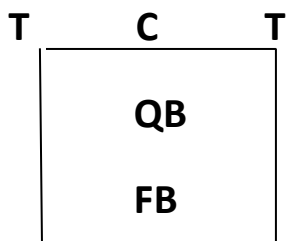




**MAJOR INDOOR
FOOTBALL LEAGUE
2018 RULE BOOK**

“THE BOX”

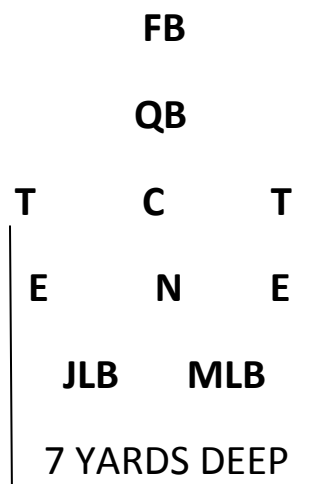
The term “box” is used to define the area where the Quarterback and Fullback can align offensively and the area where the two inside Linebackers can align defensively



OFFENSIVE FORMATION

The Fullback must be in the box and can only line up as wide as the inside shoulder of the Offensive Guard. The Fullback must be lined up “in the box.” If the Fullback is aligned in the “up” position, there must be day light between him and the offensive line (he cannot break the plane of the “butt” of the offensive line)

DEFENSIVE FORMATION



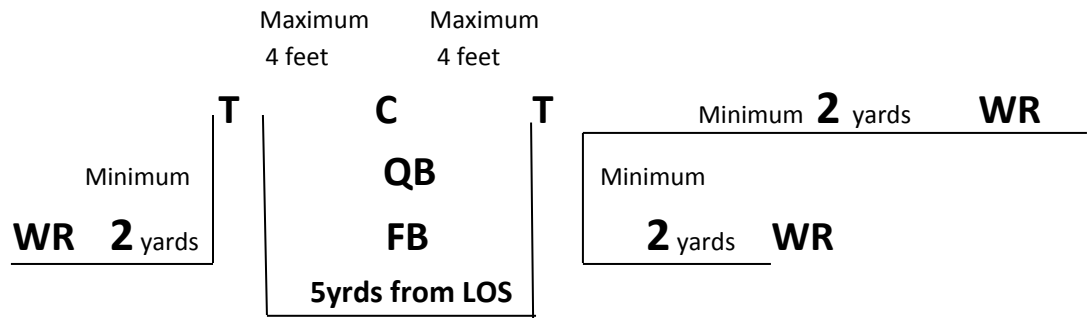
The declaring/Hand-Raised “MAC” Linebacker should line up, prior to/at the snap, no further back than 5 yards. The MAC Linebacker must be aligned in an “A” Gap. At no time post snap can the MAC Linebacker be deeper than seven (7) yards.

The JACK Linebacker must be aligned in the box in the opposite “A” Gap from the MAC no further back than 5 yards. The Jack can go sideline to sideline but can never be deeper than 7 yards deep.

The width of the defensive box will be determined by the outside shoulders of the Offensive Tackles.

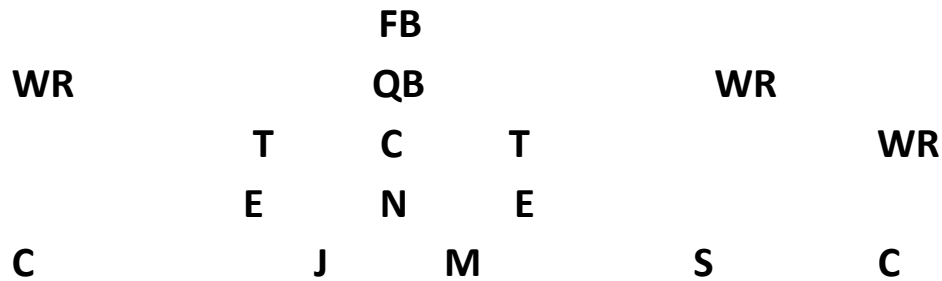
The Defensive End must line up on some part of the Offensive Tackle. This is defined as shoulder to shoulder with the Offensive players inside or outside shoulder.

“Formations- Regular Offense”



- (1) Offense must have four (4) men on the Line of Scrimmage at the snap.
- (2) The maximum the interior Lineman can split is four(4) feet
- (3) The WR can't be aligned any closer than (2) yards from the Offensive Tackle
- (4) The Fullback must start in the box
- (5) At the snap of the ball, the only stationary players allowed in the box are the Quarterback and Fullback
- (6) Only two high motion WRs are permitted prior to the snap.

“Formations- Defense”



1. Defense must have three (3) Defensive Lineman in a 3 or 4 point stance.
2. The Defensive Ends must be lined up shoulder to shoulder on the Offensive Linemen. (inside shoulder, head up or outside shoulder)
3. The Noseguard must be aligned helmet to helmet with the Center. There is no shading. (Shading is a 5 yard penalty- Illegal Formation)
4. The MAC Linebackers must have daylight between him and the defensive line and no wider than the inside shoulder of the of the Offensive Guards
5. The JACK linebacker must be aligned at the 5yd depth and no wider than the inside shoulder of the Offensive Guards. At no time can the JACK be deeper then 7 yards.
6. The MAC is the only LB who can blitz.
7. No DB is allowed in the LB Box prior to the snap
8. MAC Linebacker may cover the Fullback if the Fullback leaves the box on a pass route. The MAC linebacker and the offensive Fullback are tied to each other; If the Fullback leaves the box, then the MAC linebacker may leave the box

“DAYLIGHT”

The term daylight is used offensively and defensively.

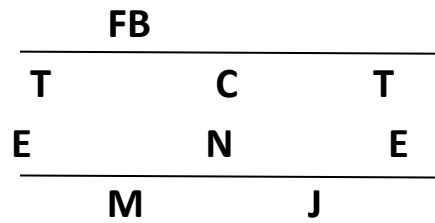
The Head Linesman and Line Judge should be able to look through a “tunnel” prior to the snap and see “daylight” between (a) the Offensive Line and the Fullback, and (b) the Defensive Linebackers and the Defensive Lineman.

The Back Judge should NOT be able to see “daylight” between the Defensive End’s inside shoulder and Offensive Guard’s outside shoulder.

Defensive End too wide is an illegal formation

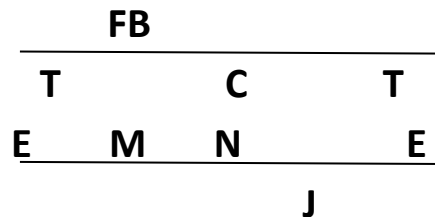
ILLEGAL FORMATION= 5 yards from previous spot

LEGAL FORMATION



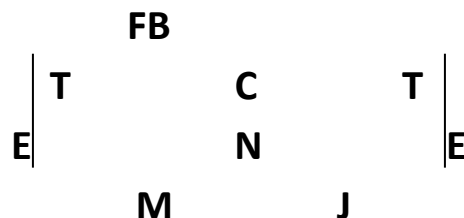
There is daylight between the linebackers and the defensive line

ILLEGAL FORMATION



There is no daylight between the mac and the defensive line

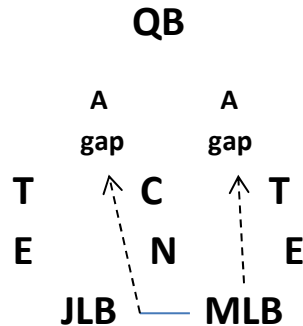
ILLEGAL FORMATION



Too much daylight between the Defensive End’s and the Offensive Lineman

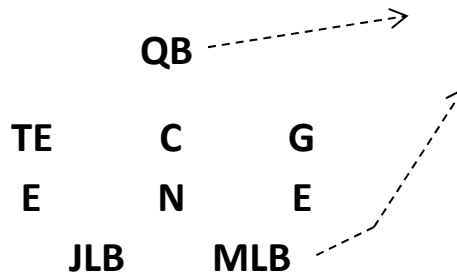
“THE BLITZ”

Who can blitz? The only person who can blitz is the MAC Linebacker who raises his hand prior to the snap.



