



CANADA

**2025 NON-CONTACT RULE CHANGES
FOR IMMEDIATE DISTRIBUTION AND IMPLEMENTATION**

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

Definitions

Fake Handoff - Any movement between the ball carrier and runner that simulates a transfer of possession through extending the ball / their hands toward one another.

Reason for change: Clarifying a fake handoff requires an action by two players, not just one.

Rule 4, 8.1

Pro Clock

In the last two minutes of both halves, the clock will stop in the following circumstances:

- To award a first down, also after a change of team possession
- To complete a penalty
- When the ball carrier goes out of bounds.
- **When a pass strikes the ground**
- When a score is made and during and after the following PAT
- When a charged timeout is granted

Note: The clock will continue to run if a ball carrier loses possession of the football and it strikes the ground.

Reason for change: Prevent teams from spiking / fumbling the ball in order to gain an advantage

Rule 5, 2.6

General Play

All possession changes, except interceptions from scrimmage play, start on the offensive 5-yard line. Defensive interceptions that give the defense possession between their own 1- and 4-yard line will be brought to the 5-yard line for the start of their next possession. **Penalties that occur after interceptions will have the point of possession as the LOS for enforcement purposes.**

Reason for change: Previously unclear in the rulebook. Now only applies to Illegal Forward Passes after an interception.

Rule 6, 1.6

Dead Ball

If an official inadvertently blows their whistle, the Head Official will give the affected team the option to let the play stand or repeat it. If the whistle blows inadvertently after an interception and the intercepting team is most affected (regardless of the time remaining on the clock), they can scrimmage the ball from the spot of the early whistle.

Reason for change: Clarity around inadvertent whistles after interceptions- including no time left on the clock.

Rule 10, 1.1 + 1.2

Running

- 1.1 **The center is the player who gives the ball to the quarterback via a snap. There are no center sneak plays allowed.** Any violation of this play is an Illegal Run Play penalty.
- 1.2 **Before the snap, the long axis of the ball shall be at right angles to the scrimmage line and the Center's feet on either side of the bean bag marking the Line of Scrimmage.** A legal snap is handing or passing the ball backward from its position on the ground with a quick and continuous backward motion of the hand or hands that results in losing possession of the ball. **The snap need not be between the snapper's legs.**

Reason for change: 1.1 – Clarity around Centers and taking handoffs compared to the old rule.
1.2 – Align with IFAF wording and allow for more flexibility.

Rule 12, 1.6

Rushing

If a Rusher's RoW is interfered with by a player in motion immediately following a handoff or fake handoff, the offense will be penalized for Rusher Interference.

Reason for change: Clarifying the difference between Interference / Rusher Interference when there is an immediate handoff or fake handoff.

Rule 16, 3.2

Tipped Pass

When a player tips a pass to a teammate without gaining control, play continues and the ball can be advanced.

Reason for change: Clarification around tipping the ball and gaining control.

Rule 18, 1.1

Sportsmanship / Roughing

Taunting and excessive celebrations are illegal. Violations of these standards will result in an Objectionable Conduct penalty.

Reason for change: Clarity.

Rule 19, 2.5

Interference

Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play. At the snap of the ball, **if an offensive player does not move**, no penalty shall be called.

Reason for change: Extending this wording to include all offensive players rather than just the Center- this may come into play more with sideways snaps being allowed.

Rule 21, 3.8

Offensive Penalties – Illegal Contact

Illegal Contact – physical contact such as impeding, **charging**, redirecting, obstruction, blocking, holding & tackling. **Spot of Foul + Next Down if the ball carrier. LOS + LOD if not the ball carrier.**

Reason for change: Illegal Contact on the Offense was often thought of as too punishing. This lessens the punishment for this particular penalty.

Rule 21, 5.2

Multiple Penalties

Offsetting Fouls - If live ball fouls by both teams are reported, the fouls offset and the down is replayed with the following exceptions:

a. When there is a change of team possession during a down and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and thereby retain possession after completion of the penalty for its foul.

b. Major Fouls during a live ball since they must be accepted and their yardage applied in full.

NOTE: Dead ball fouls will be applied after live ball penalties are assessed

Reason for change: Clarity on how offsetting penalties work.

Editorial Changes Throughout

Throughout the book, editorial changes have been made that do not change the rule itself, just the wording. The list of those changed are:

- 1, 1
- 2, 4.4
- 2, 5.1
- 4, 8.1
- 5, 2.10
- 6, 1.6
- 7, 1.2
- 8, 1.1
- 8, 2.3
- 8, 2.4
- 9, 1.1
- 10, 1.7
- 12, 1.5
- 16, 7.1
- 16, 7.2
- 17, 4.3
- 17, 8.1
- 18, 1.2
- 18, 2.1 – 2.5
- 18, 3.1
- 19, 3.2
- 21, 2.1
- 21, 3.1
- 21, 3.6
- 21, 3.9
- 21, 3.10
- 21, 5.1
- 23, 1.3
- 5v5 Rule 2, 1.4
- 5v5 Rule 2, 3.1
- 5v5 Rule 2, 3.3
- 7v7 Section
- 17, 3.6
- 7v7 Section
- 17, 3.7