECK THE ELIGIBILITY OF AN OPPOSING PLAYER. USE OF AN INELIGIBLE PLAYER IS ILLEGAL PROCEDURE AND, AT THE DISCRETION OF THE REFEREE, MAY ALSO CONSTITUTE UNSPORTSMANLIKE CONDUCT.

## PRIOR TO THE GAME:

TEAMS MUST BE ON THE FIELD BY THE GAME-START TIME OR RISK FORFEITING THE GAME. A 10-MINUTE WINDOW OF TIME WILL BE GRANTED FOR A LATE TEAM, AFTER WHICH THE PRESENT TEAM WILL BE AWARDED THE WIN, REGARDLESS OF THE REASON FOR THE LATENESS. THIS IS TRUE FOR THE REGULAR SEASON AND PLAYOFFS AS WELL.

BEFORE THE GAME, EACH TEAM MUST IDENTIFY TO THE REFEREE ITS CAPTAIN. THE TEAM WINNING THE COIN TOSS WILL DECIDE WHETHER TO TAKE THE BALL OR CHOOSE DIRECTION OR TO DEFER AND MAKE THE CHOICE FOR THE SECOND HALF.

## GAME TIME:

GAMES CONSIST OF TWO 22-MINUTE HALVES, WITH A 5-MINUTE HALFTIME BREAK. THE CLOCK RUNS CONTINUOUSLY, EXCEPT DURING TIMEOUTS AND DURING THE LAST ONE MINUTE OF EACH HALF. IN THE LAST ONE MINUTE OF EACH HALF, THE CLOCK IS STOPPED:

1. WHEN A PLAY ENDS OUT OF BOUNDS
2. ON INCOMPLETE PASSES
3. AFTER A TOUCHDOWN AND THROUGH THE ENSUING EXTRA POINT(S) ATTEMPT
4. ON CHANGES OF POSSESSION
5. ON PENALTIES ONLY UNTIL THE BALL IS SET
6. WHEN TIMEOUTS ARE CALLED (THE CLOCK IS RESTARTED AT THE BEGINNING OF THE FOLLOWING PLAY)
7. WHEN A FIRST DOWN IS REACHED IF THE FIRST DOWN DOES NOT RESULT IN A FIRST AND GOAL SITUATION

EACH TEAM RECEIVES TWO TIMEOUTS 1ST HALF AND THREE TIME OUTS 2ND HALF. ONLY ASSIGNED CAPTAIN ON THE FIELD OF PLAY OR COACH MAY SIGNAL FOR A TIME OUT, AND THEY CAN DO SO TO EITHER REFEREE. EACH TIME OUT LASTS 30 SECONDS. THE PLAY CLOCK IS THEN STARTED, AND THE GAME CLOCK IS RESTARTED AT THE BEGINNING OF THE FOLLOWING PLAY. A REFEREE IS ALLOWED TO STOP THE GAME CLOCK AS THE REFEREE



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SEES FIT, AND MAY RETROACTIVELY CHANGE A TEAM'S TIME-OUT TO AN OFFICIAL TIME-OUT IF IT EMERGES THAT THE TIMEOUT WAS NECESSARY TO CORRECT AN ERROR. A REFEREE WILL ANNOUNCE THE TWO MINUTE WARNING OF EACH HALF AND THERE IS AN OFFICIAL TIME-OUT AT THAT TIME.

## PLAY CLOCK:

UPON THE CONCLUSION OF EVERY PLAY, THE REFEREES WILL POSITION THE LINE OF SCRIMMAGE AS NECESSARY AND SIGNAL THE DOWN. A 25-SECOND PLAY CLOCK WILL THEN IMMEDIATELY BEGIN. THE OFFENSE IS RESPONSIBLE FOR RETRIEVING THE BALL AND THE LINE OF SCRIMMAGE MARKER IN TIME FOR THE NEXT PLAY. IF PLAY DOES NOT BEGIN WITHIN THE 25 SECONDS ALLOWED, A DELAY OF GAME PENALTY WILL BE CALLED. THE LINE REFEREE WILL ANNOUNCE WHEN 10 SECONDS REMAIN ON THE PLAY CLOCK. IN THE LAST 10 MINUTES OF THE GAME, EACH DELAY-OF-GAME PENALTY BEYOND THE FIRST ONE, ON THE SAME DRIVE, WILL RESULT IN LOSS OF DOWN.

