

Metro Competitors
Flag Football Union

Rule Book
And
Players Guide

8-Man Eligible Full Contact Flag Football

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1. The Parameters of the Game

The game shall be played by and between two teams on a regulation size football field of 100 yards X 53 yards. The fields will be marked in twenty (20) yard intervals with end zones ten (10) yards deep. Sideline players will remain between each twenty (20) yard line marker while fans will be required to remain at least 10 feet away closest sideline. A Team's official game ball must be at least High School regulation and shall not exceed NFL regulation. The preferred type is leather but rubber is permissible.

At any given time, the game will be officiated by no less than two (2) officials and no more than four at all "Pro" levels. The Competitive and Recreation levels will have no less than two and no more than three Officials at any given juncture of a game. The **Referee** will be recognized as the "Head" Official or "White Hat" of all sanctioned MCFFU games. The Referee will be supported by an **Umpire** and **Back Judge**, by which will be governed during games by said Referee. In the event additional Officials are utilized, a **Line** and **Field Judge** will be designated. The Referee will designate the official timekeeper for each game and will notify each team of the designee. The Referee manages ALL games and reserves the right to discipline, forfeit, delay, postpone at his/her discretion to preserve the integrity of the Union and game.

• Regulation Time of Play

All games shall not exceed Forty-eight (48) minutes of play, Twenty-four (24) minutes per half, during regulation. Halftimes shall not exceed two (2) minutes. Start of games shall not be delayed no more than Eight (8) minutes (In tournament play, the first game maybe delayed a maximum of 15 minutes), after which it will be the Referee's discretion to forfeit play. The play clock will stop on "out of bounds" plays, timeouts, injury, Fair Catch, defensive penalty and incomplete passes under two (2) minutes in the second half of games only. The first half is a running clock stopping only for official and team timeouts. The Referee will announce to both teams the game has approached the two-minute mark during each half.

At all times a team with Offensive possession will have twenty (25) seconds after the ball is set by the game Official to get the ensuing play snapped.

• Over-Time Play

In the event a game is tied at the end of regulation play, start of each possession will be the 20-yard line (4 downs to score) over-time shall be the deciding format. If the over-time game is not an elimination game, each team will be afforded two possessions to score, after which if the game remains deadlocked, it will end in a TIE. If over-time exists during elimination play, the game will continue until a winner is determined. A coin flip will determine first possession or deferment, whatever the deciding team chooses. In the event of a second over-time, the losing team of the initial flip will decide between possession or deferment. In

between over-time periods, there will be an intermission period of no more than Two (2) minutes. One timeout will be awarded to each team. Timeouts will not carry over from regulation play.

In the event of a tie after two possessions by each team, teams then must attempt for 2-point conversions rather than 1. After 2 possessions of 2-point conversions ending in a tie, the 5th and final possession will be determined by the penetration rule – the team that accumulates the most yards from the 20-yard line should both teams fail to score.

- **Coin Toss**

The Referee shall conduct the coin toss duties and designate the “Caller” prior to the actual flip. The designated Player/Coach/team representative must make the decision while the coin is in the air. Failure to do so will automatically defer the decision to the non-calling team. A team will have the choice to take possession of the ball, defend a particular goal while conceding possession or defer his judgment until the second half of said game. The non-calling team will have opposite choices of the calling team.

- **Starting the Game**

The game will start no later than eight minutes after prescribed time set in tournament schedule (The first game of the day receives 15 minute maximum delay only). Teams must start game with at least 7 players or forfeit will take precedence at Referee’s discretion. Forfeiting either of the first 2 games of the tournament will eliminate violating team from the remainder of said event without refund. Kick-offs are at the discretion of Tournament Director. In the event kick-offs are not exercised during a tournament, the ball shall be placed on the twenty (20) yard line on regulation size fields at the start of each possession to start the half or after a score.

- **Possession and Advancement**

A team in possession of the ball will have four consecutive downs to advance its said possession to the next zone and earning new consecutive four downs. This will continue until the possessing team scores or fails to advance the ball to the next zone for four more downs. At any point a team can utilize a free kick or punt to surrender possession without declaring to the Referee, except on fourth down. On Fourth down, a team must declare its option to kick or play to the Referee, which will then be declared as official unless a timeout is utilized by the possessing team to change the declaration.