This Linebacker can blitz into either “A “ gap. The NG is also allowed to rush either “A” gap.

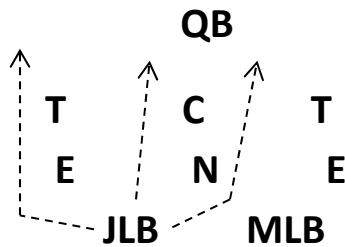
Where can the Linebacker” Blitz?” The Linebacker may blitz into either A gap, right or left of the Center. The only time the Linebacker may blitz outside is when the Quarterback or RB is outside of the ”box” and is designated as a “Runner” carrying the ball.



This blitz is legal because the Quarterback is outside the box.

"ILLEGAL BLITZ"

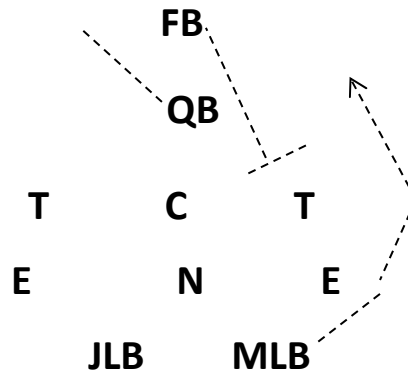
An illegal blitz occurs when the wrong Linebacker (i.e. the Jack Linebacker: did not raise his hand prior to the snap) blitzes or takes an outside rush when the Quarterback is in the pocket



This blitz is illegal

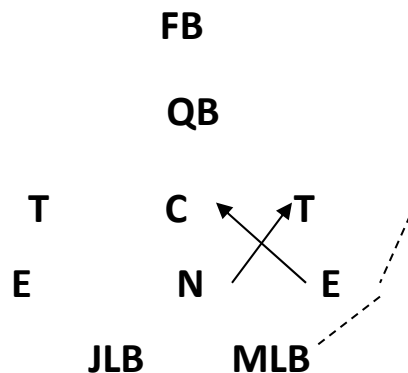
Wrong Linebacker
Blitzing

Illegal
Outside
Blitz



This blitz is illegal. The Quarterback is in the pocket. The Linebacker may only blitz in the "A" gap

Illegal
Outside
Blitz



This blitz is illegal. The D line twist and the linebacker blitzes out side with the Quarterback still in the pocket.

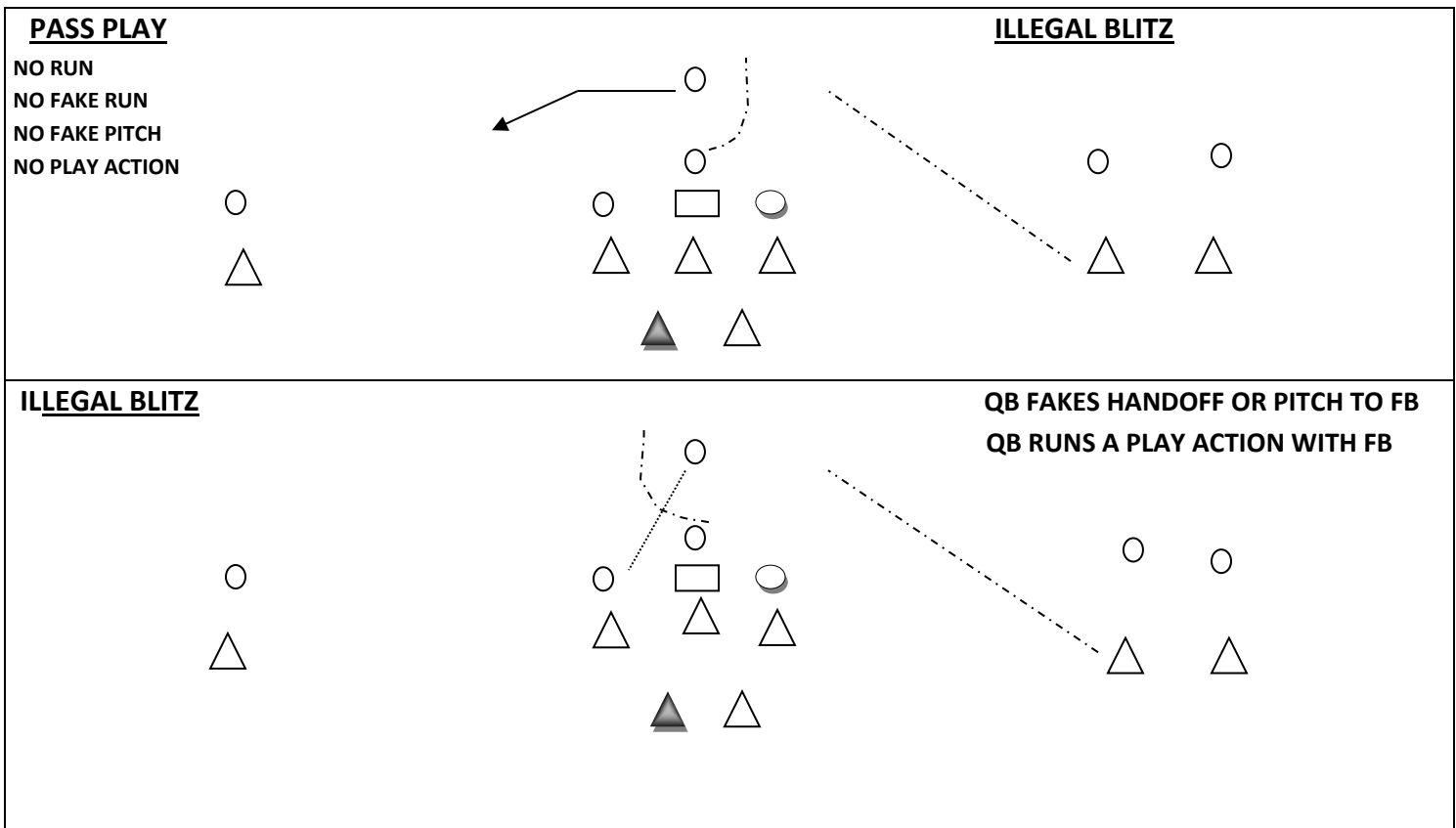
“BLITZING”

There is no foul if a Safety, Corner or Jack “blitz” occurs on a RUN play

If the Quarterback is passing from the pocket and is hit on an illegal blitz= Personal Foul
 Personal Foul= 10 yards Previous or Tack on if pass or run is completed beyond the line of scrimmage (Automatic 1st down)

1. If Corner, Jack or Safety blitz/rush at snap (No contact on QB):
 2. If there is a run: Blitz is legal
 3. If there is a run/pass option play: Blitz is legal
 4. If there is No run or No Quarterback run or action fake: Blitz is illegal
- Penalty: Illegal Defense= 5 Yards, Automatic 1st down from previous spot.

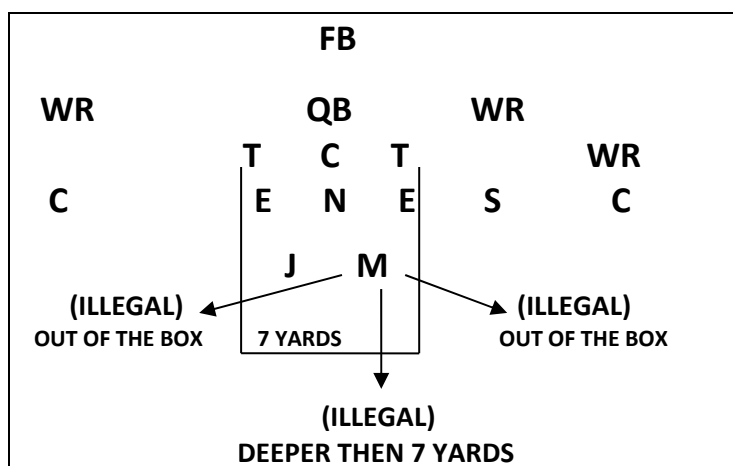
The word “blitz” in this section is not an attack on the QB. It is giving players the ability to come across and meet a run play. It does not give them the right to continue and hit the QB, while in the offensive box, even if there is a play fake. The QB is considered in the box if any part of his person is touching any part of the box.