## BEGINNING THE GAME:

EACH HALF BEGINS FROM THE 10-YARD LINE. EACH TEAM LINING UP WITH 7 PLAYERS. IF A TEAM IS NOT READY AT GAME TIME (FIELDING A MINIMUM OF 6 ELIGIBLE PLAYERS) THE GAME CLOCK WILL START AND THE OPPOSING TEAM WILL RECEIVE THE BALL IN BOTH HALVES. IF A TEAM IS NOT READY 15 MINUTES AFTER THE GAME CLOCK HAS STARTED, THE OPPOSING TEAM IS AWARDED A FORFEIT WIN. THE OFFICIAL SCORE OF A FORFEITED GAME IS 17-0.

## HUDDLES, ENTERING & EXITING THE FIELD:

TEAMS MUST BE STATIONED ON THE SIDE OF THE FIELD DESIGNATED BY THE REFEREE. ALL PLAYERS MUST ENTER AND EXIT FROM THAT SIDE OF THE FIELD. A TEAM MAY NOT HAVE MORE THAN 7 PLAYERS ON THE FIELD. THERE IS FREE SUBSTITUTION BETWEEN PLAYS. OFFENSIVE SUBSTITUTIONS REQUIRE A HUDDLE. A HUDDLE CAN ONLY INCLUDE THOSE PLAYERS WHO WILL BE ON THE FIELD FOR THE NEXT PLAY.

## BALL USAGE:

BOTH TEAMS SHOULD BRING THEIR OWN BALL! ANY BALL INTRODUCED INTO THE GAME MUST BE OF ADULT SIZE AND APPROVED BY THE REFEREE. ANY BALL USED IN PLAY BECOMES A GAME BALL AND MAY BE USED BY EITHER

TEAM. HOWEVER, IF TEAM "A" WISHES TO USE TEAM "B"'S BALL, TEAM "A" MUST NOTIFY TEAM "B" 1 PLAY IN ADVANCE OR RISK A DELAY OF GAME PENALTY.

## OFFENSIVE SCRIMMAGE:

THE OFFENSIVE LINE CONSISTS OF 2 LINEMEN AND A TIGHT END. THE TWO LINEMEN ARE INELIGIBLE. THE 3 PLAYERS MUST BE IN ARMS LENGTH OF EACH OTHER. THE "SNAPPER" MUST BE IN THE MIDDLE POSITION OF THE 3 LINEMEN. THE TIGHT END MUST DECLARE HIMSELF TO THE BACK REFEREE. ALL REMAINING OFFENSIVE PLAYERS MAY LINE UP IN ANY TYPE OF FORMATION, ON OR OFF OF THE LINE OF SCRIMMAGE. ALL OFFENSIVE PLAYERS MUST COME TO A SET POSITION, AND AFTER SETTING, MAY NOT MOVE TOWARD THE LINE OF SCRIMMAGE. LATERAL AND BACKWARD MOTION OF 1 PLAYER (NOT ON THE LINE) IS PERMITTED AFTER ALL OFFENSIVE PLAYERS HAVE BECOME SET.

## SNAPS:

TO BEGIN EACH PLAY, THE BALL MUST BE SNAPPED BETWEEN THE CENTER'S LEGS OR TO THE CENTER'S SIDE. UNLESS THE REFEREE DETERMINES OTHERWISE, THE BALL MUST BE SNAPPED FROM THE GROUND. APART FROM HIS HAND, THE CENTER'S BODY MUST BE ENTIRELY BEHIND THE BALL. THE BALL IS CONSIDERED SNAPPED WHEN THE CENTER, IN A SET POSITION, LIFTS THE BALL FROM THE GROUND. AT THAT POINT, THE COUNT OF 3 BEGINS.

PRIOR TO THE SNAP, ALL PLAYERS MUST COME TO A COMPLETE STOP FOR AT LEAST ONE SECOND BEFORE THE BALL IS SNAPPED. ONE PLAYER CAN BE "IN MOTION" AS LONG AS THE PLAYER MOTIONING IS RUNNING PARALLEL TO OR AWAY FROM THE LINE OF SCRIMMAGE. NO PLAYER IS ALLOWED TO MOTION IN A DIRECTION TOWARDS THE LINE OF SCRIMMAGE.

## FIRST DOWNS:

FIRST DOWNS ARE AWARDED EVERY 20 YARDS. FLAGS OF THE BALL CARRIES MUST PASS THE FIRST DOWN MARKER (NOT THE BALL).

## PUNTS:

ON TEAM'S TERRITORY A PUNT IS 30 YARDS. ON OPPONENTS TERRITORY A PUNT IS 15 YARDS.



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## SCORING:

A TOUCHDOWN IS WORTH 6 POINTS. A TOUCHDOWN IS DETERMINED BY THE BALL BREAKING THE PLANE OF THE GOAL LINE.