As a safety precaution to the game, a player carrying the ball cannot at any given time leave his feet to advance the ball unless he/she is attempting to avoid injury. Interpretation of this rule will be at the sole discretion of the Referee with input from his supporting staff.

The spot of the ball will determine the line of scrimmage at the time the play is declared dead by the Officials. The ball may be extended for extra gain to cross a

plane to advance or score, it will take precedence over the carrier's body. The spot of the ball is at the discretion of the Officials.

- **Scoring**

By run or pass, a team can score a maximum of six (6) points for each score at any given time of the game. Extra points are determined by yardage, two (2) points when set at the 10 yard line and one (1) point when set at the three (3) yard line. A Defensive player may advance a turn over for the same amount of points the offensive team was attempting during an extra point attempt.

The Tournament Director determines the use of extra points by kick and field goals for each event. An Offensive team representative will declare one point or two to the official and cannot be altered without calling a timeout. Referee is responsible for spot of ball and field announcement once decision is declared.

If the point differential exceeds 18 points within the two-minute mark of the second half, the game will automatically end no matter who owns the possession. If the point differential exceeds 36 points at any given point of the game, it will be considered a "Skunk" and will end no matter who owns the next possession.

A team without possession (Defense) can score by ending a play in the possessing team's end zone. Score cannot exceed 2 points.

In the event field goals are applicable at any given tournament, the defensive team cannot rush the "A" and "B" gaps nor break the line of scrimmage when attempting a vertical block of said kick. Guards of kicking team feet must touch or be within 2 inches of the Center's feet. The same rule applies for each offensive player blocking.

- **Timeouts**

Each team is awarded three (3) timeouts per half. However, one timeout must be utilized prior to the (2) two-minute mark at the end of each half. Failure to utilize a timeout prior to four minutes will cause a team to forfeit one during the remainder of the half. A time out shall not exceed one (1) minute. Calling a timeout when all is exhausted is considered delay of game and will draw a five-yard penalty. Equipment and injury timeouts are at the Referee's discretion, play will resume on their mark. Successive timeouts are permissible.

- **Speaking Captains**

Prior to the start of each game, the Referee will ask each team to designate a speaking Captain for each possession. Said Player will be the sole representative during entire game and can only be changed if said Player is disqualified from game. (Each team may have an offensive captain, defensive captain and a non-playing sideline coach/captain). Sideline Coaches are permitted and must identify themselves prior to the start of any game. Sideline Coaches are permitted to

solicit rule clarifications from Referee only but cannot relay a decision to said Referee directly. Speaking Captains can refer to the Coach prior to deciding the benefit of a Referee's infraction explanation. Speaking Captains initial decision is irrevocable. Timeouts will be recognized by on-field players only and can be indicated to any game Official.

- **Team Uniforms & Equipment**

Teams are required to have a uniformed look, meaning same basic color jerseys with numbers on the front and/or back. Pants or shorts must contrast color of flag belts. In the event two competing teams have same basic color of jersey, a coin flip will determine skins.

Tournament Directors will not be responsible for distribution of scrimmage vests, teams will be required to maintain uniform look, even if it means wearing no shirts at all. Lack of uniform look will solicit a penalty at each half at the discretion of the Referee, not exceeding 10 yards.

Jersey's must be tucked in at all times and shall not at any given point during a game cover any portion of the flag belt. Half cut Jerseys shall not extend past the waistline nor cover any portion of the flag belt. Shoes can be screw-in but must be male type where the steel stem is attached to the detachable cleat. Shoe can also be molded rubber. Baseball cleats of any sort are not permissible. Player caught wearing non-preferred shoe will be removed from said game and will not be allowed to participate until problem is rectified.

Each Player shall wear Triple Threat Flags, as Sonic Booms are not permissible. The use of headgear (excluding head bands), shoulder pads, forearm pads, casts, boxing gloves, uncovered knee and elbow braces, thigh pads, jewelry and any other unyielding equipment is not permissible. Illegal equipment specified and not specified will be measure by the Tournament Director and in-game Referee.

- **Roster Limits**

Team Roster limits for all MCFFU sanctioned events shall be set at (25) Players for 8-Man Eligible (A), (22) Players of 8-Man Eligible (B) and (20) Players for 8-Man Eligible Recreation. At the discretion of the Tournament Director, roster limits can be expanded up to Thirty (30) players for 8-Man Eligible (A), (25) 8-Man Eligible (B) and (22) 8-Man Eligible (C) for a fee of Twenty-Five (\$25.00) dollars per additional player over the initial player limit. The additional fees shall be added to the normal tournament fee for that particular tournament.