“ILLEGAL DEFENSE”

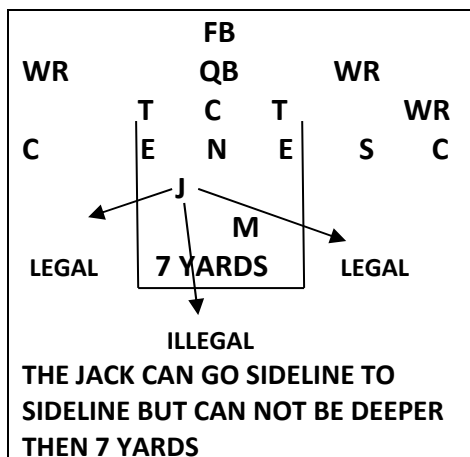
RULES FOR MAC

- An illegal defense penalty will be called when the Mac Linebacker is outside of his restricted area **Unless Fullback leaves the box in which case the Mac may leave as they are tied.
- The Mac must be aligned in one of the two A gaps. No closer than “Daylight” and no deeper than 5 yards. After the snap, the Mac may drop no deeper than 7 yards.
- Once the Mac “declares” he is locked in that A gap and may not switch to the other A gap on that particular play until the snap.
- The umpire will be positioned at seven (7) yards at the snap.
- The Mac Linebacker must raise his hand prior to the offense beginning their cadence and be in the box.



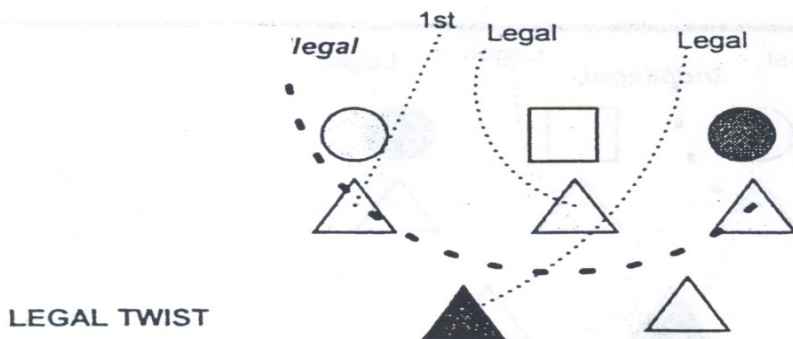
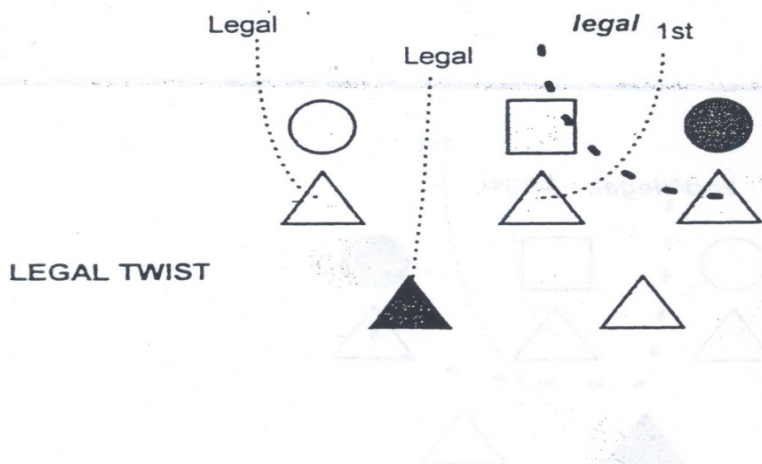
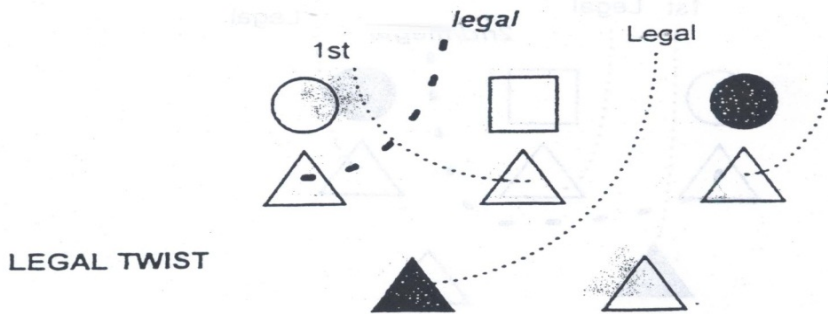
RULES FOR JACK

- The JACK LB must lineup in the box and follow box rules.
- The Jack is not permitted to blitz unless it is a run play, play-fake, or the QB leaves the Box.
- Pre-snap the Jack must be aligned in the opposite A gap from the Mac linebacker and no deeper than 5 yards.
- After the snap the JACK can go sideline to sideline but cannot be deeper than 7yds.



“DEFENSIVE LINE PLAY”

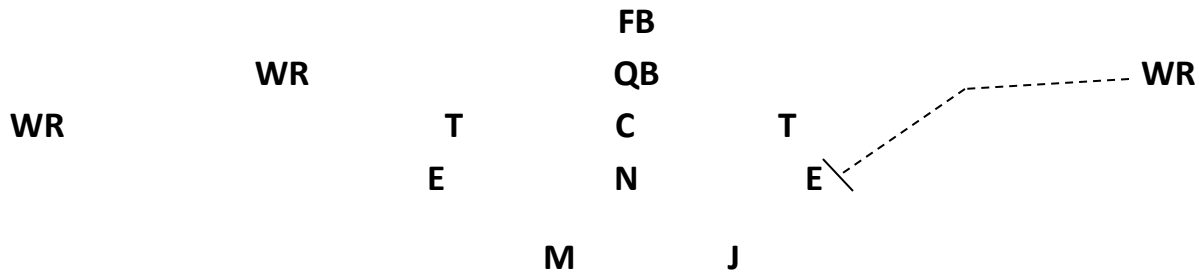
On the Defensive Line the Lineman are NOT allowed to drop into coverage. However the Defensive lineman are allowed to run stunts and twists. When a stunt or twist happens on the defensive line the Mac linebacker if he blitzes can STILL ONLY blitz the A gap. If the Mac Linebacker blitzes outside it will be an Illegal Defense penalty 5 yards & automatic 1st Down.



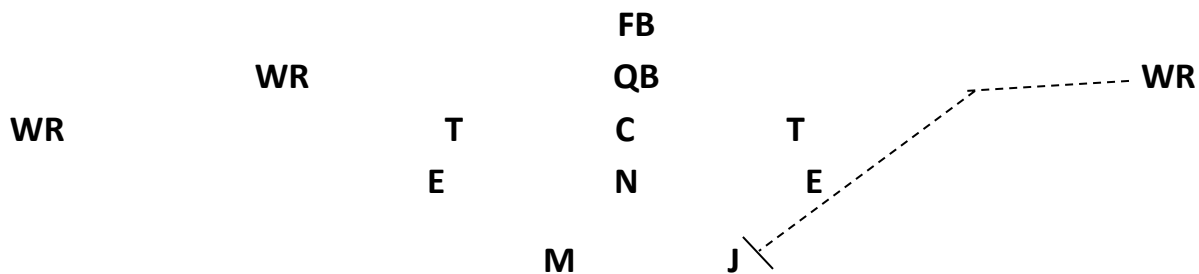
“CRACKBACK BLOCKS”

A player in motion towards the ball prior to the snap may not block a Defensive Lineman but can go and block a linebacker above the waist.

