



CANADA

**2024 NON-CONTACT RULE CHANGES
FOR IMMEDIATE DISTRIBUTION AND IMPLEMENTATION**

The following rule changes, clarifications, and corrections, approved by the Non-Contact Rules Committee are for immediate distribution and implementation. *(The changes are in green font).*

Definitions

Bodily Contact - When a player contacts an opponent in such a manner as to stop the **opponent's motion, to push the opponent, to knock the opponent down**, or to move the opponent off stride or away from the opponent's intended direction or position.

Coach - A team member whose primary responsibilities may include team strategy, **supervision, and player substitutions**.

Control - When a player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. The **securement** on the ball must be firm enough to enable the player to stop the rotation of the ball and **be able** to exhibit influence over its direction.

Dead Line - **The line marking the back of the end zone; it is not in the end zone itself.**

Forward Pass - **When a pass is aimed towards the opponent's end zone.**

Hash Mark - **Line or spot 24-yards from the sideline in 7 vs 7.**

Home Team - **If neither team is at its home venue or at a tournament with more than 2 teams, then the team listed first shall be designated the home team. The second listed team shall be the visiting team.**

Illegal Re-entry → **Illegal Participation**

Illegal Use of Hands - Any contact with the hands that is made by a player on an opposing player which clearly **interferes** the latter from playing the position desired, or the use of the goal posts to change one's direction.

Pass -

- **A pass is when there is a transfer of the ball that has not touched the ground from one player to another player where the ball is not in contact with two players at the same time.**
- **A forward pass is when the pass is aimed towards the opponent's end zone.**
- **A lateral or backwards pass is when the pass is aimed in any direction other than towards the opponent's end zone.**

Plane of the Goal Line → **Plane – An imaginary line perpendicular to the edge of the goal line and midfield line closest to ball carrier teams dead ball line and extending beyond the sidelines.**

Visiting Team - **If neither team is at its home venue or at a tournament with more than 2 teams, then the team listed first shall be designated the home team. The second listed team shall be the visiting team.**

ADD:

Fake Handoff – **Any movement of the runner with the hands towards a nearby teammate that simulates a transfer of possession.**

PAT - **Point After Touchdown is the play that follows the touchdown. The offense will have the option to go for 1-point from the 5-yard line, or 2-points from the 10-yard line.**

Roll Out - **When the quarterback moves laterally or diagonally away from the original position behind the line of scrimmage after receiving the snap from the center.**

Add (7v7) to the following rules: Kicking Tee, Neutral Zone (Kick Off), Non-Punting Teams, Place Kick, Punt, Punt Receiver, Punter, Quarter, Restraining Zone.

REMOVE:

Touch (Touch)

Reason for change: Addition of terms that are talked about, but not defined

Rule 2, 1.4

The Field

Team members must stay in the team bench area or be penalized for objectionable conduct **or Leaving Team Area** unless they are given permission by an official to leave the area or are entering the field during the legal substitution as a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.

Reason for change: Applying the proper penalty to the rule.

Rule 2, 4.3

Uniforms

Players are not permitted to use adhesive material, paint, grease or any other slippery **or sticky** substance applied to equipment or on a player's person, clothing or attachments that affects the ball or an opponent.

Reason for change: Slippery *or* sticky substances are not allowed.

Rule 2, 5.10

Player Equipment

Play cards, play books, and play sheets may be **used if they are not attached to the belt, and are** safely secured during the play. **Play sheets may not be placed on the ground where a runner could step on them.**

Reason for change: Clarity around what's allowed when it comes to playbooks.

Rule 3, 4.1

Captains

A coach or manager that is a player gets no special treatment while on the field, unless identified as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for Leaving Team Area **or Objectionable Conduct**.

Reason for change: Consistency with rest of the rule book.

Rule 4, 1.2

Length of Game

ADD:
1.2 - If there is still time on the game clock when the previous play expires, the game will allow for another play barring a penalty or a score.

Reason for change: Clarity around on how games should be timed. Especially around the end of halves.

Rule 4, 2.3

Game Time Responsibility

2.3 Whenever the game clock is stopped, it will start again on the next snap. **The exception to this is following an injury. After an injury, the clock will start with the “Ready for Play” whistle from the Referee or on the snap of the ball depending on the state of the clock prior to the injury. See Pro Clock and Play Clock sections.**

Reason for change: Prevents teams from faking injuries and gaining an advantage.

Rule 4, 3

Play Clock

Replace section to the following:

3 The Play Clock

3.1 – The play clock starts once the Referee blows their whistle to indicate the teams and officials are “Ready for Play”.

3.2 - The play clock is 25 seconds long. Failure by the offense to snap the ball after 25-seconds will result in a Delay of Game penalty.

