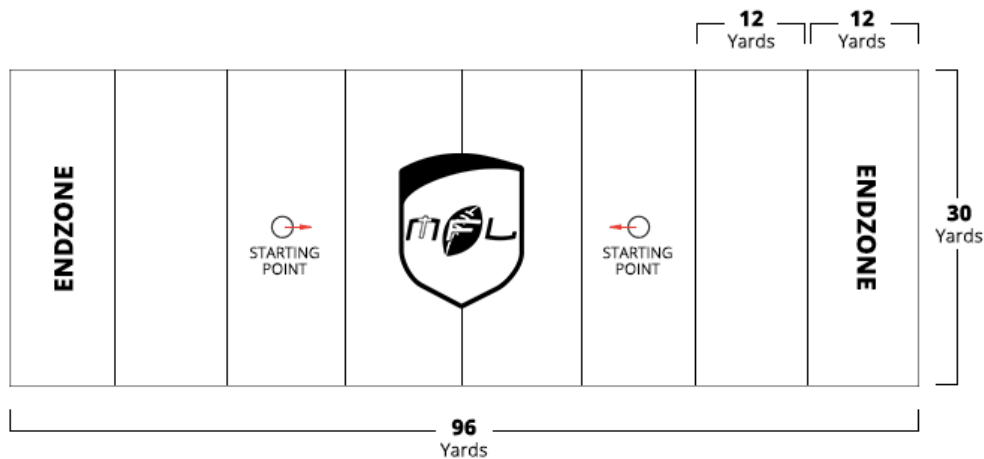


7-on-7 Tournament Rules

Any intra-League dispute or call for interpretation in connection with these rules will be decided by the Executive Members of The MFL, whose ruling will be final.

FIELD

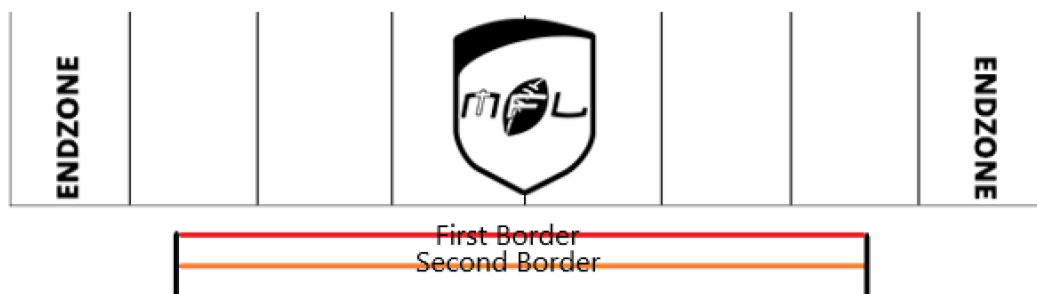
Playing Field



OFFICIAL MFL FIELD DIMENSIONS

- The playing field is 96yds x 30yds (288ft x 90ft).
- The field is striped for sidelines and the end zones will be marked by cones and lines.
 - Each striped line (12yds) in the infield is the line to gain first down.
 - Out of bounds is the inside boarder of the solid white line along the perimeter of the field.

Bench Area



- The following rule, detailing borders in the bench area, is intended for safety of the players & spectators and to avoid possible interference with officiating and gameplay.
- Borders will be marked and enforced while play is in progress (colors of borders may vary).
- First Border

- The only persons allowed in this solid white six-foot (minimum) area on a continuous basis during the game are the Game Officials; not coaches nor players.
- Second Border
 - Within the bench area (five-feet), the only persons allowed within this second border on a continuous basis during the game are the head coach (1), assistant coach (1) involved in calling signals and in charge of substitutions, and a designated "get-back" coach/player (2) to ensure the governing borders are observed by all players and spectators during the game.
- Players & spectators
 - Except for those persons allowed in the first and second borders, all other persons and all players not in the game at the time shall remain in the bench area behind the second border

ELIGIBILITY:

- Players must be 15 years old or older.
- Players under 18 must have a signed consent from a parent or legal guardian.
- All teams must consist of athletes from one physical Malayalee church
 - or have an approved merger form on record
 - If a player had previously played for a team in the previous MFL tournament and would like to switch teams due to a change in personal church affiliation, the transition must first be approved by the MFL Board and will result in sitting out a minimum of one MFL season
 - Does not apply for merger requests, when church team was nonexistent in the previous year
- Final rosters are locked with payment.
- All players, on the roster, must have their name, home address, home telephone and have read and signed the roster/waiver form before they can participate.
- Players must have identification with them when registering to play, the day of the tournament.
- **Penalty**
 - If team(s) are found to be in violation of any eligibility rules, they will forfeit the current tournament and the team will be suspended for the next MFL season; unless ruled otherwise by The MFL Board.
 - Two consecutive ejections will result in player not being eligible to play the upcoming year.