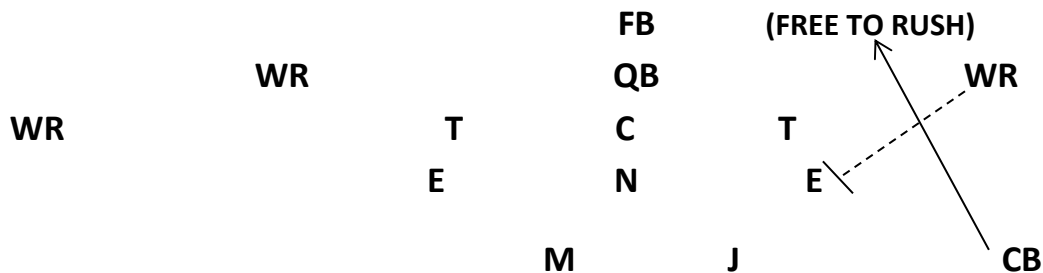
ILLEGAL CRACKBACK BLOCK



LEGAL CRACKBACK BLOCK



A stationary WR can block down on a Defensive Lineman but he cannot block him below the waist. Also if a stationary WR is blocking then the Defensive back covering him is free to rush.



“STACKING ”

T C T
E N E
M J

THIS IS AN ILLEGAL FORMATION

Defensive Ends are Legal

Linebackers are Illegal

Linebackers can never be wider than inside shoulder of Guard/Defensive End

Ends must line up with some part of Guard

Linebackers can never be wider than Ends

T C T
E N E
M J

ILLEGAL FORMATION

(Mac & Jac too Wide)

T C T
E N E
M J

ILLEGAL FORMATION

(both Mac & Jac LB too Wide)

“FIELDGOAL ”

K

H

UB

T G C G T
E N LB E
C J S C

Only the 4 down lineman can rush the kick. 4 down lineman must be head up.

A defensive lineman is NOT allowed to cover the center on a FG or XP attempt.

Lineman can twist and stunt

“OFFENSIVE MOTION”

Motion: Only two (2) eligible receivers may be in motion forward, backwards, or laterally, prior to and at the snap. Restrictions for motion receivers are:

- a. cannot begin motion until entire team is set for one second; (illegal shift)**
- b. cannot be in motion through or stationary within the offensive box at the snap; (illegal motion)**
- c. cannot perform a “stop-motion” move; (illegal motion); and**
- d. cannot block one of the three interior defensive linemen until there is a designated ball carrier. (personal foul, illegal block – ten yards)**

			FB		
W			QB		W
		T	C	T	
					W

“RULES OF THE GAME ”

A. THE FIELD

An indoor artificial surface, 30 yards wide and 50 yards long with end zones 8 yards deep; if possible. End zones can be rounded or squared off. If an outdoor field is used it must be marked off with lines and/or cones to these dimensions. If these requirements cannot be met, the home team must apply to the league for a waiver from these requirements.

B. THE DASHER BOARDS

A minimum of two-four-inch-thick, high-density foam pad will be used for cushioning around the entire perimeter of the playing field. This pad will be a minimum of 4 feet tall and will encircle the entire playing field.

On a pass if the ball hits the dasher board section of the wall and pops in the air, if it's a catch by the offense or defense it's ruled a good and legal catch. All fumbles that hit the wall are live. ***If arena has glass above dasher boards that glass area is ruled as OUT OF BOUNDS/NOT IN PLAY, meaning any passed ball may NOT be legally caught off the glass/upper section of the wall.

If a ball carrier touches or bounces off the wall of his own doing and not put into the wall by an opposing player he is still considered LIVE and may continue to advance the ball. However if he is physically pushed/tackled into the wall or contacted by an opposing player while in contact with the wall the ball carrier is considered out of bounds and the play is to be then whistled dead.

*** If outdoors all NCAA out of bounds rules are to apply.

i.e. 1 foot in bounds=legal catch, illegal touching & needing to re-establish in bounds before being eligible to receive, running out of bounds with the ball ends the play.

C. THE GOAL POSTS

1. Goal posts can be placed and centered above each end wall. The posts are 10 feet off the ground and 10 feet wide. The uprights should extend 20 feet from the crossbar. The goal post can be either PVC piping or colored tape.

D. GAME OFFICIALS

1. Four Officials shall make up a game day crew. They are Referee, Linesman, Line Judge, and Back Judge.
2. Officials must be registered with the MIFL.
3. Officials' uniforms will consist of: NFHS/NCAA style Black and White stripe short

sleeve shirt, and a Blue Bean Bag. (Flag, down marker, Whistle, and Watch are part of the uniform).

4. The officials' jurisdiction begins when the officials enter the venue and ends when all officials leave the venue.
5. There shall be no entry into officials' dressing room without permission.
6. Home team shall provide a secure area for officials if available.
7. Home team is responsible for officials' safety.
8. Home team shall escort officials from the arena to their vehicles after the game if need be..
9. Officials should arrive in the home team's venue a hour and an half prior to kickoff. The Referee should meet with an official from the home team to obtain the official's pay for the game.
10. The Referee shall meet with the Head Coach of each team one hour before kickoff, for general rule interpretations/questions/concerns and obtain a game day 30 man roster for both teams.
11. Home team is responsible for the three chain crew workers.
14. The Referee for each MIFL contest shall administer penalties using official football hand signals,
15. Back Judge is responsible for the 35 second play clock.
16. Back Judge is responsible for official game clock.

F. TEAM BENCH

1. Only the 30 players playing in the game, coaches and medical staff will be permitted in the team's bench area
2. Coach-to-coach communication devices are permitted.
3. The home team will designate which side of the field will be utilized by the home coach. This decision will be made during the Referee's pre-game visit with the coach of the home team. The visiting coach will utilize the opposite side of the field. Once made, this decision may not be changed. Only one coach per team may be on the field at any time but must remain 10 yards behind the line of scrimmage when the play starts, and against dasher boards, on their designated side. The coach will not be more then 3 yards from the dasher board, other than a team timeout. The first offense (either to far into the field of play or having a second coach on the field) is an Unsportsmanlike Conduct Penalty. The second offense is an Unsportsmanlike Conduct Penalty. The Third Penalty is another Unsportsmanlike Penalty as well as a loss of sideline privileges for the infracting staff member for the remainder of that contest. There will be no warning.

4. Ejected players and/or coaches and/or team personnel must leave the team bench area and field area for the remainder of the contest.

G. THE GAME

1. Coin Toss will take place four minutes prior to kickoff at midfield. The winner of the coin toss may elect to kick, receive, defend or defer.

2. Each contest will consist of 4 15-minute quarters with a running clock with the following exceptions; the clock will stop ONLY:

-After scores.

-After change of possession

-During the final minute of each half where the timing rules go to "Traditional Football Rules"

3. The official time will be under the supervision of the Back Judge.

4. If the game is tied after four quarters, Overtime will take place. (SEE OVERTIME)

5. A live ball in player possession is declared dead when as a result of opponent contact, a) Any part of the runner's body, except his hand or foot touches the ground, or b) Any part of the runner's body touches the dasher boards. Should a runner slide, slip or fall to the ground without opponent contact and remain there, he has declared himself down and the official shall sound his whistle. The ball shall be marked at the spot where the runner first contacted the ground. Inside the final minute of each half, if a runner touches the dasher board, intentionally or not, he is declared out of bounds and the clock is stopped. Intent is not a requirement of this rule.

6. With under one-minute remaining in the 4th quarter, the offense, if ahead in the score, must advance the ball past the previous spot, or the game clock shall stop at the end of the down and start on the next legal snap. This is referred to as the positive yardage/clock rule. This means that kneeling on the ball in the last minute of the game will NOT advance the clock.

H. THE PLAYERS, ALIGNMENT and EQUIPMENT

1. Eight players on the field for each team; up to 30-man active roster. The Head Coach will provide this roster to the league at 9 P.M. on the Friday before that weekend's game. This should be done IN DETAIL and can be submitted to League Marshall Joe Urso via e-mail (joeu10@gmail.com), on FaceBook Message (Joe Urso), or in-person with a Hard, Printed copy. This also includes rosters that have no changes from the previous week. If this is NOT received from each team, by the MIFL League

Representative, a \$50.00 Fine is imposable on the non-complying team(s). If/when fined, that team MUST pay that \$50.00 fine before playing the following week, or additional fines of \$50.00 will accrue for every week the initial fine is not paid and/or every subsequent week a Game Roster is not submitted. Each team should have rosters on hand on gameday and have them ready to be checked by the officials before the game. Players need to show a picture ID to the officials upon request if there is a player, or players, in question.