Reason for change: Section now actually refers to the rules around the Play Clock and not Game Clock. Also indicates a “Ready for Play” whistle.

Rule 4, 8.2

Pro Clock

At or following the 2-minute mark of the 2nd half, if the difference in score between the two teams is 25-points or more, the clock will be running time for the remainder of the game, except for injuries and timeouts.

Reason for change: Better wording around existing rule.

Rule 5, 2.7

General Play

2.7 When the offense gains a first down by crossing midfield, another first down will not be awarded except through a penalty.

Reason for change: Better wording around existing rule.

Rule 5, 2.11

General Play

2.11 Forward passes and handoffs are allowed behind the line of scrimmage. The offense may elect to throw a legal forward pass after a handoff has taken place. See Legal Forward Pass

Reason for change: Forward handoffs can now have a legal forward pass afterwards.

Rule 5, 2.12

General Play

2.12 Legal Forward Pass – The first forward pass thrown that originated from behind the line of scrimmage. See Pass definitions.

Reason for change: Better wording around existing rule.

Rule 5, 2.15

General Play

Prior to a forward pass, the offense may use multiple handoffs or lateral passes behind the line of scrimmage.

Reason for change: Clarification on what the offense can do prior to a forward pass.

Rule 5, 2.18

General Play

ADD:
Once an offensive play starts in the No Run Zone, the No Run Zone rules apply for the remainder of the possession or until a touchdown is scored.

Reason for change: Clarifying when a team is still considered in the NRZ and when they are not. Also removing loopholes of teams losing yardage purposefully to be able to run the ball.

Rule 5, 3

Touch Downs

3.2 The ball is considered to be in the end zone when **any part of the ball touches the plane of the goal line.**
3.3 When the ball is in the end zone, it is considered to be still in the end zone until the **entirety of the ball has passed the plane of the goal line.**

Reason for change: Now that we're spotting at the ball, this clears up when the ball is considered in the end zone.

Rule 10, 1.1

Running

The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct hand off back from the quarterback (no center sneak play). Any violation of this play is **an Illegal Run Play Penalty.**

Reason for change: Consistency with how other rules are written + proper penalty.

Rule 10, 1.6

Running

1.6 **The player who takes a handoff can throw the ball from behind the line of scrimmage.**

Reason for change: You can now receive a handoff and then throw a legal forward pass.

Rule 10, 1.8

Running

1.8 All defensive players are eligible to rush from anywhere on the field once the ball has been handed off, **passed, pitched, lateraled or there is a fake handoff or lateral.**

Reason for change: Cleaning up the rule, removing excess words.

Rule 10, 1.11

Running

1.11 - The ball is spotted at the **location of the ball when the ball carrier's flag has been pulled**. The ball shall be placed so the long axis is parallel to the sidelines.

Reason for change: Now spotting ball carrier's down where the ball is when the flag is pulled.

Rule 10, 1.12

Running

ADD:

1.12 The ball cannot be spotted closer than the 1-yard line from either teams end zone.

Reason for change: Clarification on a rule that has been applied, but not written.

Rule 11, 1.4

Receiving

Illegal Participation - A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, missed flag pull, or contact with an opponent.

Reason for change: Changing the penalty from "Player out of bounds" to "Illegal Participation".
More accurate descriptor of a penalty.

Rule 12, 1.2

Flagging

A rusher lined-up within 2-yards (**on either side**) of the 7-yard marker (5v5) or 5-yards (7v7) is entitled to a free direct path to the quarterback – the rusher may not be interfered with by any offensive player. If the rusher is lined up outside the 2-yards (**on either side**) of the 7-yard marker, or they switch the side that they are on once the center is ready to snap the ball, they are not entitled to a free path to the quarterback.

Reason for change: Clarity around how much space the Rusher can be on either side of the bag for a free path. Previous wording could be interpreted differently.

Rule 13, 1.5

Flagging

ADD:

1.5 - A player who flags an opponent that does not cause a stoppage of play must release the flag immediately or else they will be penalized for illegal flag pull. But if the play is stopped on the flag pull, the player must hand the flag back to the player.

Reason for change: Adding a rule to indicate what happens if a flag is pulled on a player who does not have the ball.

Rule 14, 1.1

Pass

1. Pass

1.1 A pass is when there is a transfer of the ball that has not touched the ground from one player to another player where the ball is not in contact with two players at the same time.

1.2 A forward pass is when the pass is aimed towards the opponent's end zone.

1.3 A lateral or backwards pass is when the pass is aimed in any direction other than towards the opponent's end zone

Reason for change: More specific definitions when it comes to what is a Pass.