PRAIRIE FIRE RULE:

- To maintain fairness in a recreational tournament, intercollegiate athletes from division I, II schools, who played football, will be ineligible to play in this tournament (intramural players are excluded and are eligible to play). Division III players are limited to two max per team.

EQUIPMENT:

- General
 - Players generally must present an appearance that is appropriate to representing their individual church, team and The MFL

- All players must be equipped with clothing that covers the shoulders, chest, torso, mid thighs to hips.
- Flag Belts
 - Triple Threat Flag Belts© are provided
 - Flags must be worn over the uniform
 - Uniforms must be tucked into waistline to prevent interference
 - Cannot be tied (must use clips available on the flag)
- Ball
 - Each team must bring a regulation football to play
 - The offensive team may use opponent's ball if permission is granted by opposing captain
 - Must be an official size football.
 - It is the responsibility of the offensive team to provide and maintain a playable ball; play clock and game clock will not stop for a search or retrieval of the ball.
- Uniform
 - Each team must have the same color shirt/jersey
 - Colors to be chosen upon registration of team.
 - All jersey/shirts must have numbers to identify the player.
 - Shirt/jersey must be worn and cover the torso and shoulders and is to remain tucked into the uniform shorts/pants throughout the game.
 - Tear-away jerseys are prohibited.
 - Mesh jerseys/shirt/shorts/pants with large(\geq dime) fishnet material (commonly referred to as "bullet-hole" or "port-hole" mesh) are also prohibited.
 - Uniform shorts/pants must be worn and cover hips to midhighs at a minimum
 - Any lettering, acronym, designs, nickname, and/or surname on uniform must be cleared and approved with The MFL Board.
 - Extra uniforms are recommended in case of accidental tearing/damage.
- Cleats
 - Metal or screw-in cleats are not permitted.
 - If you bring metal/screw-in cleats to the tournament you will not be allowed to play with them on.
 - Shoe cleats made of aluminum or other material that may chip, fracture, or develop a cutting edge are not permitted
 - Molded cleats are allowed and recommended.
- Headwear
 - Hard billed hats must be worn backwards (bills facing directly behind the player, not tilted to either side).
 - No eyewear is to be worn in the field of play unless they are sports goggles with a band connecting the frames across the back of the head.
- Adhesive or slippery substances on the body, equipment, or uniform of any player is not permitted; provided, however, that players may wear gloves with a tackified surface if such tacky substance does not adhere to the football or otherwise cause handling problems for players
- Torn or improperly fitting equipment/uniform creating a risk of injury to oneself or other players are illegal

- Extra uniform/equipment to change into, if such situation occurs, is highly recommended.
- No device (protective or otherwise) that may cause injury is permitted.
- Metal or other hard objects that project from a player's person or uniform, including from their shoes are illegal
- Hard objects and substances, including but not limited to casts, guards or braces for hand, wrist, forearm, elbow, hip, thigh, knee, and shin are illegal
- Jewelry is not allowed to be worn while playing. Flexible retainers and spacers are recommended to be worn in place of piercings.
- All supplementary equipment's (e.g. towels) must be kept on the player and cannot be discarded onto the field of play.
 - Towels used to wipe hands, face, football, gloves, etc. must be no larger than typical hand towel 40inx20in(101.6cmx50.8cm)
- It is recommended and optional for all players to wear hexpad type protection for hips, knees, tailbone, thighs, ribs and elbows.
 - Padding that is excessive, bulky, hard to the touch, etc. must be cleared and approved by The MFL Board prior to use during tournament.
- **Penalties**
 - For violation of this equipment section discovered during pregame warm-ups or at other times prior to the game, player will be advised to make appropriate correction; if the violation is not corrected, player will not be permitted to enter the game.
 - For violation of this equipment section that is discovered while player is in the game, and which involves the competitive or player safety aspects of the game (e.g., jewelry, an adhesive or slippery substance, failure to wear mandatory equipment), player will be removed from the game until he/she has complied.
 - For any other violation of this equipment section (e.g., uniform design/lettering are not League-approved, oversized towel, excessively torn/damaged uniform) that is discovered while the player is in the game, player will be advised to make appropriate correction at the next change of possession; if the violation is not corrected, player will not be permitted to enter the game.
 - For violation of this equipment section detected in the bench area: Player and coach will be asked to remove the objectionable item, properly equip the player, or otherwise correct the violation. The involved player or players will not be permitted to enter the game until the player has complied.
 - For illegal entry or return of a player suspended under this equipment section: Loss of 5 yards from succeeding spot and removal of player until properly equipped after one down.
 - For repeat violation: Disqualification from game/tournament – discretion of The MFL Board