I. OFFENSE

1. During scrimmage downs, the offensive team shall consist of 8 players, delineated as follows:

One Center who must snap the ball, two Tackles..

Three receivers, a quarterback, and a fullback. Each of these players is an eligible receiver. If a player is positioned as a receiver on the line of scrimmage, said player remains eligible even if “covered up” by a wide receiver

2. Alignment: A minimum of four (4) offensive players must be stationary and on the line of scrimmage prior to the snap. This is the center, right tackle, left tackle and at least one receiver. Offensive linemen cannot be aligned at an angle and he must face his opponent’s goal line with the line of his shoulders approximately parallel there to and his head breaking the plane of the line drawn through the waistline of the snapper. No receiver, or receivers if more than one, may line up closer than 2 yards from the outside shoulder of the nearest tackle.

3. Only two players, the quarterback and fullback, can be positioned in the offensive box prior to and at the snap and both must be stationary. The box is 5 yards deep from the LOS. There must be “daylight” between the fullback and the deepest interior lineman. The offensive box is defined as the area between the outside shoulders of the tackles, not to exceed five (5) yards wide; and the box continues from the line of scrimmage to the offensive team’s end line. The entire offense must be set for at least one second before any player goes in motion.

4. Motion: Only two (2) eligible receivers may be in motion forward, backwards, or laterally, prior to and at the snap. Restrictions for motion receivers are:

- a. cannot begin motion until entire team is set for one second; (illegal shift)
- b. cannot perform a “stop-motion” move; (illegal motion); and
- c. cannot block one of the three interior defensive linemen until the ball carrier is designated approaching the line of scrimmage. (personal foul, illegal block – ten yards)

DEFENSE

5. Three (3) defensive players must be down linemen, in a three or four-point stance at the snap. It is an illegal defense if the down linemen are not in a 3 or 4 point stance at the snap.
6. Defensive linemen may align head up or in a shade technique on offensive linemen. The shade cannot be wider than shoulder to shoulder. Defensive linemen cannot be aligned at an angle. The three defensive linemen must be aligned on one of the interior offensive linemen. Any violation of this section is an illegal defense.
7. Defensive linemen cannot drop or go laterally into pass coverage. Any violation of this section is an illegal defense. Defensive Linemen MUST engage an offensive lineman every snap.
8. Defensive linemen are permitted to stunt, loop, twist, or scrape.
9. The Mac linebacker must raise his hand to designate the "MAC" blitzing LB and cannot leave the defensive box until the ball is thrown. The Jack LB must start in the box. After the snap he can go sideline to sideline but cannot be deeper than 7 yds. The linebacker's restriction to the defensive box is controlled by each offensive play. "Defensive Box" is the area defined by imaginary lines perpendicular to the outside shoulders of the outside defensive linemen. The depth of the defensive box is 7 yards from the line of scrimmage. Any violation of this section is an illegal defense.
10. When the ball is snapped from the 3 yard line and in, the 7 yard depth restriction on the linebackers disappears and they may cover to the back of the endzone. All other restrictions on the linebackers remain in force.
11. Only one linebacker may blitz on any given play. The Mac and Jack Linebackers alignment begins within the defensive box, and must be not deeper than 5 yards from the LOS. One linebacker may cover sideline to sideline while dropping to a maximum of 7 yards from the line of scrimmage. However, he must be in the defensive box at the snap. Any violation of this section is an illegal defense. If the Mac decides to blitz he may only do so through either A gap.
12. When RB/QB leaves the offensive box and become "Runners", Mac & Jac linebacker restrictions end; and defensive backs and linebackers are allowed to engage the run (blitz).
13. To summarize this rule, note the following: a) The Mac linebacker must be stationary and in the box at the snap; b) they may NOT be moving forward at the snap; c) a maximum of one may blitz; d) a maximum of one may move laterally out of the box after the snap but not exceed a 7 yard depth d) The Mac Linebacker must raise his hand prior to the snap. Once hand is raised Mac and Jack CAN NOT switch/rotate blitz assignment and positions. "Mac out of the box" is an illegal defense 5 yards, previous spot and an automatic first down. There is NO illegal defense if the running back

leaves the offensive box, and the MAC linebacker covers the running back. The 2 are tied together and if the Fullback leaves the box, the MAC is allowed to as well.

14. It is legal for a team to not blitz either linebacker.

15. If play action occurs by the offense, OR if the ball leaves the offensive box, all linebacker restrictions end; and linebackers are allowed to force the run (blitz).

16. Defensive backs have free alignment (excluding the box) and can align on the receiver at any depth (press, loose, off, etc.) If a Defensive back is in the box at the snap, the penalty is for an Illegal Defense.

17. All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey, or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the runner down. This rule applies anywhere on the field. This is an illegal horse collar tackle. Personal foul, 10 yards and automatic first down.

18. No player shall twist, turn or pull the face mask or any helmet opening of an opponent. It is not a foul if the face mask or helmet opening is not twisted, turned or pulled. When in question, it is a foul. Personal foul, 10 yards and automatic first down.

19. Free substitution is allowed, but players must be legally aligned before the snap.

20. All teams shall be properly equipped - no casts (unless padded with approved foam etc.), hard substances, metal, or steel may be on any part of the uniform/shoes at any point of an MIFL contest.

21. Proper shoes for the surface are mandatory. Exception: A Kicker may kick barefoot.

22. NOCSAE approved helmet, shoulder pads, and team issued uniform are mandatory.

23. Numbers must be placed on the front and back of all jerseys.

24. Any official may remove any player that is not properly equipped. The penalty is an unsportsmanlike conduct penalty charged against the head coach.

25. All players must be 18 years of age.

RULE H INTERPRETATIONS

OFFENSE

Rule H(2) states the formation requirement for the three interior linemen. It follows that there may not be an unbalanced line, i.e. a snapper with the two tackles on one side of the snapper. An unbalanced line is a live ball, illegal formation foul.

Rule H(2) states that no receiver, or receivers if more than one, may line up closer than two yards from the outside shoulder of the nearest tackle. This is interpreted to require that not only does the stationary receiver on the line of scrimmage have to be lined up

at least two yards outside of the nearest tackle, but also, any motion man in motion towards the line of scrimmage at the snap may only cross the line of scrimmage outside this 2 yard requirement. If the stationary receiver lines up inside two yards, or if this forward motion receiver crosses the line of scrimmage inside two yards, it is a live ball, illegal formation foul. If the motion receiver is moving parallel to the line of scrimmage at the snap, the two yard requirement is applicable. However, the blocking restrictions remain, on this parallel motion receiver.

Rule H(2) states the offensive linemen cannot be aligned at an angle. This is interpreted as requiring the offensive lineman to have his shoulders “approximately” parallel to the goal line and his head breaking the plane of the line drawn through the waistline of the snapper. The intent of the rule is to ensure the offensive lineman does not gain an advantage by lining up at an extreme angle. So long as the lineman’s head breaks the plane of the line drawn through the waistline of the snapper and his shoulders are close to parallel with the goal line, he is legal. If the offensive lineman is not aligned as required herein, it is a live ball, illegal formation foul.

Rule H(3) mandates “daylight.” Daylight is determined by the wing officials, by observing the plane which runs parallel to the line of scrimmage and through the rear most portion of the rear most interior lineman’s body part, usually the foot. If any part of this plane is breached by either the running back or his equipment, there is no daylight. The quarterback is exempt from the daylight rule when he is in position to take a direct hand to hand snap from the snapper.