2. Basic Rules of the Game

• Rule Clarification/Challenge

At any point during the game a Team's Coach and/or designated Team Captain can request clarification of rule application or challenge a ruling on the field by calling a Timeout. Once the Timeout is granted, it is the responsibility of the designated Coach/Team Captain to identify to the Referee his/her discrepancy with the ruling and how it was applied in disfavor of them.

The Referee will then report the matter to the Field Supervisor or Tournament Director for final ruling. If the decision is reversed the challenging Team will not be charged a timeout. In the event a call is upheld, the challenging team will be charged one of its three timeouts.

If the challenging team has no timeouts remaining it will be assessed a delay of game penalty of fifteen (15) yards and a loss of 10 seconds if under two minutes of either half. Teams are permitted one (1) challenge per half. Judgment calls are NOT for challenge.

• Delay of Game

After the ball has been set, teams have 25 seconds to begin a particular play, free kicks included. If a player intentionally delays a game by throwing an opponents flag, kicking an opponents ball away from the nearest player, detaining a player from joining his team, arguing with an Official, deliberately advancing a ball after it is blown dead by an Official, or any other flagrant attempt to delay a game, a penalty will be assessed. Judgment is solely at the Officials discretion.

Players will not attempt to discuss a call or ruling with the Referee without calling for a timeout and requesting a Rule Clarification/Challenge. An attempt to do such will be considered a delay of game. Judgment is solely at the Officials discretion.

A Flagrant delay of game is a 15-yard penalty from the line of scrimmage. Failure to begin a play within twenty-five seconds from the spot of ball will be a 5-yard penalty.

• Extended Playing Time

A period or half may be extended by an un-timed down, only when during the last timed down one of the following occurs:

1. A touchdown was scored and the try for point is attempted as a part of the same half.
2. There was an inadvertent whistle and the down is to be replayed as a part of the half.
3. A penalty was committed by the defense at expiration of a half.

4. There was a fair catch interference and the offended team accepts an awarded fair catch, the half may be extended and the ball put in play by a snap.
5. If there was fair catch interference and the offended team accepts the distance penalty, the half will be extended by a replay of down.

• **Legal Kicks and Fielding**

Legal kicks are punts and/or field goals by a player of the team in possession. A punt cannot be blocked and ALL players on the field of play must remain motionless until ball is kicked. Four (4) players from the receiving team must be on the line of scrimmage.

Players from the receiving team cannot attempt to block a punt with a rush – however, the defender may jump at the line of scrimmage. Should the defender block the punt without crossing the line of scrimmage, the ball is dead where it first landed. If the defender blocks the punt and crosses the line of scrimmage, a 10-yard penalty will be assessed and a replay of the down.

Punter cannot take snap directly from center from between the legs; the ball must be snapped from between the center's legs at a minimum of 5-yards. If ball is dropped to the ground by punting team, the ball is automatically dead and awarded to receiving team at the spot. The center cannot be blocked until his body is upright and ball is kicked. Roughing the Center is equivalent to roughing the Quarterback.

Please refer to the scoring section for applicable extra point/field goal rules.

If the ball is punted into the end zone it will be considered a dead ball. If a kick-off travels into the end zone it will be considered a dead ball. On-sides kicks and fake punts are considered illegal.

A returning player may field a kick and advance toward the opponent's goal line. The returning player can also declare a fair catch on a punt and kick-off by clearly waving either hand over head. Returning player has no "halo" zone but cannot be touched by any opposing player. If returning player declares a fair catch and then attempts to advance the ball after the catch, a Flagrant delay of game penalty will be assessed. If returning player is interfered with during attempt of catch a penalty will be assessed.

If returning player attempts to field a kick and muffs the attempt, the ball touches the ground, the play is considered dead. If the returning player muffs a punt or kick into the hands of an opposing player, possession returns to the kicking team at the spot of re-possession. During a field goal the defending team can return a blocked kick for a score of six points.

In the event a field goal is blocked and the ball crosses the line of scrimmage, the defending team can either recover and advance for additional yards (and score 6 points) or allow for a dead ball. If blocked kick travels into the end zone it can be advanced out. If player is de-flagged in the end zone it is considered a safety to be awarded to the opposing team. All rules for extra points are applicable with the exception of points. The defensive team can only earn One (1) point for scores on a blocked extra point.