PLAYER CONDUCT:

- Player's must respect the officials, other players, and spectators.
- There is no tolerance for unsportsmanlike conduct which applies to any act which is contrary to the generally understood principles of sportsmanship; specifically (but not limited to):
 - Throwing a punch, or a forearm, or kicking at an opponent, even if no contact is made.

- Using abusive, threatening, or insulting language or gestures to opponents, teammates, officials, or representatives of the League.
- Actions with intent of retaliation is prohibited and is up to the referee's discretion.
- Using baiting or taunting acts or words that may engender ill will between teams.
 - Celebrations are allowed so far as it is not excessive and not directed at an individual player, spectator, and/or team
- Any violent gesture, or an act that is sexually suggestive or offensive.
- Unnecessary physical contact and/or confrontation with a game official(s).
- Any player ejected from a game or displays unsportsmanlike conduct may result in a game forfeiture and will be subject to a fine and suspension of game(s) or tournament(s).
- Team captains are responsible for the actions of their players and spectators.
- Teams are reminded that the MFL and the corresponding venue is not responsible for injuries or personal loss.

PROTESTS:

- Only the captain of each team is allowed to "challenge" the referees. Any team members, other than the captain, that are consistent in "challenging" the referees will be penalized (5 yards each offense)/ejected at the referee's discretion.
 - Captains may also be penalized if excessive – at the referee's discretion

General:

- The MFL reserves the right to make changes for the improvement of the program.
- Number of players
 - The game is played by two teams; 7 players from each
 - A minimum of 6 players are required for a team to start/continue the game
 - If 6 players are not obtainable for the team, the team will forfeit the game.
- Length of Game
 - Each game has 40-minute time slots
 - Can extend via Overtime
 - Each game consists of two 20-minute halves with a running clock (sans two-minute warning in second half).
 - **Tournaments with more than 6 teams will run 15-minute halves for round robin play; 20-minute halves will resume for playoffs and championship.
- Coin Toss
 - Will take place prior to the start of the game at midfield (also prior to start of overtime, if applicable)
 - Up to 3 players/coaches can participate in the coin toss from each team
 - Captain declaring choice/options must be wearing the captain's band
 - Referee's must be notified of any Captain role changes
 - 1 captain of the visiting team can declare the choice of the coin toss (heads/tails)
 - If no captain, the referee will appoint one to declare choice
 - 1 captain of the team that won the coin toss can declare its option (receive, goal to defend, or defer to second half)
 - Afterwards, 1 captain of the team that lost the coin toss can declare from the remaining options

- Team that lost the coin toss will have first choice to declare options (receive or goal to defend) at the start of second half (afterwards the opposing team will declare from the remaining options)
- Play Clock
 - 35 second play clock managed by the official on the line of scrimmage
 - Starts upon signal of official after official spots the ball/cone
- Game Clock
 - The game clock operator shall stop the game clock (start on the following snap) upon a signal by an official referee and/or upon the operator's own positive knowledge of actions under the two-minute warning:
 - A forward pass is incomplete
 - The ball is out of bounds
 - End of play resulting in a Touchdown
 - Timeouts signaled by an official
 - End of down when penalty occurred
 - Change of possession
- Timeouts
 - A Timeout is any interval during which the Game Clock is stopped
 - Official timeouts
 - Used at the discretion of the officials (e.g. clarification/adjustment, injury, game disruption, delay in spotting by official, etc.)
 - Team timeouts
 - 3 total timeouts per game per team
 - Limited to the use of 2 time-outs per half; applies to each team.
 - If both 2 timeouts are used in the first half, only 1 timeout remains for second half.
 - Length of a team timeout is 30 seconds; no limit on official timeout
 - A Timeout may be granted only when the ball is dead.
 - If a team calls a timeout when all allotted timeouts have been exhausted, officials shall not grant it and play will continue.
 - If a timeout is mistakenly granted, a penalty will be enforced.
 - **Penalty**
 - 10-yard penalty will be assessed from the line of scrimmage.
- Halftime
 - 2 & ½ minute halftime.
- Two-Minute Warning
 - The two-minute warning is an automatic timeout that occurs during the second half at the end of the last down when the ball is legally snapped prior to two-minute remaining on the game clock in the second half.
 - Play clock will reset and game clock will resume at the snap.
 - All dead balls will stop game clock after two-minute warning (except for offensive fumbles).
 - All extra point attempts will be untimed after two-minute warning
- Extension of Half
 - If time expires at the end of any half while the ball is in play, the period continues until the down ends.

