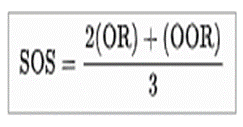
# **General Rules:**

1. **How to start a franchise in the WNFL:**
   1. The costs to join the league are a one-time $10,000 franchise fee and a $250 annual league fee.
   2. *All teams are required to have a stadium that meets the following requirements:*
      1. At least 300 total seating capacity, but not more than 20,000.
      2. A scoreboard.
      3. Locker rooms with showers for both teams and officials.
2. Game-day inactive players must be announced at the same time for all WNFL games regardless of when they kick off, unless an injury occurs during practice.
3. **Player Celebrations:**
   1. *All player celebrations (individual or group) for scoring are permitted only in the end zones or the bench areas:*
      1. However, the ball cannot be thrown or spiked into the fans as a celebration of a score. Doing so will result in a 15yd unsportsmanlike conduct penalty.
   2. *Referees can no longer penalize players for celebrations as long as the following rules are adhered to:*
      1. Celebrations are not excessively long (i.e. more than 2 minutes in the end zone; no restrictions for bench areas).
      2. Celebrations are not obscene in any manner (examples = overtly racist, flashing genitals, etc.).
      3. So if a player wants to twerk, let him. If a player pretends to sleep, allow it. If a player wants to shoot a bow and arrow after a pick, allow it.
4. **National Anthem Policy:**
   1. Personnel who choose not to stand for the Anthem may stay in the locker room or in a similar location off the field until after the Anthem has been performed.
   2. All players and team personnel present on the sideline “shall stand and show respect for the flag and the Anthem.”
   3. Each franchise may develop its own work rules, consistent with the above principles, regarding its personnel who do not stand and show respect for the flag and the Anthem.
   4. *All WFA teams must donate at least 2017 $15,000 respectively toward local social justice initiatives every fiscal year:*
      1. Half of the donation must come from the owners, with the other half coming from the players.
      2. If any WFA player kneels during the national anthem while on the field, each individual player involved must donate at least another $1,000 respectively toward local social justice initiatives for each offense committed.
      3. These rates must be adjusted for inflation every year.
   5. *The leagues have the power to fine any player & their respective franchise that has representatives who do not stand or "show respect" while present on the sideline for the anthem:*
      1. The minimum fine is 2017 US $1,000 per player & $5,000 for per franchise which will double for each offense.
      2. Each individual player(s) will no longer eligible to play in any games after their 4th offense, but they will still be paid.
      3. These rates must be annually adjusted for inflation.
5. **Ticket Pricing Minimums:**
   1. *Adults (18-64):*
      1. Individual = $8 per person.
      2. Full-Season = $35 per person.
      3. Group (1 game) = $3 per person
   2. *Children (up to 17) & Seniors (ages 65 & up):*
      1. Individual = $4 per person.
      2. Full-Season = $20 per person.
      3. Group (1 game) = $1.50 per person
   3. All ticket prices are in 2017 US$ & must be adjusted for inflation.
   4. In order for group rate prices to apply, a group must include at least 8 people, regardless of their ages.
   5. All tickets for WFA preseason games must be no less than 15% but no more than 50% of the price for all regular-season games.

# **Roster & Salary Rules:**

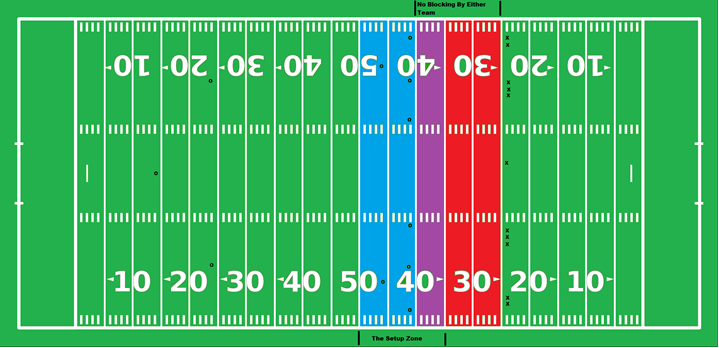
1. **All WNFL teams will employ no more than 8 coaches, including the following:**
   1. A head coach.
   2. An offensive and a defensive coordinator.
   3. 4 position coaches.