On regulation size fields, kickoffs will start from the kicking teams own forty - (40) yard line. If a player advances the line prior to kick, it will be considered "illegal procedure" and a penalty will be assessed. The receiving team will be aligned 10 yards away from established scrimmage kick line. Forward passes are NOT allowed after fielding any kick.

- **Safety and Touchbacks**

If an offensive team is de-flagged in it's own end zone the play is classified as a Safety and two (2) points will be awarded to the opposing team. In the Pro (A) division, a free kick (punt only) from the 20-yard line will follow any safety.

If the defense forces the ball into or through the end zone and the last possession was the offense, a free kick (punt only) from the 20-yard line will ensue for the Pro (A) Division or the ball will be awarded to the defensive team at its own twenty-yard line for Comp (B) and Rec (C).

- **The Forward Pass**

During a scrimmage down, a forward pass may be thrown provided the ball, when it leaves the passer's hand is behind the line of scrimmage. All players are eligible to catch a pass. Only one forward pass can be thrown per down.

An offensive player who goes out of bounds on his volition during a down loses eligibility to catch the ball.

In the event a passer crosses the established line of scrimmage and passes the ball, it will be considered an illegal forward pass and a penalty will be assessed. Play will continue until declared dead. If the illegal pass is intercepted, the defense will be given the option of letting the play stand or assessing the penalty against the offense, which forfeits their possession.

If a passer throws a pass out of bounds in an attempt to avoid a sack, it will be considered intentional grounding. Judgment is the Officials discretion and a penalty will be assessed.

Lateral passes that are dropped or missed and remain in bounds are considered a dead ball at the spot and cannot be advanced. If the ball crosses the in-bound line, it will be dead at the spot.

Player in possession of the ball may pass it backward to a teammate for further advancement. Defensive player may intercept such pitches and advance for score. In the event the backward pitch touches the ground or goes out of bounds, it is considered a dead ball and remains the possession of the last team. Player cannot throw ball out of bounds to save time, attempt to do such will be considered a Flagrant delay of game and will be penalized as such.

- **Hand-offs**

Hand-offs behind the line of scrimmage are legal. Forward hand-offs past the line of scrimmage are considered illegal and penalizing.

Shuffle/shuttle passes that do not cross the line of scrimmage are not considered forward passes and if dropped are incomplete.

- **Line of Scrimmage**

All plays from scrimmage must be started by a legal snap from a point established by a designated Official.

- **Legal Catch**

A legal catch by either an offensive or defensive player is one foot down with clear possession of the ball. In the event a player collides in mid-air and does not land on his foot, possession must be established after contact with the ground by any other part of the body. If ball is lost or not in clear possession, it will be Officials judgment to determine a legal catch.

- **Roughing the Quarterback**

During drop back and in throwing motion, the Quarterback CANNOT be touched above the flag belt. A defender can attempt to block a pass as long as the Quarterbacks throwing motion is not interrupted, which included after release. A penalty will be assessed and if roughness is habitual per player or one team, ejection rules will apply. Judgment will be Referee's discretion.

If the Quarterback advances past the line of scrimmage, he is declared a runner and is no longer under the rules of Quarterback. Regular personal foul penalties apply in the event unnecessary roughness occurs.

- **Scrimmage Formations**

At all times the team with possession must have at least four (4) players on the line of scrimmage. At the start of play, Players must be five (5) yards away from sideline in-bounds. An Offensive player cannot enter himself on the field of play when a formation is set for play. Teams can only have eight (8) players on the field during play. A player cannot exit the field on the opposing teams sideline or either end zone. If a team motions a player, he will not be counted as one of the mandatory four players until he re-sets himself. The re-set is for a half second

and at the discretion of the Official. A defensive team can have as many players on the line of scrimmage it chooses.

- **Pass Interference**

The free bump zone is Five (5) yards off the line of scrimmage, where a defender can make contact with an offensive player. Contact outside the free bump zone is illegal contact and will result in a penalty. Judgment is at the discretion of the official.

When the ball is in the air, contact between an offensive and defensive player is not allowed. Judgment is at the discretion of the Official. In the event a defender touches a pass and the offensive player is interfered with after said touch, interference is not applicable.