A TOUCHDOWN IS FOLLOWED BY A POINT AFTER TOUCHDOWN (PAT) ATTEMPT EVEN IF THERE IS NO TIME LEFT ON THE CLOCK (BUT NOT IF THE SCORING TEAM LEADS BY 17 POINTS OR MORE, BEYOND THE ONE-MINUTE WARNING IN THE SECOND HALF). A PAT CANNOT BE RETURNED FOR A TOUCHDOWN BY THE DEFENDING TEAM.

THE SCORING TEAM CHOOSES TO ATTEMPT THE PAT FROM EITHER THE 5 OR 10 YARD LINE, FOR 1 OR 2 POINTS, RESPECTIVELY. SHOULD THE DEFENSE GAIN CONTROL OF THE BALL ON A PAT ATTEMPT PLAY IS DEAD AND THE BALL CANNOT BE RETURNED. ANY OFFENSIVE PENALTY IMMEDIATELY ENDS THE PAT ATTEMPT. IF THE PENALTY IS AGAINST THE DEFENSE IN THE ENDZONE, THE OFFENSIVE TEAM IS AWARDED THE POINTS. OUTSIDE THE ENDZONE, HALF THE DISTANCE TO THE GOAL LINE. AFTER THE PAT ATTEMPT, THE TEAM WHICH SURRENDERED THE TOUCHDOWN BEGINS THEIR NEXT DRIVE ON THE 20-YARD LINE.

A SAFETY IS WORTH 2 POINTS. AFTER A SAFETY, THE TEAM WHICH SCORED THE SAFETY BEGINS THEIR NEXT DRIVE ON THE 30-YARD LINE.

## DEFENSIVE RUSH:

DEFENSIVE PLAYERS MAY NOT CROSS THE LINE OF SCRIMMAGE, NOR BEGIN UNINTERRUPTED FORWARD MOTION THAT CULMINATES IN CROSSING THE LINE OF SCRIMMAGE, EXCEPT:

1. AFTER THE COMPLETION OF THE LINE REFEREE'S THREE-COUNT
2. AFTER THE QUARTERBACK (THE PLAYER RECEIVING THE SNAP) RELEASES THE BALL. PLAYERS MAY THEN CROSS THE LINE OF SCRIMMAGE IMMEDIATELY, REGARDLESS OF WHEN THEY BEGAN FORWARD MOTION.
3. THE DEFENSE MAY BLITZ ONCE PER SET OF DOWNS. THE DEFENSE IS NOT REQUIRED TO ANNOUNCE THE BLITZ. THE REFEREE WILL AUTOMATICALLY COUNT AN EARLY RUSH AS A BLITZ IF IT IS AVAILABLE AND, AFTER THE PLAY, WILL ANNOUNCE THAT THE BLITZ HAS BEEN BURNED.
4. ON A SNAP, IF THE BALL HITS THE GROUND, THE PLAY IS DEAD AND THE BALL IS PLACED WHERE THE BALL HIT GROUND. SHOULD A REFEREE FORGET TO ANNOUNCE THE

THREE-COUNT, THE PLAY MUST BE REPLAYED.

## OFFSIDES:

THE FOLLOWING ARE FALSE STARTS:

1. AN OFFENSIVE PLAYER WHO IS BEYOND THE LINE OF SCRIMMAGE WHEN THE BALL IS SNAPPED
2. AN OFFENSIVE PLAYER WHO MOVES FORWARD AFTER HAVING COME TO A SET POSITION AND BEFORE THE SNAP, REGARDLESS OF WHETHER HE HAS PASSED THE LINE OF SCRIMMAGE.
3. A CENTER WHO COMES TO A SET POSITION AND THEN LIFTS THE BALL AND REPLACES IT ON THE GROUND.

A FALSE START BY THE OFFENSE WILL IMMEDIATELY BE CALLED, WITH NO PLAY ALLOWED TO OCCUR. IF A DEFENSIVE PLAYER IS OFFSIDES WHEN THE BALL IS SNAPPED, A PENALTY FLAG WILL BE THROWN, BUT PLAY WILL PROCEED, EXCEPT IF THE DEFENSIVE PLAYER CROSSES THE LINE OF SCRIMMAGE AND INITIATES CONTACT WITH AN OFFENSIVE PLAYER OR DRAWS AN OFFENSIVE PLAYER OFFSIDES. IN SUCH CASES, OFFSIDES WILL BE CALLED IMMEDIATELY, AND NO PLAY WILL BE ALLOWED TO OCCUR. A DEFENSIVE PLAYER MAY RECTIFY A POTENTIAL OFFSIDES SITUATION BY RETURNING ON SIDES BEFORE THE BALL IS SNAPPED.