   4. 1 special teams coordinator.
   5. Each team will also be assigned and limited to 8 football operations staff as well.
2. **Each team must have no more than 45 total players.**
   1. All players are considered active.
   2. All teams must have at least 2 quarterbacks & 2 kickers.
   3. *Number System:* 
      1. Quarterbacks & Kickers (Combination of Placekickers and Punters): 00–19, or 20-49 if all are taken.
      2. Wide Receivers: 10–19 and 80–89, or 40–49 if all are taken.
      3. Running Backs and Defensive Backs (including Designated Hitters): 20–49, or 00-19 if all are taken.
      4. Offensive Linemen: 50–79 & 90–99.
      5. Linebackers: 50–59 & 90–99, or 40–49 if all are taken.
      6. Defensive Linemen: 50–79 & 90–99.
      7. Tight Ends: 40–49 & 80–89, or 00-19 if all are taken.
   4. *All professional teams are required to have at least 9 players that originate from within a 120-mile radius of the team's home town. Eligibility requirements include the following:*
      1. Being born inside the aforementioned limit.
      2. Residing in the aforementioned limit for at least 5 years.
3. **Salary for both coaches & players:**
   1. Head coaches will make no more than $500 per game.
   2. Offensive and defensive coordinators will make no more than $400 per game.
   3. Position coaches & special teams coordinators will make no more than $300 per game.
   4. Each player & member of the football operations staff will make no more than $200 per game.

# **Season Structure:**

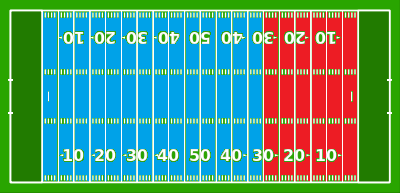
1. **"Mercy" Rule:**
   1. If a team has at least a 28-point lead at the start of the 4th quarter, the game is automatically called as a win for the team with the lead.
2. **[Overtime Format](https://youtu.be/BxRb01zvs9k):**
   1. *If a game is tied after 4 quarters, the teams will play a max of 3 extra periods:*
      1. Teams will meet at the 50-yard line for another coin flip to determine the possession of the first extra period.
      2. The visiting team picks heads or tails.
      3. Whichever team has more points in the first extra period wins.
      4. If it's still tied after one period, they play up to 2 more (regular-season) or until one team wins (post-season).
      5. The WFA pre-season games will no longer have any overtime periods.
   2. *Each period consists of one possession for each team, the order of which is decided by a pre-overtime coin toss:*
      1. *The overtime period begins at the 25-yard line, and each team is given the opportunity to score a touchdown or field goal:*
         1. This is moved up to the 10yd line starting with the 4th overtime period in post-season games.
         2. No field goals are allowed starting with the 4th overtime period.
      2. The game clock does not run, but the play clock is enforced.
      3. Possessions end when the offensive team scores, misses a field goal, or turns the ball over
      4. After the first team completes its drive with a score or turnover, the opposing team has the same opportunity from the other 35-yard line.
      5. The defensive team to score after gaining possession on a turnover can advance the ball upon gaining possession; if it scores a touchdown, it will satisfy the condition of each team having a chance to score and thus end the game.
      6. After each period, the order of possession flips.
      7. Teams can no longer kick extra points after touchdowns and must instead attempt a 2-point, 3-point, or 4-point conversion.
      8. Each team has 1 timeout per overtime period.
3. **Uniform Rules:**
   1. *Both teams must wear their dark color uniforms during games (similar to rugby or this* [*NAL Championship Game*](https://www.youtube.com/watch?v=5gMMdVxPCN4&feature=youtu.be)*) unless either of the following occurs (i.e. mandatory “Color Rush”):*
      1. The teams share similar colors.
      2. If someone is colorblind (i.e. teams with red or green uniforms will not participate).
4. **Bonus Points System:**
   1. *Points are now used to determine the following:*
      1. Which teams will either get promoted or get relegated.
      2. Which teams will advance into the post season.
      3. Bonus points are being implemented in order to encourage aggressive play throughout a game and reward teams for "coming close" in losing efforts.