- **Blocking and Rushing**

A player can implore multiple styles of blocking:

1. Hands extended outward, palms down fingers upward
2. Shoulder blocks with forearms extended outward
3. Chest to chest
4. Two on One blocks down field and at the line of scrimmage
5. Two and three point stances are legal. (Except for REC (C))

While blocking a player cannot:

1. Elbow or “flipper” block
2. Lead with his head
3. Make contact against a player above the shoulders or below the waist
4. Hit a player in the back or head
5. Trip
6. Crack back on a player when ball carrier is down field and will not be de-flagged by cracked player.
7. Hold
8. Leave his feet to block

All rule infractions are at the discretion of the Officials.

Rushers are allowed to do the following:

1. Spin
2. Dip
3. Rip
4. Bull rush

Rushers cannot do the following:

1. Hit a player above his shoulders nor below his waist
2. Hold
3. Trip
4. Hit a center prior to him raising his head

5. Tackle a player
6. Dive into a would be blocker

All rule infractions are at the discretion of the Officials.

3. De-flagging

- **Flag Removal**

Offensive player must have possession of the ball before they can be legally de-flagged. In the event a flag belt inadvertently detaches from a player, the player must be touched with TWO hands between the shoulders and waist.

If the flag falls of during contact but attempt to de-flag did not occur, the play is still live until two-hand touch occurs. Judgment is at the discretion of the Official. A player cannot remove his flags during a play. A player cannot tie his flag belt. A player cannot guard against being de-flagged. At the start of a play, all players must have flag belts on.

A player cannot hold, grab or prevent a player from advancing when attempting to de-flag a ball carrier. A player can leave his feet in an attempt to de-flag a ball carrier. If a player is in the “open” field and is pushed out of bounds while flag belt is on, ball will be advanced 10-yards.

If ball carrier is pushed out of bounds while inside the twenty (20) yard line, a 5-yard penalty or half the distance to the goal and an automatic first down will be awarded to the offensive team. Should the ball carrier be pushed out of bounds on a break away play by the last defender, the offensive team will be awarded a score of six (6) points. (The last player rule is a judgment call by the officials)

- **Capture**

When the flag belt is CLEARLY taken from the ball carrier, the play is considered dead and a new line of scrimmage will be established. The defender who de-flags a ball carrier should immediately hold the flag belt above his head for clarification and spotting of the ball. If a ball carrier inadvertently touches the ball on the ground, the play is considered dead at that spot. If a ball carrier touches a knee on the ground the play is considered dead.

- **Official Score**

A touchdown will not be granted until the closest Official verifies a player. The Player must go to the Official with hands raised and allow the official to remove the flag belt from his person. In the event the flag belt falls off during

the play, the scoring team will not be penalized. All flags will be verified when the ball carrier runs the ball or catches in the end zone. **If player removes flag belt prior to being verified, the score will be nullified and loss of down will occur.** If it is found the flag belt was tied or illegally applied, player will be ejected from entire tournament. If multiple violations occur on a particular team, the tournament Director will make the judgment call to eject entire team from play.

4. Unsportsmanlike Conduct

• Unfair and Unsportsmanlike Acts

If a team refuses to play within two minutes after being ordered to play by the Referee, or if play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules, the Referee may enforce any penalty he considers equitable, including awarding of a score. For refusal of play, repeated fouls, the Referee will after one warning, forfeit the game to the opponents.

• Personal Fouls and Prohibited Acts

In order to preserve the integrity of the game and keep it safe for all individuals involved, the Officials will manage each game to his best judgment. **ABSOLUTELY NO FIGHTING OF ANY KIND IS PROHIBITED IN MCFFU EVENTS.** With that, players will not commit the following Acts without the threat of ejection for one or more acts:

1. No contact with any opponent while on the ground
2. Tackling
3. Hitting below the waist or above the shoulders
4. Ball carrier will not lower head or shoulders into defender
5. Defender will not lower head or shoulder into ball carrier
6. No Hurdling or diving by the ball carrier, unless trying to avoid injury
7. Hitting the Quarterbacks arm while in throwing motion
8. Roughing the Quarterback
9. Roughing a pass catching center
10. Crack back on a player who is not a threat to de-flag a ball carrier
11. Abusive or insulting language
12. Fighting of ANY kind (Tournament ejection is automatic and/or year long suspension from the league)
13. Players leaving the sideline to partake in an altercation (Tournament ejection is automatic and/or year long suspension from the league)
14. Participation of illegal players (Team forfeit)
15. Interfering with a player during a live play
16. Sleeper plays
17. Throwing flags away from de-flagged player

18. Intentionally pulling a non ball carriers flags
19. Delaying the punt
20. Making contact with an Official, Supervisor and/or Tournament Director (Automatic ejection)

5. Penalties and Fouls

- **Foul Notification**

When a foul occurs during a live ball, the Referee, at the end of the down, will notify the offended captain of his options. If the penalty is declined, there is no loss of anything and play will resume as normal. A captain's choice cannot be reversed once the Referee is informed.