NOTE: WHILE REFEREES TRY, WHERE FEASIBLE, TO WARN PLAYERS THAT THEY ARE SET UP OFFSIDES BEFORE THE SNAP, OFFSIDES IS SOLELY THE RESPONSIBILITY OF THE PLAYERS.

## BLOCKING:

BLOCKING IS ALLOWED UNDER THE FOLLOWING CONDITIONS:

1. A BLOCK MUST BE DELIVERED WITH EITHER ARMS OR OPEN HANDS.
2. PLAYERS MAY ONLY PUSH WITH THE HANDS AND MAY NOT GRAB AN OPPONENT.
3. A BLOCK BY ANY PLAYER MUST BE ABOVE THE WAIST AND MAY NOT BE INITIATED FROM BEHIND THE PLAYER BEING BLOCKED. FOR THE PURPOSE OF THIS RULE, THE FRONT OF A PLAYER IS BOTH THE PLAYER'S CHEST AND THE DIRECTION IN WHICH THE PLAYER IS INTENTIONALLY MOVING AT THE TIME OF THE BLOCK.

THE FOLLOWING BLOCKS ARE ILLEGAL:



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1. ANY SWINGING FOREARM BLOW OR PUNCH
2. A BLOCK WITH ANY PART OF THE LEGS OR HEAD
3. A BLOCK BELOW THE WAIST OR TO THE BACK OR SIDES
4. A BLOCK THAT INCLUDES GRABBING OR HOLDING OF ANY KIND
5. OFFENSIVE RECEIVERS BLOCKING FOR ONE ANOTHER (I.E. ANY KIND OF MOVING PICK) BEFORE A PASS IS CAUGHT
6. TACKLING OF ANY SORT
7. A BLOCK THROWN WHILE NOT FACING THE OPPONENT

THE ABOVE BLOCKING RULES APPLY TO BOTH OFFENSIVE AND DEFENSIVE PLAYERS, ON EVERY PLAY AND REGARDLESS OF THE LOCATION OF THE PLAYERS IN RELATION TO THE LINE OF SCRIMMAGE.

NO CONTACT MAY BE INITIATED OVER FIVE YARDS BEYOND THE LINE OF SCRIMMAGE BY EITHER SIDE, NOR MAY THE VISIBILITY OF AN AIRBORNE BALL BE INTENTIONALLY SCREENED, UNLESS:

1. THE BALL HAS BEEN CARRIED OR CAUGHT BEYOND THE LINE OF SCRIMMAGE, OR
2. THE CONTACT IS ENTIRELY INCIDENTAL TO THE PURSUIT OF THE BALL-CARRIER OR OF A BALL WHICH IS NOT IN A PLAYER'S POSSESSION.

PLAYERS MAY "BUMP" OPPONENTS ONCE WITHIN FIVE YARDS OF THE LINE OF SCRIMMAGE. THE SAME RECEIVER MAY BE "BUMP" BY TWO OR MORE DEFENDERS. THE PLAYER MAY USE ANY LEGAL BLOCK, WITH THE FOLLOWING QUALIFICATIONS:

1. A PLAYER MAY INITIATE AND MAINTAIN CONTINUOUS UNBROKEN CONTACT WITH THE OPPONENT, AS LONG AS THE OPPONENT IS WITHIN FIVE YARDS OF THE LINE OF SCRIMMAGE. HOWEVER, THROWING MORE THAN ONE BLOCK, WHILE NOT MAINTAINING CONTINUOUS UNBROKEN CONTACT, IS NOT LEGAL EVEN WITHIN FIVE YARDS OF THE LINE OF SCRIMMAGE.
2. EVEN WITHIN FIVE YARDS OF THE LINE OF SCRIMMAGE A DEFENDER MAY NOT INITIATE A BLOCK AS A RECEIVER RUNS PAST HIM.

## PROTECTING THE FLAG:

THE BALL-CARRIER IS NOT ALLOWED TO USE ANY PART OF HIS BODY, NOR THE BALL ITSELF, TO BLOCK FOR HIMSELF (I.E., NO STIFF-ARMING)

HE MAY NOT BLOCK AN OPPONENT'S HANDS IN ORDER TO PREVENT AN OPPONENT FROM PULLING A FLAG. ANY OF THESE ACTIONS, IF INTENDED ONLY TO PREVENT PULLING THE FLAG, IS PROTECTING THE FLAG. ANY USE OF THE ARMS OR HANDS BY THE OFFENSIVE BALL CARRIER RESULTS IN THE END OF THE PLAY AND THE BALL WILL BE PLACED AT THE SPOT OF THE FOUL. SPINNING IS ALLOWED BY THE BALL CARRIER.