- A half may be extended for one untimed down, if any of the following occurs during a down during which time in the half expires:
 - If there is a live-ball foul by the defensive team that is accepted, the offensive team may choose to extend the period by an untimed down after enforcement of the penalty.
 - If there is a foul by the offense, there shall be no extension of the period. If the foul occurs on the last play of the half by the offense, a score by the offense is not counted. However, the period may be extended for an untimed down, upon the request of the defense, if the offensive team's foul is for:
 - a personal foul or unsportsmanlike conduct foul committed during a down prior to a safety, an interception of a forward pass, or the recovery of a backward pass
 - If a touchdown is made on the last play of the half, the extra point attempt shall be made
 - If a safety results from a foul during the last play of a half, the score counts
 - If a double foul occurs during the last down of either half, the half shall be extended by an untimed down.
 - Exception: The half is not extended if both fouls are dead-ball fouls
 - If any period is extended for any reason, it shall continue until the completion of a down free from any foul specified above
- Penalty decision
 - Only 1 captain from each team can indicate the team's penalty option
- Mercy Rule
 - If a team is trailing by 17 points or more, the clock will not stop and continue to run throughout the two-minute warning. Time stoppage will only apply for timeouts.
- Play Review
 - Play results can be reviewed by the referees until the snap of the following play.
 - There will be no adjustments or modifications of the past or future plays once a decision has been made by the referee crew and/or The MFL Board
 - There are no instant replay reviews
 - Footage from spectator or MFL devices will not be taken into consideration during reviews
- Line of scrimmage
 - The Line of Scrimmage is the vertical plane of the yard line that passes through the forward point of the ball (or cone/marker) after it has been made ready for play.
- Neutral Zone
 - The Neutral Zone is the space between the forward and backward points of the ball, creating two planes that extends to the sidelines.
 - Starts when the ball is ready for play.
 - The ball must be snapped into play within one yard of the marker, vertically.
 - Horizontally, the ball may be adjusted along the line of scrimmage; at minimum of five yards from the sidelines.
- Possession
 - Whenever a team is in possession of the ball, it is the Offense, and its opponent is the Defense.

- The team that is the Offense becomes the Defense, and vice versa, when there is a change of possession during the down.
- A change of possession occurs when a player of the defensive team secures possession of a ball passed by a player of the offensive team, or when the ball is awarded to the opposing team by rule.
 - A change of possession includes, but is not limited to:
 - An interception of a forward pass or backward pass
 - When the offensive team fails to reach the line to gain on fourth down
 - When the offensive team misses an extra point attempt
 - A safety is awarded
- Substitutions
 - Any number of substitutes may enter the field of play or the end zone while the ball is dead.
 - If a substitute enters the field of play or the end zone while the ball is in play, it is an illegal substitution.
 - If an illegal substitution interferes with a play, it is up to the referee's discretion to award or remove points (if it interfered with scoring) and/or disqualify the player from the game.
 - Offensive substitute
 - Must reach the center field 10 yards from the sideline, otherwise will be considered an illegal substitution (cannot step on to the edge of the field right before play starts).
 - Defensive substitute
 - Must be on the field prior to the snap, otherwise will be considered an illegal substitution (cannot run onto the field in the middle of a play).
 - **Penalty**
 - Illegal substitution will result in a 5-yard penalty and/or referee's discretion to award/remove points and player disqualification for the game
 - Offensive substitute – from the line of scrimmage
 - Defensive substitute – from the spot of the ball
- Deflagging
 - Player is considered down and/or end of down is determined when
 - The flag belt is taken from the runner (the down shall end)
 - Progress will be based off the location of the ball when player is deflagged.
 - Spot of the ball is determined at the time when the clip of the flag belt becomes detached (not when the belt falls to the ground)
 - If a flag belt inadvertently falls off, a one hand tag constitutes the same results as deflagging the player
 - A player may leave their feet to remove a flag but may not result in excessive contact with the opposing player (reference tackling)
 - Player must have possession of the ball before they can legally be deflagged.
 - It is illegal for a defensive player to intentionally deflag the opponent who is not in possession of the ball.
 - **Penalty:** Intentional deflagging and deflagging interference by uniform both results in a 5-yard penalty from the spot of the foul.