   2. 4 points for winning a game
   3. 2 points for drawing a game
   4. 0 points for losing a game
   5. 1 bonus point for losing by 8 points (or fewer) or in overtime.
   6. 1 bonus point for scoring at least 4 touchdowns.
   7. 1 bonus point for winning while scoring at least 3 more touchdowns than the opponent.
   8. *At the end of the regular-season, the team with the best regular-season record (i.e. highest point total) at each level regardless of conference is awarded the Lisa King Level-1/2/3 Trophy:*
      1. For those who don't know, it echoes the practice of the top European soccer leagues in which the team with the best record is the champion, like the Supporter’s Shield in MLS.
      2. The Lisa King Trophy winners are guaranteed home-field advantage in all rounds of the playoffs they compete in (excluding the WNFL 1/2/3 Alliance Bowls).
      3. Regular-season rankings will be based on the amount of bonus points that each team has.
   9. *Tie-breaker - If only two teams are level on league points:*
      1. Most wins.
      2. *The team that won the head-to-head matches (i.e.* *The higher aggregate score, or combined score from both games, if applicable) is ranked first:*
         1. If this game was a draw, then the team with the more wins is ranked first.
      3. Point difference (PD) = is the number of goals (or points) scored in all league matches minus the number of points conceded.
      4. Points for (PF) = is the total number of points scored by a team over the course of the regular-season.
      5. Points against (PA) = is the number of goals scored against them by their opponents over the course of the regular-season.
      6. Fewest disciplinary actions.
      7. Strength of schedule = two-third (66 2/3%) for the opponent's record and one-third (33 1/3%) for the opponents' opponents record.
      8. Total number of points scored on the road.
      9. Road point difference.
      10. Total number of points scored @ home.
      11. Home point difference.
      12. If still identical, a play-off is required.
      13. Coin toss (2 teams) or drawing of lots (at least 3 teams).
5. **The WNFL uses a spring-to-summer season format, similar to the Arena Football League.**
   1. *All teams must host an open 2-day tryout no more than 1 month prior to the start of the season:*
      1. A max of 200 potential players in addition to all of the players from the previous year are allowed.
      2. Players will be tested on their 40-yard dash time and short shuttle with other position-specific drills and one-on-one drills to follow.
      3. All positions will be evaluated in tryouts.
      4. All tryouts must take place on Saturday & Sunday.
      5. *Registration fees:*
         1. A pre-registration fee of 2019 $50 can be applied no more than 1 day before the start of the tryouts/preseason.
         2. Registration after that time and the day of will require an application fee of 2019 $70.
         3. Both fees must be adjusted for inflation at least once every 5 years.
   2. *All teams must play 1 preseason scrimmage open to the public at least 2 weeks prior to April 1:*
      1. If a player enters and leaves, from the moment he leaves the player is considered "dead" and cannot return to play until the designated time is served, or if a player is injured.
      2. *“Dead time” is 2 possessions (1 offensive & 1 defensive):* 
         1. Exception: a "dead" player may participate on kickoffs and conversions, or as long snapper or holder.
      3. All 45 players are required to play in the game (unless an injury occurs), with each player must play a minimum of 2 possessions (or 8 plays).
   3. *All teams play a 11-week schedule with 10 total regular-season games with one bye week (5h/5a):*