## PASSING:

THE OFFENSIVE TEAM MAY THROW ONE FORWARD PASS PER PLAY. ANY RECEIVER WHO STEPS OUT OF BOUNDS, EVEN IF DUE TO AN ILLEGAL BLOCK, IS INELIGIBLE. SHOULD AN INELIGIBLE RECEIVER BE THE FIRST TO TOUCH AN AIRBORNE PASS, THE PLAY IS DEAD. SUCH A PLAYER MAY TOUCH, AND TAKE POSSESSION, OF THE BALL AFTER IT HAS BEEN TOUCHED BY ANY OTHER PLAYER.

AN AIRBORNE RECEIVER WILL BE JUDGED TO HAVE CAUGHT THE BALL ONLY IF BOTH FEET ARE IN BOUNDS OR IF ANY PART OF THE RECEIVER'S BODY LANDS IN BOUNDS BEFORE ANY PART OF THE RECEIVER'S BODY LANDS OUT OF BOUNDS, OR IF THE RECEIVER LANDS OUT OF BOUNDS ONLY AS A RESULT OF AN OPPONENT'S PUSH AS DETERMINED BY THE REFEREES.

A DEFENSIVE PLAYER MAY NOT MAKE CONTACT WITH THE QUARTERBACK'S THROWING ARM UNLESS THE DEFENSIVE PLAYER HITS THE BALL FIRST.

## INTENTIONAL GROUNDING:

INTENTIONAL GROUNDING WILL BE CALLED IF THE OFFENSIVE TEAM, IN ORDER TO AVOID A SACK, ATTEMPTS A PASS THAT DOES NOT REACH THE LINE OF SCRIMMAGE AND/OR WHICH IS NOT INTENDED FOR, OR PLAYABLE BY, AN OFFENSIVE ELIGIBLE RECEIVER. QUICK SPIKES ARE LEGAL PROVIDED THEY ARE INTENDED, IN THE REFEREE'S JUDGMENT, TO STOP THE CLOCK, AND NOT TO AVOID A SACK.

## RUNNING IN THE RED ZONE:

IF THE LINE OF SCRIMMAGE IS 10 YARDS OR LESS FROM THE OFFENSIVE TEAM'S END ZONE, THE FIRST PLAY MUST BE A FORWARD PASS. THE BALL-CARRIER MAY NOT CROSS THE LINE OF SCRIMMAGE EXCEPT AFTER A FORWARD PASS.



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## PULLING OFF THE FLAG:

IF A PLAYER HAS POSSESSION OF THE BALL, AND IS NOT PROPERLY WEARING TWO FLAGS, DUE TO AN OPPONENT'S PULL OR ANY OTHER REASON - WITH THE EXCEPTION OF A FLAG HAVING BEEN PULLED BY AN OPPONENT WHILE THE PLAYER DID NOT HAVE POSSESSION OF THE BALL - THE PLAY IS RULED DEAD. THE DEFENDER MUST THEN STAND AT THE SPOT WHERE THE FLAG WAS PULLED AND RETURN THE FLAG. THE REFEREE WILL JUDGE WHERE THE BALL WAS WHEN THE PLAY BECAME DEAD, AND THE BALL WILL BE MARKED AT THAT SPOT.

## FALLEN BALL-CARRIER:

IF A BALL-CARRIER IS ON THE GROUND, THE PLAY IS RULED DEAD WHEN THE PLAYER IS TOUCHED BY ONE HAND, OR WHEN THE REFEREE CALLS THE PLAY DEAD TO PREVENT INJURY.

## FALLEN FLAGS:

IF BOTH FLAGS OF A PLAYER FALL OFF (EVEN BY ACCIDENT) BEFORE PLAY BEGINS OR AFTER PLAY BEGINS BUT BEFORE HE TAKES CONTROL OF THE BALL, AND HE SUBSEQUENTLY BECOME THE BALL CARRIER, PLAY IS DEAD WHERE HE TAKES CONTROL OF THE BALL. IF ANY OF THE ABOVE OCCURS WITH ONE FLAG STILL ATTACHED, THE DEFENSE MUST TOUCH THE BALL CARRIER TO STOP PLAY. IF THE ABOVE OCCURS ONLY AFTER A PLAYER TAKES CONTROL OF THE BALL, DEFENSE WILL NEED TO MAKE ANY TYPE OF CONTACT TO END THE PLAY. IF A DEFENDER PULLS A FLAG OR FLAGS FROM AN OFFENSIVE PLAYER BEFORE THAT PLAYER BECOMES A BALL CARRIER, THE BALL CARRIER MUST BE TOUCHED BY A DEFENSIVE PLAYER SUBSEQUENT TO TAKING CONTROL OF THE BALL TO END PLAY.