- Player may not guard their flag with any part of their body (lowering shoulder) or swipe/physically prevent a defender from deflagging them (swinging arm across/over the flag belt even while in the motion of running with defender(s) making a play on the flag)
 - **Penalty:** Flag guarding – 5-yard from the spot of the foul
- Scoring
 - Point system
 - Touchdown = 6 points
 - Extra point
 - 5 yards from goal line = 1 point
 - 10 yards from goal line = 2 points
 - Safety = 2 points
 - For any score to be valid
 - Ball is on, above, or behind the plane of the goal line and is in possession of the player who has advanced from the field of play into the end zone
 - Player, who is legally inbounds, catches the ball that is on, above, or behind the goal line
 - Player must have a minimum of one foot inbounds, possession of the ball, and the ball must break the plane of the goal line.
- Playoff
 - Seedings for playoffs will be based off the following results:
 - Record
 - Head to Head Results
 - Points scored against (lowest)
- Miscellaneous
 - All blocking and physical contacts must be done with open hands (no closed fists) and remain within reason; excessive physical contact may include (not limited to) lowering of the shoulder to gain leverage, elbow/forearm blocking higher than chest area of the opponent, blocking lower than the hip of the opponent, etc.
 - Stiff arms are not allowed
 - **Penalty:** unsportsmanlike conduct/illegal blocking – 10-yard penalty from spot of the foul
 - Simultaneous possession of two opposing players, possession of ball will be awarded to the offensive team.
 - Inadvertent Whistle
 - Accidental stoppage of the game or blowing of the whistle by the referee; replay of down (no time adjustment unless excessive – referee’s discretion).
 - Incidental contact will be ruled as no interference (referee’s discretion) such as (but not limited to):
 - Incidental contact by an opponent’s hands, arms, or body when both players are competing for the ball, or neither is looking for the ball.
 - Inadvertent tangling of feet when both players are playing the ball or neither is playing the ball.
 - Contact by a player who has gained position on an opponent in an attempt to catch the ball

- Any minor contact that does not restrict a player from making an attempt to play the ball

Overtime:

- The MFL reserves the right to make changes for the improvement of the program.
- Overtime will occur when the score is tied at the end of regulation playing time.
- Coin flip to decide possession (ref. The Game – Coin Toss)
 - Visiting team captain is to call the toss
 - Options: Receive or goal to defend
- Regular season overtime follows Progression Rule
 - Team to travel the furthest and/or score more wins
 - Each team will have opportunity to possess the ball once during overtime
 - In case of a tie; repeat until winner emerges
 - Teams to start at midfield (both teams to go in the same direction)
 - Offense has 4 downs to score a touchdown (extra point(s) attempt afterwards) or progress the furthest from starting point.
- Playoffs and Championship game overtime follow College Football OT Rules
 - In case of a tie; repeat until winner emerges
 - Each team will have at least one offensive possession
 - Each team will start at the 2-point marker (extra point) and have 4 downs to score (extra point(s) attempt afterwards)

SAFETY:

- An offensive player carries the ball across the goal line they are defending and is deflagged while in possession of the ball.
- When the offensive team commits a holding penalty in the end zone.
- If the offensive team drops the ball in the end zone they are defending (fumbled play or snap).
- Automatic change of possession from the starting point.

OFFENSE:

- Starting point, for start of the game, any touchbacks, and after any scoring is halfway between the second and third cone from the goal line.
- Kickoffs will no longer be part of The MFL Tournament
- All offensive players are eligible receivers; including offensive linemen (cannot throw to oneself)
- Players are not allowed to jump/dive forward for extra yards
 - Extending the ball while running is allowed
- There can never be more than 7 players in the huddle while play clock is running
- Coaches are not allowed on the field while game clock is running – reference bench area
- One forward pass per down is allowed
- Unlimited backward/lateral passes allowed; must be made behind the player's offensive direction
- Formation
 - Offensive players' shoulders must face forward, square with the goal line at the start of each play (unless player is signaled into motion)
 - Snapper (center) – no part of the snapper's body can extend past the neutral zone