      1. The season runs from the first Friday of April to the third Sunday of June.
      2. The postseason (i.e. the Alliance Bowls), will take place on the fourth Friday of June.
      3. All teams play the other 10 teams in their level once (10 games).
      4. All teams can have no more than 1 game per week.
      5. *All WNFL games must be scheduled on the following:*
         1. Friday evenings
         2. Saturday afternoons & evenings.
         3. Sunday afternoons.
   4. *Organizational Format:*
      1. All divisions will have no more than 11 teams per level.
      2. This includes all of the teams being promoted (holding spots #9-11) & relegated (holding spots #1-3).
      3. *Promotion & Relegation (Pro/Rel):*
         1. The bottom 3 teams per conference in WFA Level-1 (based on points) will be demoted to WFA Level-2.
         2. The top 3 teams per conference in WFA Level-2 (based on points) will be promoted to WFA-1.
         3. The same process will occur for the lower levels as well.
      4. *List of Conferences:*
         1. Northeast (Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont, & Virginia)
         2. Midwest (Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, West Virginia & Wisconsin).
         3. Southern (Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, & Texas).
         4. Western (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming).
      5. *All cities can have no more than 2 professional football teams within their entire Metropolitan Statistical Area (MSA):*
         1. Examples of Metropolitan Statistical Areas = Dallas–Fort Worth metroplex, Norfolk-Virginia Beach (Hampton Roads), Riverside–San Bernardino (Inland Empire) or Minneapolis–Saint Paul (Twin Cities).
6. Level-1 games will be broadcast live on the NFL Network alongside the American Flag Football League (AFFL).
7. **The Post-Season:**
   1. *The post-season is a 4-team single elimination tournament at each level:*
      1. The 4 teams selected are the top team from the northeastern, midwestern, southern, & western conferences.
   2. All playoff games will be played at the higher ranked team’s stadium.

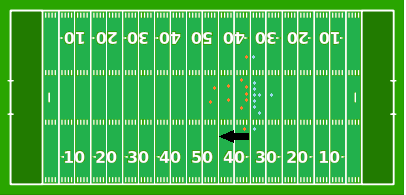
# **Gameplay Rules:**

1. 11 players on the field during a play.
2. It shall be the responsibility of the home team to have a qualified physician in attendance 15 minutes before, during and available after the game.
3. All coaches must remain on the field in the coaching area during the conduct of the game. No phones are permitted for use.
4. **Equipment Rules:**
   1. The chain crews' equipment (including vests, yardage "sticks", down markers, and endzone pylons) will be green.
   2. The single-bar face mask will only be allowed for kickers.
   3. All players are required to wear knee pads and pants that cover the knees.
   4. *All players are allowed to wear custom cleats as long as they don’t say anything discriminatory:*
      1. i.e. racism, sexism, homophobic, ableism, etc.
   5. Mouthguards are mandatory for all players.
   6. *All players must also wear either of the following:*
      1. [Sensors designed to detect hard hits](https://www.youtube.com/watch?v=Twiz9D4n8gU) in their helmets, and any player that receives the beep must come out for at least 1 play while the medical staff examines them for concussions.
      2. Helmets [designed to crumple](https://youtu.be/4bMOMf3S_EA) upon impact.
5. **All teams cannot have 2-a-days:**
   1. This is to allow all players to have full-time jobs while playing in the WFA.
   2. *All teams are allowed no more than 2 full-contact practices each week during the regular season & post-season:*
      1. However, all teams must have a 1-day break in between practice & a game.
      2. While players still wear helmets, they no longer wear shoulder pads and other protective gear in in non-contact practices.
      3. the other 3 practice sessions session has to be either film study, weight lifting, or a walkthrough.
6. 4 downs to make 10 yards.
7. **Four 15-minute quarters with a 15-minute period at half-time & 2-minute periods between quarters:**
   1. *The official time clock runs continuously unless stopped by any of the following:*
      1. Scoring plays (which must be automatically reviewed).
      2. When a time out is called by either team.
      3. Official reviews of penalties (including coaches challenges).
      4. The referee stops play to allow opposing teams to align properly after a play.
      5. *The mandatory play stoppage with 2 minutes remaining in each half:*
         1. After the two-minute warning, the game clock is run only from the snap of the ball to when the referee declares that play dead (i.e. the clock stops after every play after the 2-minute warning).
   2. An offense has 30 seconds from the referee's signal to begin a play.
8. **Kicking Rules:**
   1. The kicker & punter positions will be merged into one (i.e. having one player who kicks all of the field goals, punts, & kickoffs).