Rule 15, 1.7

Passing

(5v5 only) Once a player catches a legal forward pass, they are no longer allowed to **make another handoff, lateral, or second pass.**

Reason for change: More details around what cannot occur after a forward pass has been made.

Rule 19, 3.1

Illegal Participation

A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, missed flag pull, or contact with an opponent.

Reason for change: Cleaning up the definition.

Rule 20, 1.1

Player Conduct

1 Major Foul

1.1 Any obscene act of roughness or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction was to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.

~~1.2 Penalty for Rough Play is disqualification (ejection) of the offending player, and L15 from the appropriate point. Loss of down if penalty is on an offense player. Automatic 1D to Team A for Team B Rough Play.~~

~~2 Unnecessary Roughness~~

~~2.1 Any act of roughness or unfair play that is committed by a player, not considered serious enough to disqualify, shall be penalized under this section.~~

~~2.2 Penalty for Unnecessary Roughness is L15 from the appropriate point. Loss of down if penalty is on an offense player. Automatic 1D to Team A for Team B Unnecessary Roughness.~~

Reason for change: Cleaner / simpler definition.

It used to mean:

Rough Play = Ejection

UR = Not an ejection

Now we say:

Major Foul: Might be an ejection under referee's discretion.

Rule 21, 2.3

Defensive Penalties

Illegal Rushing - Crossing the line of scrimmage from inside the 7-yard rusher bean bag provided the ball has not been faked, pitched, or lateralled.

Reason for change: Old definition included parts that were not penalties.

Rule 21, 2.6

Defensive Penalties

Illegal Flag Pull - Pulling a flag of a player before they have the ball. Spot of Catch if caught, LOS if dropped (Automatic First Down).

Reason for change: Clarifying the wording.

Rule 21, 2.7

Defensive Penalties

**ADD:
Roughing the Passer - Any contact with the passer's arm, head, or neck area while throwing the ball. - 10-yard penalty.**

Reason for change: Further dissuading contact against the Quarterback.

Rule 21, 4.1

Offensive Penalties

Illegal Participation - A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, contact with an opponent, or a missed flag pull. This is a LOD penalty if committed by the offense and Repeat Down penalty if committed by the defense.

Move to Section 4: General / Major Penalties.

Reason for change: Matching previous definition. Moving to the correct spot.

Rule 21, 4.6

General / Major Penalties

Major Foul - Any obscene act, acts of roughness, or unfair play by players, coaches, teams, or spectators will result in a 15-yard penalty being assessed against their team as well as LOD or AFD from the appropriate spot. If the intent of the infraction was to cause bodily harm, or unfair play has made a mockery of the game, the penalty can result in a game ejection. Major fouls cannot be declined and must always apply their yardage in full. They will be applied after all live ball penalties have been assessed.

Reason for change: Clarification on application spot of Major fouls + when to apply them on multiple penalty situations.

5v5 Rule 3,1
Timing / Over Time

1. Timing

1.1 - The official game is 40 minutes (2x20 minute halves) in 5v5.

1.2 - If there is still time on the game clock when the previous play expired, the game will allow for another play barring a penalty or a score.

2. 2-Minute Warning

2.1 - The game clock will be stopped and teams notified when there are 2 minutes left before the end of each half in the game. If a play is about to start or is in progress when the 2 minutes should be called, the play will be allowed to continue and teams will be notified of the time left as soon as the play is completed.

3. Overtime

3.1 Overtime will start with a coin toss. The visiting team will call the coin toss. The winner of the toss will choose to start on offense or defense first, or choose the end for the entire overtime period(s). The loser of the toss will choose from one of the remaining options.

3.2 The first extra period shall consist of 2 series with each team putting the ball in play by a snap at the midfield line for one series of downs (no first down at middle). Should the defense score during the first series, other than on the try, then the extra period is over.

3.3 Each team retains the ball during its series until it scores (including try downs for 1 or 2 points) or exhausts its series of downs. The ball remains alive after a change of team possession until it is declared dead.

3.4 If after the first period (with 2 series including tries) the score is still tied, the second and following periods consist of series with each team playing a 1-point try from the 5-yard line. The overtime ends when the score after a period is no longer a tie or the defense scores during the first series of a period.

3.5 For the second period, the team's bench who is furthest away from the end chosen may elect to move their bench to the opposite side of the field and closer down to that end.

3.6 The team scoring the greater number of points during overtime shall be declared the winner.

3.7 No charged team timeouts are allowed during overtime.

3.8 Starting from the first period, the order in which each team takes possession for following series will 'snake' (Team A -> Team B, Team B -> Team A, Team A -> Team B, etc.)."

Reason for change: Clarification