- Non-snapper – no part of player’s body is permitted to be in the neutral zone at the snap.
- Legal offense formation requires a minimum of 3 players at the line of scrimmage within 1 yard of each other (1 of the 3 being the snapper[center])
 - Applies to punt formation
- After scoring, the player whose action resulted in the score must allow the referee to check the flag belt, if needed determined by the referee
 - The flag belt cannot be illegally secured (e.g. tied, tucked, knotted, etc.)
 - **Penalty**
 - Illegal securing of the flag belt will result in all of the following:
 - Score to be disallowed
 - 10-yard penalty from the line of scrimmage
 - Possible ejection from game and/or tournament dependent on intent (discretion of the referee).
- Delay of Game
 - It is a delay of the game if the ball is not put in play by a snap within 35 seconds after the start of the play clock.
 - Other examples of action or inaction that are to be construed as delay of the game include, but are not limited to:
 - A player unnecessarily remains on a dead ball
 - Undue delay by either team in assembling after a timeout
 - The snapper repeatedly snaps the ball after the neutral zone is established and before all the officials have had a reasonable time to assume their positions
 - A defensive player aligned in a stationary position within one yard of the line of scrimmage makes quick and abrupt actions that are not a part of normal defensive player movement and are an obvious attempt to cause an offensive player(s) to foul (false start).
 - Spiking or throwing the ball in the field of play after a down has ended or after a score
 - Intentional contact with the football to delay the snap or the officials’ ability to make the ball ready for play
 - When a timeout is mistakenly granted
 - **Penalty:** Delay of Game – 5-yards from the line of scrimmage
- Snapping:
 - The snap may be performed by any offensive player who is on the line of scrimmage.
 - The snap must be received by a player who is not on the line at the moment of the snap.
 - If the ball is dropped, the play is completed and is spotted at the point where the ball initially contacted the ground
 - The clock will continue to run during the two-minute warning
 - Player cannot snap to oneself (center sneak, etc.)
 - Ball must start on the ground and snapped in one quick and continuous motion.
 - Ball can be snapped with one or two hand.
 - Ball must be snapped between the snapper’s legs (applies to punt formation also).
 - **Penalty:** Illegal snapping & False start – 5 yards from line of scrimmage
- Motion:

- Only one player can be in motion at one time.
- Trigger motion by QB vocalizing “motion” or signaling with arm or leg
- When in motion,
 - Player must travel horizontally or backwards
 - no abrupt or sudden movements are allowed
 - no quick actions or movements toward the line of scrimmage simulating the start of the play
 - No running start toward the line of scrimmage prior to the snap
 - Player must be set if motioning toward line of scrimmage
- **Penalty:** Illegal motion – 5 yards from the line of scrimmage
- Blocking:
 - Blocking down field is allowed (after ball crosses line of scrimmage).
 - Blocks are allowed behind the line of scrimmage (must block with open hands [no closed fists]).
 - Must block in the frame of the player (below neck, above waist, within torso)
 - Cannot block head, neck, or face region
 - Cannot chop block (block into thighs or lower to remove players legs from beneath them)
 - Cannot block an already grounded player who, is not making an action towards the play
 - **Penalty:** Illegal blocking – 10 yards from the line of scrimmage
 - Blocks must occur in front and side of the defender
 - Blocks cannot occur from behind
 - Not considered block in the back if player turns away from blocker while contact is imminent
 - Block in the back is considered illegal blocking
 - Holding occurs when player uses their hands/arms to restrict or alter the defender’s path or angle of pursuit; including but not limited to:
 - Grabbing or tackling an opponent
 - Hooking, twisting, turning defender with arms/hands
 - Pulling defender to the ground (via grabbing arms or jersey)
 - **Penalty:** offensive holding – 5 yards from the line of scrimmage
- Pass interference
 - Reference pass interference in defense section
 - **Penalty:** offensive pass interference – 10-yards from the line of scrimmage
- Legal Catch
 - For a catch to be deemed legal, the player must catch the ball without any part of the ball touching the ground. A player must be able to make the catch without the aid of the ground (trapping the ball). This rule applies to both offensive and defensive players.
 - If a player hits the ground and loses possession of the ball before having clear possession of it, the pass is ruled incomplete.
 - If a player is in the air attempting to catch a ball, he must land with at least one foot inbounds with clear possession of the ball before going out of bounds.
 - If a receiver goes out of bounds on his own volition, he is deemed ineligible to receive a pass. If a player is forced out of bounds by a defensive player, he is