   2. *All kickoffs will be administered from the kicking team's 25-yard line, as to decrease touchbacks and increase coverage opportunities:*
      1. *Kickoffs may be taken as either:*
         1. A place kick with a tee.
         2. A free kick (as is done after scoring a safety; i.e. like a punt or drop kick).
         3. The scoring team can also elect to run a play from its 35-yard line that must go at least 10 yards to retain possession in lieu of an onside kick regardless of their score; If the team fails, then the opposition will start their possession on their own 35-yd line.
      2. *Rules for the kicking team:*
         1. The kickoff team must have 5 players on each side of the ball (5x5 alignment).
         2. At least 2 players must be lined up beyond the yard-line number and 2 players between the inbounds line and the yard-line number.
         3. The kickoff team cannot be lined up more than 1 yard from the restraining line (i.e. the 24-yd line for the kickoff at the 25-yd line).
         4. The kickoff team must remain still until the ball is kicked (with the exception of the kicker).
         5. The ball must go at least 10 yards before it can be recovered by the kicking team (i.e. the ball can be recovered by anyone on the kicking team anywhere past the 35yd line).
      3. *Rules for the receiving team:*
         1. 8 players on the receiving team must line up in a 15-yard zone that begins 10 yards from the kickoff line and extends back (i.e. between the kicking team's 50-yard and 35-yard lines; the setup zone) for the possibility of decreasing "high-impact collisions"; only 3 players can remain outside of the setup zone.
         2. Only single & 2-man wedge blocks are permitted; until the ball is touched or the ball hits the ground, no player on the receiving team may cross its restraining line, or initiate a block against the kicking team in the 15-yard area (i.e. blocks can take place anywhere on the field except in-between the 40-yd & 35-yd lines).
         3. Until the ball is touched or the ball hits the ground, no player on the receiving team may cross its restraining line, or initiate a block against the kicking team in the 15-yard area (i.e. blocks can take place anywhere on the field except in-between the 40-yd & 35-yd lines).
   3. The ball must go at least 10 yards before it can be recovered by the kicking team.
   4. All players are prohibited from leading with the crowns of their helmets.



* 1. *The No-Yards Rule (adopted from the CFL):*
     1. Like in the CFL, punts & kicks are allowed at any point of time in the game (i.e. any player can kick the ball at any time, including kickoffs).
     2. *All punt or kickoff coverage teams must give a 5-yard empty zone around the opposing receiver until he has received the ball.* 
        1. Kick or punt receivers must field all kicks and punts, with no exceptions (i.e. [Fair catches](https://en.wikipedia.org/wiki/Fair_catch)are not recognized).
        2. All of the players offside at the time of the kick may neither touch the ball nor be within 5yds of the member of the receiving team who fields the kick.
        3. The penalty for no-yards is 15yds (if the ball is in flight) or 5yds (if the ball has been grounded).
     3. *Any unhandled ball from any place kick or punt may be legally recovered by the kicker or any player behind the kicker at the time of the kick so long as the ball travels at least 10 yards:*
        1. The ball doesn't have to be touched by the receiving team in order for the possession to count.
        2. In such a case, the kicker is exempt from the No-Yards rule. Thus, a player from Team A may punt or kick the ball 40 yards, chase the ball upfield, then recover an untouched ball for a Team A first down. Such instances are rare since the player would have to elude plenty of blocking to reach the ball. When it does happen, this play is highly exciting.
        3. Examples = [Montreal at Toronto - Wild Ending - October 29, 2010](https://www.youtube.com/watch?v=d5BFaykcxGg), [Montreal Alouettes Perfect Fake Field Goal vs. Lions Wk. 11 2012](https://www.youtube.com/watch?v=oDOpTXqKGSI).
     4. The ball is live under almost all circumstances during a legal play within bounds at any time during the game (including if a punt or field goal attempt lands & stays in the end zone) except for incomplete forward passes & successful field goal attempts.
  2. With the exception of a rouge/touchback, kicking/punting the ball out of bounds is a 10yd penalty.
  3. *All teams must do either of the following on 4th downs inside their opponent’s 30yd line:*
     1. Attempt to gain a 1st down.
     2. Attempt to score (either a field goal or touchdown).
     3. Punting on 4th down is not allowed inside the 30yd line unless the defense punts the ball out of desperation, similar to what happened in this [CFL play](https://www.cfl.ca/2017/08/26/internet-loving-bombers-als-punt-off/).