Rule H(4) The parameters for the wing officials in calling the motion men for a false start are as follows. The wing officials will permit the motion receiver up to a 2 feet maximum “grace space” before the play is killed. That is, if the motion receiver is two feet or less beyond the line of scrimmage at the snap, the wing official will let the play continue and not call a foul for a false start. Anything in excess of two feet the wing official will kill the play and throw a flag for a false start. In addition, the false start by motion man is what kills the play so if the defense encroached prior to the snap but after the receiver has crossed the line of scrimmage, the encroachment is ignored because by rule, as soon as motion man crosses the line of scrimmage before the snap, the play is dead.

Rule H(4) A receiver may not perform a “stop-motion” move. This means a receiver may not start his motion, and then abruptly stop his motion. This is illegal motion.

DEFENSE

Rule H(5) requires down linemen to be in a 3 or 4 point stance at the snap. If a defensive lineman is retreating after jumping into the neutral zone in anticipation of the

snap, he has not gained an advantage and this is an exception to the requirement that the down lineman must be in a 3 or 4 point stance. This play is not a foul.

Rule H(6) states that defensive linemen cannot be aligned at an angle. This is interpreted as requiring the defensive lineman to have their shoulders “approximately” parallel to the goal line, and to prevent the defensive lineman from lining up at an extreme angle. If the defensive lineman is not aligned as required herein, it is a live ball, illegal defense foul.

Rule H(9) states the Mac Linebacker must raise his hand prior to the snap. It also states that the depth of the defensive box is 7 yards from the line of scrimmage. If the linebacker goes beyond the seven yard depth of the defensive box, the umpire will throw the flag because the umpire does not know where the linebacker is nor what he is doing, and this linebacker can't be watched. This is why the umpire must align at a 7 yard depth on every play.

Rule H(10) states that when the ball is snapped from the 3 yard line and in, the 7 yard depth restriction on the linebackers disappears. All other restrictions on the linebackers remain in force. This is interpreted that either or both linebackers may retreat more than 7 yards into the end zone. All other box restrictions remain in force, in that only one linebacker may blitz; and only one linebacker can move laterally within the 7 yard restriction. If the angle of retreat is greater than 45 degrees,(i.e. a “flatter” retreat) it is an illegal defense.

Rule H(11) states that if a linebacker elects to blitz, he must pass between two defensive linemen in the "A" gap only. The A- gap is defined as either side of the center. The linebacker may blitz through either A-gap. Some teams have set plays where it will look like an outside rush however it is legal if the blitz is through the A-gap. Keep in mind that if you decide to call this foul, (as in many foul situations) an advantage must be gained. That is, if a linebacker blitzes wide, the umpire will focus in on this linebacker. If this linebacker was blocked out of the play, do not throw the flag. After the play, talk to the linebacker about his error. However if in the umpire's opinion the linebacker in some way influenced the play, such as causing the QB to go elsewhere with the pass, or any other disruption in the play, the umpire will flag the play.

When the A- gap closes, umpires must be careful with this foul. If the linebacker goes into the A- gap and is picked up by the guard or center and taken wide, where he beats that guard or center, there is no foul. The linebacker's initial move was into the A-gap and thus, is legal. In order to call this foul, the linebacker must clearly taken a path

outside the guard's shoulder and blitz wide. When this occurs, the umpire must go into the "advantage gained" mode, and decide if the foul should be called.

If a linebacker enters into the offensive box at any time for any reason, this will be interpreted as a blitz. The linebacker does not have to "charging hard" for it to be a blitz. If the linebacker enters the offensive box, this is a blitz. It is this second linebacker's responsibility to avoid entering the offensive box at any time, if the other linebacker has blitzed.

Rule H(13) The Mac linebacker must be stationary at the snap. Jack Linebacker must be in the box and stationary at the snap. This is a live ball, illegal defense foul.

Rule H(13) states that if the fullback leaves the offensive box, the Mac linebacker restrictions end. This means that Mac linebacker may blitz, cover the FB in his route, or move laterally into the flats, and there is no illegal defense.

Rule H(15) states that if play action occurs by the offense or if the ball leaves the offensive box, all linebacker restrictions end. Play action is interpreted as a hand-off, a fake hand-off, or a pump action fake throw by the quarterback. Whenever one of these happens, all linebacker restrictions end. This means that one or both linebackers may blitz, or move laterally into the flats, and there is no illegal defense.

Rule H(17) Regarding a horse collar tackle. This type of tackle is prohibited anywhere on the field.

Rule H(20) requires all teams shall be properly equipped - no casts (unless padded with approved foam etc.), hard substances, metal, or steel may be on any part of the uniform/shoes at any point of an MIFL contest..

I. TIMING

1. Four 15-minute quarters. Halftime shall be of 5-15 minutes.
2. Each contest will consist of 4 15-minute quarters with a running clock. Except after scores, change of possessions and during the final minute of each half.
 - a. For a team or official's time-out.
3. In the final one minute of each half, the clock stops for out-of-bounds plays and incomplete passes. The clock also stops when a team is granted a first down. In the event of an official's time-out, the clock will start based on the status of the previous play.
4. When inside one minute of either half, if a runner comes in contact with the wall, he shall be whistled out of bounds and the clock will start on the snap. Intent is not a requisite of this rule. If the runner touches out of bounds, intentionally or not, within the last minute of the half or game, the clock will stop and will start on the snap

5. Each team is granted three (3) timeouts per half; each time-out will be 30 seconds. All time-outs will be timed by the back judge.
6. The MIFL will utilize a 35-second play clock that will be under the supervision of the Back Judge. If there is no 35-second clock in clear view on each end of the field, the Back Judge will indicate the final 10 seconds of the play clock by raising his hand and stating aloud.
7. The clock will stop for any injured player and that player must leave for one play. Inside of one minute in the 2nd and 4th periods, the injured player's team will be charged with a timeout. If the team is tied or trailing in the score, and has no timeouts left, 10 seconds will be removed from the game clock. If the injury occurs within the final 10 seconds, regulation time is ended.
8. The offensive team's QB may spike the football to stop the clock inside of one minute of the second and fourth periods. NOTE: The football must hit the ground first and not a player. If the ball hits a lineman first, the penalty is for illegal touching.
9. Acceptable crowd noise is not a reason for clock stoppage. Acceptable crowd noise includes but is not limited to any non-electronically or non-air/gas powered noise. Cowbells, seat banging, feet stomping, screaming, clapping are all examples of acceptable crowd noise. Whistles, electronically powered or air/gas powered horns or noise devices are considered unacceptable noise, and if identified, the clock may stop and the fan will be ordered to cease use of this device, or be removed from the arena. All music pumped through the arena speakers must cease when the offense breaks the huddle. Any derogatory comments by the arena announcer will be penalized. These violations will be enforced as a delay of game penalty against the home team.

RULE I INTERPRETATIONS

Rule I(9) The Referee will use his discretion in enforcing the timing of the rule requiring the music pumped through the arena speakers to cease upon the breaking of the huddle. So long as the music ceases before the quarterback calls his signals, the timing of making this call is up to the Referee's discretion. In addition, whether a comment by the arena announcer is derogatory is at the discretion of the Referee.

J. MOVEMENT OF FOOTBALL AND SCORING

1. Four (4) downs are allowed to advance the ball ten (10) yards for a first down, or to score.
2. Six (6) points for a touchdown.
3. One (1) point for a conversion by place kick after a touchdown from the 3 yard line (WHERE GOAL POSTS ARE AVAILABLE) two (2) points for a conversion by drop kick or two (2) points for a successful run or pass after a touchdown from the **5 yard line**. In the event that goal posts are not available a team may attempt to run or pass for one (1) point from the 3 yard line.

NOTE: A team may legally fake a PAT attempt. Fake field goals are NOT allowed.

4. Three (3) points for a field goal by placement or four (4) points for a field goal by drop kick.
5. THERE ARE **NO POINTS AWARDED TO THE DEFENSIVE TEAM FOR A SAFETY**. But, *THAT TEAM*, HAVING JUST AFFECTING THE "Safety," gets possession of the football at the Opposing Team's THREE (3) Yard Line ("FIRST & GOAL FROM THE 3").
6. Play will be whistled dead, at any point during the game when the football hits off any part of the goal posts and fails to pass over the crossbar and between the uprights.
7. When the last play in regulation results in a touchdown, the try must be attempted, even if the outcome has been decided by this touchdown on the last play of regulation.