- eligible to return to the field of play to receive a pass.
- If a player is forced/pushed out of bounds by a defender before getting one foot down, a referee must determine whether player has possession and interpret it as player landing inbounds. This rule applies to both offensive and defensive players.
- Intentional Grounding
 - When a passer intentionally throws the ball without any realistic change of completion due to the possibility of loss of yards because of defensive pressure.
 - There is a realistic chance of completion if the pass is thrown in the direction and lands in the vicinity of an eligible player.
 - **Penalty:** intentional grounding – 5-yards from the line of scrimmage
- Dead Ball
 - The ball is spotted where the ball is when the flag is pulled.
 - Ball hits the ground.
 - Ball carrier steps out of bounds.
 - Touchdown, Safety, or Interceptions
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag is hidden from the opponent.
 - All fumbles are dead upon contact with the ground
 - A ball fumbled forward is dead at the spot where the fumble occurred.

PUNT/RETURN:

- Formation – reference Offense section
 - Offensive players are not allowed to progress forward until the ball is punted
- An artificial or manufactured tee shall not be permitted to assist in the execution of a punt
- Punt must be kicked – cannot be thrown
- Punt block attempts must be done in front of the line of scrimmage and cannot advance towards the punter nor cross the line of scrimmage (jump up & down and side to side movements only allowed)
- Downfield blocking on punts is not allowed
 - 5-yard contact is allowed from the line of scrimmage
 - Return team may set picks(screens) downfield
 - Moving screens are not allowed
 - Player must establish position prior to setting the screen
- Must be a drop kick (no place kicking)
 - If the ball touches the ground, after the ball is snapped and prior to the punt, the ball will be dead at the point of contact with the ground.
- The offense may elect to punt on any down
 - Must declare to the referee the decision to punt or not (no fake punt).
 - If declaration, to punt or not punt, is to change a timeout will be charged.
 - If no timeout is available, declaration of action cannot be changed.
- Defenders on the line of scrimmage may jump up and along the sideline but not over.
- If a ball is punted into the endzone and downed it will result in a touchback; ball will be spotted at starting point.
 - A punted ball that does not reach the endzone or is taken out of the endzone cannot be downed in the endzone; if done so it will result in a safety.

DEFENSE:

- Formation
 - Legal defensive formation requires a minimum of 2 players at the line of scrimmage in a 3-point stance
 - Applies to punt return formation (except 3-point stance is not required)
 - 4-point stances are not permitted at anytime
 - No abrupt/sudden movements toward line of scrimmage during the cadence intentioned to draw player to false start
 - **Penalty:** Excessive baiting – 5 yards from line of scrimmage
- No tackling
 - Players must actively make a play for the flag on the opposing player
 - Intentional tackling/pushing runner out of bounds is not allowed
 - **Penalty:** tackling – 10 yards from the line of scrimmage and automatic first down (referee's discretion for unsportsmanlike)
- Defensive players may play up to the line of scrimmage
 - Contact is only allowed up to 5-yards in front of the line of scrimmage.
- Interceptions
 - Reference criteria of legal catch in offensive section
 - Interceptions are returnable
- Fumbles
 - Are not allowed.
 - Fumbles result in a dead ball and spotted where the ball hits the ground or from the spot of fumble, if the ball is fumbled forward.
 - Fumbles cannot gain positive yardage.
- Face guarding is allowed if there is no contact.
- Encroaching
 - A player is encroaching on the neutral zone if any part of the player's body is in the neutral zone and makes contact with the offensive player or the ball prior to the snap.
 - **Penalty:** 5 yards from line of scrimmage and replay down.
- Offsides
 - A player is offsides when any part of the player's body is within the neutral zone or past it at the time of the snap.
 - A snapper is offsides when any part of the snapper's body is beyond the neutral zone
 - **Penalty:** 5 yards from line of scrimmage and replay down.
- Holding
 - A player grasps an eligible offensive player (or his jersey) with his hands, or extends an arm or arms to cut off or encircle him
 - A defender cannot obstruct the runner by holding or grasping the runner while deflagging
 - **Penalty:** 5 yards from spot of foul and automatic first down
- Illegal contact
 - A player makes illegal contact past 5-yard zone
- Pass interference