     4. However, teams may punt the ball if the ball is snapped from the 30yd line.
     5. *Key (diagram):*
        1. Blue = punting is allowed.
        2. Red = punting is not allowed.



1. **Passing Rules:**
   1. *A "defenseless player" now includes receivers tracking the quarterback or looking back for the ball, including inside the legal contact (10 yards from the line of scrimmage) zone:*
      1. Bump and run coverage (i.e. defensive backs being allowed to hit wide receivers any time before the quarterback releases the ball as long as the hit comes from the front and/or the side) is only allowed within the first 10yds from the line of scrimmage.
   2. *Teams are allowed to throw a forward pass multiple times on any given play as long as the ball does not pass the original line of scrimmage:*
      1. *All players behind the line of scrimmage will be eligible receivers, including those on the offensive line:*
         1. This will eliminate the "illegal touching of a forward pass" penalty at other levels of the game.
         2. Offensive linemen would still be prohibited from advancing downfield before a forward pass that crosses the line of scrimmage is in the air.
   3. No "Tuck Rule" = If a passer brings his arm forward in a passing motion and then loses possession of the ball as he is attempting to tuck it back toward his body, it is considered a fumble.
   4. The defensive line can only hold up or block a receiver within 5 yards of the line of scrimmage.
   5. *No more than 6 defenders can rush the passer:*
      1. The penalty for violating this rule is illegal defense (signaled as unsportsmanlike conduct), with a 10-yard penalty and a first down.
      2. Any player who aligns on the line of scrimmage either prior to or at the snap is designated as one of the five players regardless of whether he rushes.
   6. Illegal contact on a receiver is still eligible to be a play coaches can challenge (and send to video review).
   7. *If a defender goes to press a receiver on the outside, and his hand happens to make its way up into the facemask of the offensive player, it’s just a 5-yard penalty:*
      1. i.e. this will no longer result in an automatic first down.
   8. *Pass Interference Rules:*
      1. Team A’s ball at the spot of the foul, first down (if the foul occurs fewer than 10 yards beyond the previous spot).
      2. Team A’s ball, first down, 10 yards from the previous spot (if the foul occurs 10 or more yards beyond the previous spot).
2. **Prior to the snap of the ball:**
   1. *All offensive & defensive backfielders and receivers, except the quarterback & designated hitter, are allowed unlimited motion if they remain more than 1 yard behind the line of scrimmage, but all offensive & defensive linemen must not move:*
      1. Anyone caught ahead of the line of scrimmage before the ball is snapped will be given a “illegal formation” penalty.
   2. *There must be at least 5 players on the offensive line of scrimmage & 2 players on the defensive line of scrimmage:*
      1. Formations don’t need to include at least 1 eligible receiver on either side, but may do so.
      2. Defensive linemen must line up immediately opposite the line of scrimmage (i.e. 11” away).
      3. All offensive & defensive linemen (except for the center) must be in either a 3-point or 4-point stance for all plays.
3. **Tackling & Contact Rules:**
   1. *A 15yd penalty is awarded against the team who commits either of the following:*
      1. *Both types of fouls are called “targeting” fouls:*
         1. Any “forcible contact” to the head or neck area of a “defenseless” opponent. Example of a “defenseless” player are players who:
            1. are in the act of, or having just thrown, a pass (or has just thrown a pick).
            2. are catching a pass or kick (or trying to) and hasn’t had time to become a “ball carrier.”
            3. are in the act of kicking, or has just kicked.
            4. are on the ground, or a player out of the play.
            5. gets blocked from his blind side.
            6. has the ball and has had his forward progress stopped.
            7. has the ball and is sliding or giving himself up.
         2. Leading with the crown of the helmet to make “forcible contact” anywhere (i.e. a head-down hit or spearing).
      2. “Inadvertent” helmet contact won’t be treated as a penalty.