K. KICKOFFS

1. A kickoff is a place kick or drop kick from anywhere along the kicking team's goal line. Under no circumstances shall any kickoff be made from anywhere other than from the kicking team's goal line. Kickers may use a one-inch tee.
2. Kickoffs are live (either team can recover, retain possession) after the ball has traveled ten yards, or after the ball becomes live by R touching the ball prior to it traveling ten yards. Balls kicked into the wall remain live.
3. Any untouched ball that is kicked out of bounds on the fly or through the end zone on the fly will be placed at the receiving team's 25 yard line or the spot where the ball went out of bounds if beyond the receiver's 25 yard line. 5 yards is not added on to any out of bounds spot.
4. Any kickoff that hits an overhead structure will be placed at the receiving team's 15 yard line.

***NOTE: Any kick that falls into the descriptions listed in items 3 or 4, the kicking team will be granted one (1) re-kick.

5. Any kickoff that is either touched by the receivers or hits the ground, and subsequently goes out of bounds will be placed at the spot where the ball went out of

bounds. If the receiver touches the ball in the end zone and the ball subsequently goes out of bounds, or if the ball hits the ground anywhere in the end zone and then bounces out of the end zone, the ball is placed at the 5 yard line.

6. Dual possession of a kickoff belongs to the receiving team.

8. Onside kicks: If K commits a penalty on an initial onside kick attempt after the particular score, if the penalty is accepted, it is vaulted. If, on the next attempted onside kick K commits another penalty, this penalty is automatically declined and the ball is awarded to R at the spot of recovery or the out of bounds spot. The vaulted penalty may then be enforced.

9. No kick may be fair caught; however, the receiver must be provided the opportunity to catch the ball.

INTERFERENCE WITH THE OPPORTUNITY TO MAKE A CATCH

Kicking team player catches a kick, thus preventing an opponent from making the catch.

Receiver is about to catch a scrimmage kick, and is tackled before the ball arrives but catches the kick as he is falling.

A kicking team player is beyond the neutral zone, and is standing or running between a kick in flight and the receiver; then the kicking team player is struck by the ball while the receiver is in a position to catch the ball; or the receiver, in attempting to catch the ball, bumps into the kicking team player.

On a scrimmage kick beyond the neutral zone, a kicking team player stands in or runs through an area close to a receiving team player who is in position to catch the ball.

Each of the foregoing is interference with the opportunity to make a catch. These are ten yard penalties from the spot of the foul. If the foul occurs in the receiving team's end zone, a touchback is awarded to the ten yard line and then the penalty is assessed. If the actions by the kicking team player are flagrant, this player shall be disqualified.

If the receiving team player muffs the ball that is then touched by a kicking team player who was not interfering with the opportunity of the receiver when he was in position to make the catch, this is NOT interference, as protection against interference with the opportunity to catch a kick ends when any receiving team player muffs the ball.

If a kicking team player beyond the neutral zone first touches or catches any kick in flight which no receiver team player could have caught while it was in flight, this is illegal touching but not interference.

L. FORWARD AND BACKWARD PASSES

1. Passing rules in the MIFL are the same as NCAA rules except that the boards are not out of bounds and balls are alive off the boards in the air excluding the top of the wall. A player must be in firm possession of a ball in flight in order to make a legal catch. Players may be leaning on the boards when making a catch but cannot be standing or positioned on the boards in "anticipation" of the catch. Inside the last minute of each half, if a player makes a reception while in contact with the boards, it will be ruled a catch and the receiver will be then be ruled out of bounds.
2. Only one forward pass, from behind the line of scrimmage, can be attempted by the offense on any given play.
3. Only the WR/RB/QB is eligible to catch a legal forward pass.
NOTE: During a scrimmage kick play, an offensive player legally positioned as an end or back does not have to be wearing an eligible number to catch a legal forward pass. In this situation, the player does NOT have to report to the referee as an exception to the standard numbering. A scrimmage kick formation is a formation with at least one player seven yards or more behind the neutral zone and in the offensive box, no player in position to receive a hand-to-hand snap from between the snapper's legs, and it is obvious that a kick may be attempted. The maximum number of eligible Team A receivers at the snap can never be more than five (5) players.
4. Dual possession on a reception by the offensive and defensive players will be awarded to the offense.
5. If a player attempts to secure a loose ball near the dasher boards, and his momentum or an opponent's contact forces him over the boards, he may be awarded possession, if in the opinion of the covering official, and the ball was secured prior to landing, on the other side of the boards. Possession can never take place after a loose ball touches anything beyond the dasher boards other than a player. It is either a catch or not, based upon the covering official's judgment.
6. No ineligible lineman may be downfield before a legal forward pass which crosses the neutral zone is thrown.
7. QB may throw the football away if he cannot find an eligible receiver, BUT HE MUST BE OUT OF THE OFFENSIVE BOX AND THE PASS MUST CROSS THE LINE OF SCRIMMAGE, otherwise intentional grounding will be called. While in the box, if the QB decides to throw the ball away, an eligible Team A receiver must be in the area of the pass, unless the pass is thrown immediately to the ground after receiving the snap.
8. If a fan in any location, or any team personnel or team player in the player's box interferes with a play during the game, the result will be a 5 yard delay of game penalty charged against the home team (in the case of fan interference) or a 10 yard

unsportsmanlike conduct penalty against the team whose personnel or player interfered, and the down will be replayed. Interference is defined as obstructing a play when a fan, non-player, or team personnel in the team box, reaches beyond the plane of the dasher board within the field of play. (See Penalty Section.) Also see exception stated in Rule K7.

9. A legal receiver may not be blocked below the waist.

10. If the defense intercepts the ball in the end zone or recovers a fumble in the end zone and the play declared dead as a touchback, the ball will be made ready for play at the ten-yard line on the hash of the offenses choosing.

11. Eligible receivers touching the wall are still eligible.

M. SCRIMMAGE KICKS: FIELD GOALS AND PATs

1. Offense must line up with 5 down linemen on the line of scrimmage, a personal protector, a holder, and a place kicker. The offensive box in this formation is as wide as the outside shoulders of the two outside linemen.

2. The kicker, holder, and the personal protector shall be inside the offensive formation.

3. No defensive men other than the 4 down linemen may rush the kick.

4. The ball will be placed at the 3yard line for PATs.

5. The kick may not be faked.

6. Defense must line up with 4 down linemen; head up on the offense's lineman and are the only defenders that can rush the kick. The center must not be covered. Any linebacker must have daylight between him and the rear most portion of the rear most defensive lineman. This linebacker may approach the line of scrimmage after the snap but cannot pass the line of scrimmage. If the kick is blocked, Team B players are free to pursue the ball or runner.

7. NCAA rules apply to all PAT's and field goal attempts with the following exceptions. After any scrimmage kick has touched the ground, K may recover the kick. If the recovery is beyond the line to gain, K will be awarded a first down. If the recovery is in R's endzone, this is a touchback and the ball will be placed on the ten yard line. Missed field goals may be returned if caught or recovered, from anywhere on the field of play. If R catches the scrimmage kick in the end zone, he may return the kick. If R touches the ball in the end zone and the ball subsequently goes out of bounds, the ball is placed at the 5 yard line. If the ball touches the ground in the end zone, it is a touchback and the ball is placed on the ten yard line.

8. Dual possession of a Scrimmage Kick belongs to the receiving team.

9. Any unsuccessful field goal attempt that is kicked out of bounds, untouched by R, shall be placed either at: a) The "out of bounds spot" if beyond R's ten yard line; or b)

The receiver's 10 yard line if the "out of bounds" spot is inside R's ten yard line.

Overhead structures are out of bounds for field goals and the ball will be placed on the ten yard line.