## ILLEGALLY PULLED FLAGS:

IF, WHILE A PLAYER DOES NOT HAVE POSSESSION OF THE BALL, ONE FLAG HAS BEEN PULLED OFF BY A DEFENDER, PLAY WILL BE ALLOWED TO CONTINUE, AND THE DEFENSE MUST PULL THE LONE REMAINING FLAG IN ORDER TO STOP PLAY. IF THE LONE REMAINING FLAG FALLS OFF ACCIDENTALLY, PLAY WILL BE CALLED DEAD. IF BOTH FLAGS HAVE BEEN PULLED OFF BY THE DEFENSE WHILE A PLAYER DOES NOT HAVE POSSESSION OF THE BALL, PLAY WILL BE CALLED DEAD WHEN POSSESSION IS ESTABLISHED AND THE OFFENSE WILL BE AWARDED 5 YARDS FROM WHERE

THE PLAY WAS RULED DEAD AND AN AUTOMATIC FIRST DOWN. INTENTIONALLY PULLING A FLAG OF A PLAYER WHO IS NOT THE BALL-CARRIER IS UNSPORTSMANLIKE CONDUCT.

ROUGHING THE BALL-CARRIER OR PASSER:

A DEFENSIVE PLAYER MAY NOT INITIATE CONTACT WITH A BALL-CARRIER EXCEPT TO PULL THE BALL-CARRIER'S FLAG (S). IF A DEFENDER IS ATTEMPTING TO BLOCK A PASS AS IT IS BEING RELEASED BY THE PASSER AND, INTENTIONALLY OR DUE TO DISREGARD OF THE PASSER'S BODY, MAKES CONTACT WITH ANY PART OF THE PASSER'S BODY, IT IS ROUGHING THE PASSER.

## DIVING:

NO DIVING IS PERMITTED.

## FUMBLES:

A FUMBLE IS A DEAD BALL WHEN IT HITS THE GROUND.

## PLAYOFFS:

PLAYER ELIGIBILITY: TO BE ELIGIBLE TO PLAY IN POSTSEASON, A PLAYER NEEDS TO HAVE PLAYED IN AT LEAST 3 REGULAR SEASON GAMES FOR THAT TEAM.

FORMAT: THE 4-6 TEAMS WITH THE BEST RECORDS AT THE END OF THE SEASON WILL MAKE THE PLAYOFFS AND BE SEEDED ACCORDINGLY. IN THE EVENT OF A TIE, THE TIEBREAKER IS DETERMINED BY THE HEAD-TO-HEAD WIN BETWEEN THE 2 TEAMS IN QUESTION. IN THE EVENT OF A 3 OR 4 WAY TIE IN WHICH THERE IS NO CLEAR HEAD-TO-HEAD WINNER, THE POINT DIFFERENTIAL FOR/AGAINST THE TEAMS IN QUESTION WILL DETERMINE ALL PLAYOFF SEEDS FOR THE TEAMS IN QUESTION (WE WILL NOT USE THE HEAD-TO-HEAD DETERMINATION ONCE WE HAVE MOVED TO THE POINT DIFFERENTIAL DETERMINATION). IN THE EVENT THAT THE TEAMS IN QUESTION DID NOT PLAY EACH OTHER IN THE REGULAR SEASON, THE POINT DIFFERENTIAL AGAINST ALL PLAYOFF-MAKING TEAMS WILL BE USED TO DETERMINE SEEDING.

## PENALTIES:

REFEREES WILL CALL ALL PLAYS AS THEY SEE THEM. THE FOLLOWING IS A LIST OF FOULS AND THEIR ASSESSED PENALTIES:





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## OFFENSIVE PENALTIES:

1. OFFSIDES/FALSE START: NO PLAY, 5 YARDS
2. HOLDING: 5 YARDS OR TAKE THE PLAY
3. TRIPPING: 5 YARDS OR TAKE THE PLAY
4. ILLEGAL BLOCK BEFORE BALL-CARRIER CROSSES LINE OF SCRIMMAGE: 5 YARDS OR TAKE THE PLAY.
5. ILLEGAL BLOCK AFTER BALL-CARRIER CROSSES LINE OF SCRIMMAGE: 5 YARDS FROM SPOT OF BALL AT TIME OF FOUL, AND THE PLAY COUNTS.
6. PASS INTERFERENCE: 5 YARDS OR TAKE THE PLAY
7. DELAY OF GAME: 5 YARDS; IN THE LAST 10 MINUTES OF THE GAME, TWO DELAY-OF-GAME PENALTIES ON THE SAME DRIVE (AND ONE SUCH PENALTY ON EACH SUBSEQUENT DRIVE BY THAT TEAM) WILL RESULT IN LOSS OF DOWN.
8. TOO MANY PLAYERS ON THE FIELD: 5 YARDS OR TAKE THE PLAY.
9. INTENTIONAL GROUNDING: 5 YARDS AND LOSS OF DOWN (OR A SAFETY IF THE INTENTIONAL GROUNDING IS COMMITTED FROM INSIDE THE END ZONE)
10. PERSONAL FOUL (INCLUDING UNNECESSARY ROUGHNESS): 15 YARDS FROM POINT OF FOUL, AND AUTOMATIC FIRST DOWN. A PLAYER COMMITTING TWO PERSONAL FOULS IN ONE GAME WILL BE EJECTED FOR THE REMAINDER OF THE GAME AND SUSPENDED FOR THE TEAM'S NEXT GAME.
11. GUARDING THE FLAG: PLAY IS DEAD PLUS 5-YARD PENALTY FROM POINT OF FOUL.
12. EXCESSIVE CELEBRATION: 15 YARD PENALTY ON ANY PLAY.

## DEFENSIVE PENALTIES:

1. OFFSIDES: 5 YARDS OR TAKE THE PLAY
2. INTENTIONAL OFFSIDES WILL RESULT IN A 15 YARD PENALTY AS PER REFEREE'S DISCRETION.
3. THERE MUST BE 3 LINEMEN SET UP WITHIN ARMS LENGTH OF EACH OTHER.
4. ILLEGAL BLOCK BEFORE BALL CROSSES LINE OF SCRIMMAGE: 5 YARDS OR TAKE THE PLAY.
5. ILLEGAL BLOCK WITH BALL DOWNFIELD: 5 YARDS FROM LINE OF SCRIMMAGE AND REPEAT THE DOWN OR 5 YARDS FROM POINT OF FOUL AND PLAY STANDS.
6. INTENTIONALLY PUSHING BALL CARRIER OUT OF BOUNDS: 5 YARDS FROM POINT OF FOUL AND AUTOMATIC FIRST DOWN.
7. ILLEGALLY PULLING BOTH FLAGS OFF PLAYER BEFORE HE BECOMES BALL CARRIER: 5 YARDS FROM POINT OF FOUL AND AUTOMATIC FIRST DOWN.
8. PASS INTERFERENCE: BALL SPOTTED AT POINT OF FOUL

AND AUTOMATIC FIRST DOWN.

9. PASS INTERFERENCE IN END ZONE: LINE OF SCRIMMAGE OUTSIDE 5-YARD LINE – BALL SPOTTED AT 5-YARD LINE AND AUTOMATIC FIRST DOWN; LINE OF SCRIMMAGE AT OR WITHIN 5-YARD LINE – HALF THE DISTANCE TO THE GOAL AND AUTOMATIC FIRST DOWN.
10. TOO MANY PLAYERS ON THE FIELD: 5 YARDS OR TAKE THE PLAY.
11. PERSONAL FOUL (INCLUDING UNNECESSARY ROUGHNESS): 15 YARDS FROM THE END OF THE PLAY AND AN AUTOMATIC FIRST DOWN.
12. ILLEGAL USE OF THE HANDS: 5 YARDS FROM LINE OF SCRIMMAGE AND REPLAY THE DOWN OR TAKE THE PLAY.
13. ROUGHING THE QUARTERBACK: 15 YARDS FROM LINE OF SCRIMMAGE AND REPEAT OF DOWN OR TAKE THE PLAY.
14. UNSPORTSMANLIKE CONDUCT: 15 YARDS FROM NEW LINE OF SCRIMMAGE AND POSSIBLE EJECTION AT THE DISCRETION OF THE REFEREE. UPON SECOND PENALTY AGAINST THE SAME PLAYER, 15 YARDS AS ABOVE AND AUTOMATIC EJECTION FROM THE GAME AND SUSPENSION FROM THE NEXT GAME.