When a foul occurs during a dead ball, between downs or prior to a free kick, the ball does not become live. The Referee will notify the offended captain of his options. If the penalty is declined, play will resume as normal.

- **Fouls by Both Teams**

If offsetting fouls occur during a down, that down will be repeated. However, if the down determined change of possession, the team with possession will maintain possession by repeat of downs.

When a dead ball foul by the opponent follows a live ball foul, the penalties are administered separately in the order they occurred.

- **Foul Between Downs**

The penalty for a foul between downs is enforced from the succeeding spot. A foul following a penalty incurred after a series ends and before the next series begins will be first down, but the zone line to gain will be established before the penalty is enforced.

- **Multiple Fouls**

Penalties for dead ball fouls are administered separately and in order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. All unsportsmanlike fouls are penalized separately, in addition to those occurring during a down by the same team.

When the same team commits two or more live ball fouls, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct is administered separately. The offended captain may choose which penalty will be administered or he may decline all penalties.

When both teams commit live ball fouls during the same live ball period and (a) there is no chance of team possession, or (b) there was a change of team

possession and the team in possession at the end of the down had fouled prior to final change of possession, it is a double foul. In (a) or (b) the penalties cancel and the down is replayed.

If both teams foul during a down where there is a change of team possession, the team last gaining possession may retain the ball, provided it did not foul prior to the final change of possession and it declined the penalty for its opponent's foul.

- **Scrimmage Fouls**

In a snap preceded by a huddle or shift, all players of the offense must come to a complete stop and remain stationary in legal position without movement of feet, body, head or arms for at least a half second before the ball is snapped. Judgment is at the discretion of the Referee.

- **Penalty Resulting in First Down**

When a scrimmage down follows the penalty for a foul committed during a free kick, the down and distance established by the penalty will be first down with the next zone line to gain.

After a penalty, which leaves the ball in possession of Team A beyond its zone line to gain, or when a penalty stipulates a first down, the down and distance established by that penalty will be first down with the next zone line to gain.

After a distance penalty for a foul committed during a down and after the Team in possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty will be first down with zone line to gain.

6. Summary of Penalties

- **5 Yards**

1. Less than 5 players on the line of scrimmage at the time of snap
2. Less than 5 players on the receiving team's line during a punt
3. Defensive holding (Automatic First Down)
4. Delay of game
5. No flag belt at the start of a play
6. Illegal participation (too many players on the field of play)
7. Illegal equipment
8. Illegal Procedure
9. Rushing the wrong gaps on Extra points and field goals (re-Kick)

- **10 Yards**

1. Illegal Forward pass
2. Illegal touch by out of bounds Receiver
3. Offensive Holding
4. Off-sides
5. Diving and/hurdling
6. Offensive Pass Interference (loss of down)
7. Illegal Substitution (loss of down)
8. Player Box Violation
9. Intentional Grounding (loss of down)
10. Flag Guarding (from Spot of foul)
11. Impeding the runner

- **15 Yards**

1. Unsportsmanlike Conduct (Possible Ejection)
2. Personal Foul
3. Flagrant Delay of Game
4. Roughing the Quarterback
5. Roughing the Center (Established as a Receiver)
6. Away from the play Crack back blocks
7. Contact to the head
8. Tackling
9. Tripping
10. Elbow block or Flippers
11. Clipping

12. Roughing the kicker
13. Illegal contact with a game Official, MCFU Rep (Player Ejection)
14. Abusive and lewd behavior
15. Illegal contact beyond the five-yard bump zone. (10-yard penalty and an automatic first down)

- **Spot Fouls**

1. Defensive Pass Interference (automatic first down). If interference occurs in the defenders end zone, ball will be placed on the one-yard line.
2. Illegal block (in the back, below the waist, above the shoulders) during free kick
3. Flagrant Delay of Game
4. Flag Guarding
5. Impeding the Runner
6. Forward pitch beyond the established Line of Scrimmage