   2. Defensive players are prohibited from leaping over or hurdling the offensive line in an attempt to block field goal or extra point attempts.
   3. The nameplate area of the jersey has been added to the current horse-collar tackle rule.
   4. When a runner now slides feet first, the runner is considered defenseless, and a hit on the runner will result in a targeting penalty (i.e. meaning a 15-yard personal foul will be enforced and the player will be ejected for at least the remainder of the game after the second offense).
   5. Defenders can no longer trip the runner to bring him to the ground; however, this rule does not include defenders attempting to tackle a ball carrier below the waist.
   6. All players who leave the tackle box are prohibited from blocking below the waist toward the initial position of the ball.
   7. All players must practice tackling and blocking without their helmets at least once per week during the season, & at least once every 2 weeks during the offseason.
   8. Players must sit out at least 1 game after sustaining a concussion.
   9. *All illegal contact results in just a 5-yard penalty, not an automatic 1st down:*
      1. Within the area 10 yards beyond the line of scrimmage, a defensive player may chuck an eligible receiver in front of him. The defender is allowed to maintain continuous and unbroken contact within the five-yard zone, as long as the receiver has not moved beyond a point that is even with the defender.
      2. Beyond the 10-yard zone, if the player who receives the snap remains in the pocket with the ball, a defender cannot initiate contact with a receiver who is attempting to evade him. A defender may use his hands or arms only to defend or protect himself against impending contact caused by a receiver.
4. **All players (both offensive & defensive) get a max of 4 fouls (i.e. flags) per game:**
   1. The WNFL will use the same rules as the NCAA for assigning yardage after penalties.
   2. *Referees are required to announce how many penalties each player has committed, & keep notes on which players have committed fouls (preferably on a little notebook):*
      1. Example = “Pass Interference. Defense #40. That is his 1st/2nd/3rd/4th foul. The ball will be placed at the spot of the foul, automatic first down”.
   3. 1st = warning (Blue Card).
   4. 2nd = sent off the field for the next 4 plays or the end of the current possession (whichever comes first) with a substitute (Yellow Card).
   5. 3rd = sent off the field for the next 4 plays or the end of the current possession (whichever comes first) without a substitute (Black Card).
   6. *4th = sent off the field for the rest of the game without a substitute for next 8 plays or the end of the current quarter/overtime period (whichever comes first) (Red Card):*
      1. *All players sent off the field are still eligible to start in the next game, unless the player either a) committed a targeting foul and/or b) has 3 straight games of receiving red cards:*
         1. In such a case of committing a targeting foul, such players are ineligible to start the first half of the next game regardless of whether they got ejected for targeting before or after halftime.
      2. *All targeting fouls (see above) are still automatic ejections (i.e. red cards) in addition to the 15yd penalty:*
         1. All targeting penalties must be subject to video review. If the hit is not deemed to be targeting by the video review, the player must be allowed to stay in the game and the yardage penalties will not be enforced.
5. **Coaching Challenges (televised games only):**
   1. *Each team gets at least 1 challenge per half:*
      1. However, coaches will have unlimited challenges if they keep winning them.
      2. The only time he loses the right to challenge a play is if they get one of their challenges wrong.
   2. *Coaches can challenge anything, including uncalled penalties:*
      1. However, coaches are required to specifically call out the penalty and players involved when challenging uncalled penalties.
6. **Scoring System**:
   1. 6 points for a touchdown (TD).
   2. *Conversions or Points After Touchdown (C or PAT):*
      1. 1 point for a kicked convert (or PAT) kicked from the 15yd line (i.e. 25yds out).
      2. 2 points for a passed or rushed conversion (2yds).
      3. 3 points for a passed or rushed conversion (5yds).
      4. 4 points for a passed or rushed conversion (10yds).
      5. All teams can waive "unnecessary" extra point attempts at the end of the game.
      6. All defensive players are prohibited from leaping or hurdling over offensive linemen on field goal or PAT attempts.
      7. On a convert attempt after a touchdown, the defending team may return a missed kick convert to the kicking team's end zone for 1 point, or if the convert was a rush or pass play may return a fumble or interception for 2 points.