UNSPORTSMANLIKE CONDUCT IS FOR PLAYERS AND FANS ALIKE AND INCLUDES ABUSIVE, THREATENING OR OFFENSIVE LANGUAGE TO PLAYERS, FANS OR OFFICIALS. A PLAYER WILL BE EJECTED FOR DANGEROUS OR THREATENING CONDUCT UPON FIRST OFFENSE. IF, IN THE JUDGMENT OF THE REFEREE, ANY ILLEGAL PROCEDURE WAS ATTEMPTED OR COMMITTED WITH INTENT TO DECEIVE THE REFEREE (I.E. THE TEAM IS ATTEMPTING TO CHEAT), THE PENALTY WILL BE ASSESSED WHEN IT IS BROUGHT TO THE ATTENTION OF THE REFEREE. THE TEAM AND ANY INDIVIDUAL PLAYER DETERMINED TO HAVE CONSPIRED TO DECEIVE THE REFEREE MAY BE ASSESSED AN UNSPORTSMANLIKE CONDUCT PENALTY AND MAY BE EJECTED FROM THE GAME.

\*WHEN PULLING ANY FLAG DEFENSIVE PLAYER MUST RETURN THE FLAG TO THE PLAYER FROM WHICH IT WAS PULLED OTHERWISE DEFENSIVE TEAM MAY BE CALLED FOR A DELAY OF GAME.

REFEREES WILL ENFORCE RULES TO ENSURE APPROPRIATE BEHAVIOR. UNSPORTSMANLIKE CONDUCT, INCLUDING LEAGUE-RELATED PENALTIES, TRANSPIRING OFF THE FIELD WILL SUBJECT THE OFFENDER TO POSSIBLE EXPULSION FROM THE GAME, AND WILL SUBJECT THE OFFENDING PLAYER AND/OR HIS TEAM TO DISCIPLINARY ACTION IN-



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CLUDING, BUT NOT LIMITED TO: FINE, SUSPENSION, EXPULSION, AND FORFEIT OF PAST OR FUTURE GAMES, AS DEEMED APPROPRIATE BY LEAGUE OFFICIALS.

## OVERTIME:

A GAME THAT IS TIED AT THE END OF REGULATION TIME IS RESOLVED IN OVERTIME, BY TEAMS ATTEMPTING TO SCORE FROM THE 10 YARD OR 20 YARD LINE WITH NO AVAILABLE FIRST DOWNS. IF THE FIRST TEAM SCORES FROM THE 20 YARD LINE, THE GAME IS OVER. IF THE FIRST TEAM SCORES FROM THE 10 YARD LINE, THEN THE SECOND TEAM CAN ATTEMPT TO MATCH BY SCORING FROM THE 10 YARD LINE OR WIN THE GAME BY ATTEMPTING FROM THE 20 YARD LINE. IF THE FIRST TEAM DOESN'T SCORE ON FIRST SET THEN IT IS SUDDEN DEATH.

THE WINNER OF THE COIN-TOSS IN OVERTIME WILL DECIDE EITHER WHICH TEAM WILL MAKE THE FIRST ATTEMPT OR ON WHICH SIDE OF THE FIELD ALL ATTEMPTS WILL TAKE PLACE. PENALTIES WILL BE ASSESSED ON SUCH ATTEMPTS AS THEY WOULD ON A REGULAR PLAY (NOT AS ON A PAT). DEFENSIVE PENALTIES WHICH WOULD NORMALLY RESULT IN AN AUTOMATIC FIRST DOWN WILL RESULT IN A REPEAT OF DOWN FROM THE NEW SPOT. A TURNOVER ON SUCH A PLAY RESULTS IN AN IMMEDIATE DEAD BALL. EACH TEAM WILL BE GIVEN ONE TIMEOUT.

## APPEALS AND PROTESTS:

ANY APPEAL TO THE REFEREE MUST BE MADE IMMEDIATELY AFTER THE PLAY BEING APPEALED OR IMMEDIATELY UPON SUCH TIME AS THE APPELLANT KNEW OR COULD REASONABLY HAVE KNOWN OF THE SUBJECT OF THE APPEAL. ONLY THE TEAM CAPTAIN OR COACH MAY MAKE SUCH AN APPEAL. UPON BEING INFORMED OF THE REFEREE'S DECISION, THE APPELLANT MUST RESUME PLAY IMMEDIATELY. FURTHER DELIBERATION OF THE DECISION, PRIOR TO RESUMING PLAY, IS UNDERTAKEN SOLELY AT THE DISCRETION OF THE REFEREE, AND THE REFEREE IS THE FINAL ARBITER OF ALL DECISIONS, WITH THE EXCEPTION OF DISCIPLINARY MATTERS.