10. The kicking team may recover a field goal attempt for a first down beyond the line to gain. The ball has to touch member of the receiving team first. If touched or caught in the air first by Team A, the ruling will be illegal touching by the kicking team. A new series shall be awarded to Team B whenever Team B, after a scrimmage kick, elects to take the ball at a spot of illegal touching. However, if there are offsetting fouls or if a penalty incurred by either team before the ball becomes dead is enforced, this privilege is canceled.

11. On all 4th downs, the umpire will automatically place the ball on the inside hash-mark closest to the previous dead-ball spot. NOTE: The offensive team may elect to have the ball placed at the outside hash-mark if they are to attempt a field goal and there is the potential for the kick to hit an overhead structure.

N. OVERTIME

COLLEGE FOOTBALL O.T. FORMAT: Ball will be placed on the 15 yard line, going IN to an end zone, per item 1 (same end zone for each team). Each team will have offensive possession – based on normal game conditions -- unless terminated by an interception or fumble, in which to score the most points. If, after each team has had consecutive possessions and the two teams' scores remain tied, both teams will then have an additional consecutive possession. This Overtime Consecutive Possession provision will continue until a winner is decided by scoring more points than the opponent, thus breaking any ties. During overtime, teams will be allowed one (1) time-out each...**TOTAL**...regardless of how long the O.T. period(s) lasts. An interception or fumble recovery by the defense terminates the offensive team chances. The defense may not advance the fumble or interception. Play stops so that the fumble-recovering or intercepting team may re-set as the offensive team.

TIMEOUTS

During regulation play, each time has **3** time outs per half. In overtime, each team has **1** time outs. Unused time outs from regulation play do not carry over into overtime.

RULE 11 FOULS AND PENALTIES

Section 11.01 Illegal Acts

A. Holding

1. Holding is using the hands and/or arms to grasp, encircle, or hinder an opponent, other than the ball carrier. Holding hands or interlocking arms during a play is prohibited.

- ***Infraction: Holding***
- ***Penalty: 10 yards***

B. Clipping

1. Clipping is blocking an opponent, except the ball carrier, from the rear in such a manner that the player contacts across the back of the legs. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:

- a. The block occurs in the area between the offensive guards, within 2 yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area, or
- b. The initial contact is made on the side of the opponent, or
- c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.

- ***Infraction: Clipping***
- ***Penalty: 10 yards***

C. Block in the Back

1. A block in the back is blocking an opponent, except the ball carrier, from the rear in such a manner that the player contacts the opponent's back, above the waist. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:

- a. The block occurs in the area between the offensive guards, within 2 yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area, or
- b. The initial contact is made on the side of the opponent, or
- c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.

- ***Infraction: Block in the Back***
- ***Penalty: 10 yards***

D. Crack Back Blocking

1. No offensive player in motion or moving laterally may block a defensive lineman, a defensive back aligned on the line of scrimmage at the snap or the blitzing linebacker. An offensive player in motion may block a linebacker or defensive back downfield.

- ***Infraction: Illegal Block***
- ***Penalty: 10 yards***

E. Chop Blocking

1. Chop Blocking is contacting an opponent below the waist: at the time that opponent is already being engaged above the waist by another player. Chop Blocking can also occur in the reversed fashion with a low block first followed by a high block. Any high/low double team will be a chop block

- ***Infraction: Illegal Block***
- ***Penalty 10 yards:***

F. Cut Blocking – Cut blocking is not allowed anywhere on the field by any player.

- ***Infraction: Illegal Block***
- ***Penalty: 10 yards***

G. Horsecollar Tackle

1. All players are prohibited from grabbing the inside back collar of the shoulder pads or jersey; or the inside collar of the side of the shoulder pads or jersey, and immediately pulling the ball carrier down. This does not apply to a ball carrier, including a potential passer who is inside the alley on the offensive side of the ball.

- ***Infraction: Horsecollar Tackle***
- ***Penalty: 10 yards and automatic first down.***

H. Contacting the Kicker

1. It is illegal to touch the kicker when he is in the act of kicking from scrimmage, EXCEPT:

- If prior to kicking the ball, the kicker has recovered a loose ball on the ground or made a motion to pass or run with the ball. The kicker is not entitled to protection in these instances.
- A Team B player who blocks or touches the ball may not be penalized for contacting the kicker.
- A Team B player may not be penalized when a blocker of the kicking team causes the Team B player to contact the kicker. If, in the Referee's opinion, a Team B player attempting to block the kick makes slight and incidental contact which does not affect the kicker or the play, and the kicker is only dislodged, it is penalized as running into the kicker.

- ***Infraction: Personal Foul, Roughing the Kicker or Holder***
- ***Penalty: 10 yards and automatic first down.***
- ***Infraction: Running into the kicker***
- ***Penalty: 5 yards***

2. The act of kicking begins when the kicker's kicking foot leaves the ground and terminates when he is no longer a kicker.

I. Illegal Pyramid

1. It is illegal for a player to use the body of another player in any manner to elevate himself in an attempt to block a field goal or convert.

- ***Infraction: Illegal Pyramid***
- ***Penalty: 10 yards***

J. Tripping

1. A player may not use his leg below the knee to hinder the progress of an opponent except the runner.

- ***Infraction: Tripping***
- ***Penalty: 10 yards***

K. Aiding the Runner

1. It is illegal to assist the forward progress of a ball carrier by providing impetus from behind.

- ***Infraction: Aiding the Runner***
- ***Penalty: 10 yards***

L. Personal Fouls or Unnecessary Roughness

1. A player shall be penalized for any personal foul or act of unnecessary roughness against an opponent except if that contact, in the opinion of the officials, is caused by the movement of the opponent. Personal fouls/acts of unnecessary roughness are live ball fouls and include, but are not limited to:

- a. Piling on by a player who falls or jumps on the ball carrier after the play has terminated;
- b. Contacting an opponent out of bounds in any manner;
- c. Contacting the passer unnecessarily;
- d. Contacting the kicker, holder or snapper for one second after he has snapped the ball, during a scrimmage kick;
- e. Grasping and twisting, turning or pulling an opponent's face mask or helmet opening;
- f. Using the helmet to butt, ram or spear an opponent. This includes, but is not limited to, action on a passer, a receiver in the act of catching a pass, a ball carrier already down on the playing surface not attempting to advance;
- g. Contacting an opponent above the shoulders;
- h. Initial helmet-to-helmet contact;
- i. Any other act of roughness or unfair play provided it is not excessive to warrant disqualification;
- j. Any player who removes his helmet and uses it or uses any other object as a weapon will be penalized for unnecessary roughness and ejected. Additionally, the player shall be suspended by the League for the remainder of the season.

- **Infraction: Personal Foul or Unnecessary Roughness**
- **Penalty: 10 yards if by the offense, and 10 yards and automatic 1st down if by the defense. If the infraction is flagrant in the judgment of the official, the player shall be ejected from the contest.**
- **Ejections: Personal Foul or Unnecessary Roughness**
- **If a player or coach is ejected from a game then that player or coach is suspended for the next game.**
- **Ejections: FIGHTING**
- **ANY ONE EJECTED FOR FIGHTING WILL BE UNDER REVIEW AND LEFT TO THE DISCRETION OF LEAGUE OFFICIALS FOR LENGTH OF SUSPENSION.**
- **Infraction: Grasping of the face mask**
- **10 yards and automatic first down.**

M. NO DECLARE OR ILLEGAL DECLARE

1. The MAC comes to the line of scrimmage and does not raise his hand to declare he is eligible to blitz

- **Infraction: NO DECLARE OR ILLEGAL DECLARE**
- **Penalty: 5 yards**

O. DAYLIGHT RULE

1. This happens when the MAC linebacker is lined up too close to the defensive line and the official can not see any space between the two.

2. This happens when the DE lines too wide to the outside shoulder of the offensive lineman and the official can see a space between the two

- **Infraction: DAYLIGHT RULE**
- **Penalty: 5 yards**
-

LEGAL AND ILLEGAL FORMATIONS

FB WR QB WR WR T C T LEGAL	FB WR QB WR T C T WR LEGAL	FB QB WR WR WR T C T LEGAL
FB QB WR WR T C T WR LEGAL	FB QB WR WR T C T WR LEGAL	