

General

- unsportsmanlike conduct (referee's discretion)
- blocking flag
 - play stops immediately
 - 5 yd. penalty from spot of the foul
- attempting to block punt
 - 5 yd. penalty, repeat down
- unnecessary (referee's discretion)
- blocking downfield (ref's discretion)
- holding (refs discretion)

Defense

- offside (crossing line of scrimmage before 4 steamboats or multiple rushers)
 - play continues until downed
 - 5 yd. penalty, repeat down
- pass interference (referee's discretion)

Offense

- Delay of Game (25 second play clock, from end of previous play)
 - 5 yd. penalty
- Offside (QB crossing line of scrimmage before 4 steamboats)
 - play stops immediately
 - 5 yd. penalty
- pass interference (referee's discretion)

Notes

- No metal spikes
- 7 on 7, teams must have 2 girls on the field at all times.
- Offence sets the pace, defense must keep up
- Each team gets 3- 20 second timeouts per half, no consecutive timeouts
- If a player in possession of the ball gets flagged or goes out of play, the ball position at the time of the end of the play determines the spot for the next play
- When the ball is downed in play, it is spotted at the position of the ball at the point where it is downed
- The deciding factor in touchdowns is whether or not the ball crossed the plane of the end zone and/or whether or not the player had possession of the ball while touching down within the end zone

- Teams must have 2 girls on the field at all times. If necessary, teams can play without girls but are not allowed to substitute for them
- Punts must be declared to the referee, and reasonable time must be given for the defense to adjust
- All players on punting team must remain behind the line of scrimmage until ball is kicked.
- As soon as a hand-off or pass is made, the defense may cross the line of scrimmage
- In the last 2 minutes of the second half, if the game is not within 4 points, there will be no stop time and no timeouts
- Fumbles are dead balls. The ball will be spotted where it landed, without giving the offending team an advantage. Forced fumbles will result in a turnover at the spot where the ball landed. Any grabbing of the arm or body while attempting to force a fumble will be called holding.