      8. *The team being awarded the touchdown has the option of either:*
         1. Scrimmaging from their own 35-yard line (but must gain at least 10yds in order to retain possession), or
         2. Kicking the ball off from their own 25-yard line (can punt, drop kick, or place kick the ball).
   3. *Field Goals (FG):*
      1. 3 points for a field goal under 50 yards.
      2. 4 points for a field goal 50-59 yards (the 40yd line must be painted dark gray to symbolize a 4-point line).
      3. If the field goal is missed, but the ball is not returnable after crossing the end line, then it constitutes a rouge/single as long as the attempt was at least 50yds.
      4. On a field goal attempt, the defending team may return a missed field goal to the kicking team's end zone for a Touchdown.
      5. Any punt that [goes through the uprights](https://www.youtube.com/watch?v=NLJZVWkbzEM) will also count as a field goal.
   4. *2 for a Safety Touch (St):*
      1. *A safety is scored when any of the following conditions occur:*
         1. The ball becomes dead in the goal area of the team in possession of the ball, except for an incomplete forward pass. (Examples = ball-carrier runs out of bounds, ball-carrier is tackled/takes a knee, & the ball is fumbled out of bounds).
         2. The ball touches or crosses the dead line or a sideline in goal after having been directed from the field of play into the Goal Area by the team scored against or as the direct result of a blocked scrimmage kick.
         3. The offense commits a foul in its own end zone (examples = the ball carrier is penalized for intentional grounding or an offside pass in his own goal area).
      2. *The team being awarded the 2 points has the option of either:*
         1. Scrimmaging from their own 25-yard line, or
         2. Kicking the ball off from their own 25-yard line (can punt, drop kick, or place kick the ball), or
         3. Having the opposing team kick off the ball from their own 20-yard line (can punt, drop kick, or place kick the ball).
      3. *However, the team that conceded the safety also has the option of running an option play from their own 35yd line that must go at least 10 yards in order to retain possession, but only under the following circumstances:*
         1. Option #1 = if they are down by at least 10 points.
         2. Option #2 = in the last 5 minutes of the game.
         3. If the play succeeds, then the next possession starts on the 45yd line.
         4. If the play fails, then the team that scored the safety will start their possession on their own 35-yd line.
      4. This is different from a Rouge/Single (see below) in that the team scored against begins with possession of the ball & loses possession after the score occurs.
   5. *1 for a Rouge or Single (Ro or Si):*
      1. *A rouge is awarded to a kicking or punting team (Team A) if an opposing player (Team B) either:* 
         1. Catches or recovers a punt or missed field goal in their own end zone but is prevented by Team A from returning the ball back out onto the field of play,
         2. Elects to drop to one knee while still in the end zone before having returned the ball to the field of play, or
         3. Elects to run with the ball from the end zone out of bounds rather than enter the field of play.
      2. *A rouge is also awarded to a kicking or punting team when any of the following scenarios occurs:*
         1. A field goal attempt at least 50yds or longer that goes out of the end zone through the endline.
         2. A [punt](https://youtu.be/6CjYWtf_jqE) at least 50yds or longer that goes out of the end zone through the endline.
         3. A kickoff goes that either a) [goes through the uprights](https://www.youtube.com/watch?v=rYx7l8yASTw), b) lands in and bounces out of the end-zone, or c) goes out of the end zone on the full regardless of whether it is touched or not.
      3. *A rouge is also awarded to a defense (Team A) if they either:*
         1. Force an interception,
         2. Recover a fumble,
         3. Block a field goal, or
         4. Force a turnover on downs (unless the turnover happens inside the 20yd line).
      4. *A rouge is not awarded in the following situations:*
         1. If a ball is downed in the end zone after being intercepted in the end zone.
         2. If a ball is fumbled outside the end zone.
         3. If the kicked ball hits the goalposts.
         4. Kicks that pass out the sidelines of the end zone (punts & field goal attempts only).
      5. After a rouge, the team conceding the score is given possession of the ball on their 25-yard line (i.e. the touchback rule).
      6. This is different from a Safety (see above) in that team scored against receives possession of the ball after the score.