- Any act by a player more than one yard beyond the line of scrimmage, who is not playing the ball, which significantly hinders an eligible player's opportunity to catch the ball.
 - Contact by a player who is not playing the ball that restricts the opponent's opportunity to make the catch
 - Playing through the back of an opponent in an attempt to make a play on the ball
 - Grabbing an opponent's arm(s) in such a manner that restricts his opportunity to catch a pass
 - Cutting off the path of an opponent by making contact with him, without playing the ball
 - Initiating contact with an opponent by shoving or pushing off, thus creating separation
 - Hooking an opponent in an attempt to get to the ball in such a manner that it causes the opponent's body to turn prior to the ball arriving
- Can only occur when a forward pass is thrown from behind the line of scrimmage, regardless of whether the pass is legal or illegal, or whether it crosses the line.
- **Penalty:** Defensive pass interference – automatic first down at the spot of the foul
 - Automatic first from the 1-yard line if penalty occurs in the endzone
- Contact that would normally be considered pass interference, but the pass is clearly uncatchable(referee's discretion) by the involved players will be called as no interference.
- Stripping of possession
 - A player cannot punch, strike, strip, steal, or attempt to steal the ball from a player in possession of the ball
 - **Penalty:** 5 yards from spot of foul

QUICK REFERENCE – PENALTY SHEET

OFFENSE:

- 10) Delay of Game: 5 “yards” from Line of Scrimmage & Replay of Down
- 20) Illegal Formation: 5 “yards” from Line of Scrimmage & Replay of Down
- 30) False Start: 5 “yards” from Line of Scrimmage & Replay of Down
- 40) Clipping/Block in the Back: 5 “yards” from the Spot of the Foul (Line of Scrimmage if penalty occurs downfield) & Replay Down
- 50) Offensive Holding: 5 “yards” from the Spot of the Foul (Line of Scrimmage if penalty occurs downfield) & Replay Down
- 60) Offensive Pass Interference: 10 “yards” from Line of Scrimmage & Loss of Down
- 70) Illegal Contact (Offensive): 5 “yards” from Line of Scrimmage & Replay of Down
- 80) Illegal Forward Pass/Illegal Pass Beyond the Line of Scrimmage: 5 “yards” & Loss of down
- 90) Intentional Grounding: 5 “yards” & LOSS OF DOWN
- 100) Stiff Arm/excessive contact: 10 “yards” from spot of foul & Loss of Down
- 101) Flag Guarding: 5 “yards” from Spot of the Foul (Result of play before the foul will stand – If 1st down is gained before the penalty, the offensive team is awarded the first down before penalty is assessed)

DEFENSE:

- 110) Offside/Encroachment/Fake Forward: 5 “yards” from Line of Scrimmage & Replay of Down
- 120) Defensive Holding: 5 “yards” from the Spot of the Foul (Line of Scrimmage if penalty occurs downfield) & Automatic 1st Down for Offensive Team
- 130) Illegal Formation – Defense (3-point stance): 5 “yards” from Line of Scrimmage & Replay of Down
- 135) Defensive Pass Interference: AUTOMATIC 1st Down at the Spot of the Foul
- 140) Illegal Contact (Defensive): 5 “yards” from Line of Scrimmage & Replay of Down
- 150) Obstructing the Runner: 5 “yards” added to the end of the run
- 160) Stripping the Ball: 5 “yards” added to the end of the run
- 180) Stripping the QB: 5 “yards” from Line of Scrimmage & Replay of Down

MISCELLANEOUS:

- 190) Too Many Men on the Field: 5 “yards” from line of scrimmage & Replay Down

PERSONAL FOULS:

-ALL penalties listed below will result in either a LOSS OF DOWN (Offensive Penalty) or 1ST DOWN FOR THE OFFENSE (Defensive Penalty) IN ADDITION TO LOSS OF YARDAGE (10 “yards”).

- 200) Swearing/Taunting
- 210) Tackling the runner or pushing runner of bounds
- 220) Throwing the runner to the ground
- 230) Roughing the passer
- 240) Tripping an opponent
- 350) Excessive contact with an opponent who is on the ground
- 360) Making any contact with an opponent which is deemed unnecessary/rough
- 370) Deliberately driving or running into a defensive player
- 380) Any form of cheating, such as illegal equipment, flag concealment, etc.

390) FIGHTING – FIGHTING WILL RESULT IN AN AUTOMATIC EJECTION FROM THE ENTIRE TOURNAMENT FOR THE OFFENDING PLAYER(S) AND POTENTIALLY ENTIRE TEAM IF DEEMED APPROPRIATE BY THE REFEREES And/or THE MFL BOARD. PENALTIES MAY BE GREATER IF VIEWED AS UNSPORTSMANLIKE OR DONE WITH INTENT TO HARM/INJURE. SUCH ACTIONS MAY RESULT IN EJECTION OF PLAYER AND OR TEAM OR ADDITIONAL YARDAGE BEING ASSESSED TO THE PENALTY.