

Section 1

RULE 9

CONDUCT OF PLAYERS AND OTHERS SUBJECT TO THE RULES

Section 1. Deliberate Flagrant Fouls

Suspension From The Game

ARTICLE 1. Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the players involved shall be ejected from the game:

- a. Using fists, kicking or kneeling.
- b. Using locked hands, elbows or any part of the forearm or hand, except according to rule.
- c. Tackling the ball carrier as in regulation football.
- d. Roughing the kicker or holder of a kick.
- e. Any other deliberate or flagrant act.

Prohibited Acts

ARTICLE 2. There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules.

- a. Using any act of unsportsmanlike conduct including:
 1. Abusive or insulting language.
 2. Any acts of unfair play.
 3. Managers, coaches or others on the field of play at any time without permission, or their interference of any nature with the progress of the game.
 4. Players leaving the field of play other than during the intermission at half time.
 5. A substitute or any other person interfering with a player or any play while the ball is alive.
 6. Using a "hide out play" by placing a player or players near the side line who were not within 15 yards of the ball at the ready-for-play signal.
 7. The punter delaying the kick, after requesting protection.
 8. Attempting to substitute a suspended player.
 9. **Pulling or removing a flag from an offensive player without the ball by a defensive player intentionally.**
 10. Spiking ball, taunting opponent or other similar theatrics before or after a touchdown. *Penalty: 15 yards, and if flagrant, offender shall be disqualified.*

Section 3**Section 2. Unfair Acts****Unfair Acts**

ARTICLE 1. If a team refuses to play within two minutes after ordered to play by the Referee, or if play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules; or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.

Section 3. Personal Fouls**Player Restrictions**

ARTICLE 1. No player shall commit a personal foul during a period or during an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul.

- a. No player shall block in a manner that would cause his feet, knees or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground.
- b. There shall be no high-low blocking.
- c. There shall be no two-on-one blocking except as indicated by rule.
- d. There shall be no tripping; there shall be no clipping.
- e. There shall be no contact with an opponent who is on the ground.
- f. The runner shall not be thrown to the ground.
- g. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet or knees of the runner foremost.
- h. No player shall contact an opponent obviously out of play either before or after the ball is declared dead.
- i. There shall be no unnecessary roughness of any nature.
- j. **The Ball Carrier shall not deliberately run into a defensive player.**
Penalty: 10 yards — Flagrant offenders may be disqualified.
- k. Tackling
- l. Using fists
- m. Knocking out-of-bounds
- n. Downfield blocking
- o. Diving to gain advantage (ball carrier)
- p. Roughing the passer - *Penalty: 10 yards and automatic 1st down, if a touchdown scored - yardage is assessed on the Kick-off. If flagrant - player ejected.*

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Section 4. Use of Hands and Arms When Ball is in Possession**Helping The Runner**

ARTICLE 1. The Ball Carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate. *Penalty: 5 yards.*

Offensive Use of Hands

ARTICLE 2. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a "stiffarm" extended to ward off an opponent attempting to deflag, may not charge into defensive player. (Charging) *Penalty: 10 yards.*

Blocking And Interlocked Interference

ARTICLE 3. Players of either team may block opponents provided it is neither forward pass interference, interference with opportunity to catch a kick, nor a personal foul. Teammates of a Ball Carrier or Passer may interfere by blocking, but there shall be no interlocking interference. The prohibition includes grasping or encircling one another, to any degree, with the hand or arm. *Penalty: 10 yards.*

Leaving Feet to Obtain Possession of Ball

ARTICLE 4. No player may leave the ground with both feet in an attempt to gain possession of a ball which is rolling on the ground. *Penalty: 10 yards.*

Protecting Flags

ARTICLE 5. Ball Carriers shall not protect their Flags by blocking with arms or hands the opportunity of an opponent to pull or remove a Flag. *Penalty: 10 yards.*

Obstruction of Ball Carrier

ARTICLE 6. The defensive player shall not hold, grasp, or obstruct forward progress of a Ball Carrier when in the act of removing a Flag. *Penalty: 10 yards.*

Blocking

ARTICLE 7. Players shall be limited to the following: 1) In all instances blockers must be on their feet when blocking. Accidentally falling when attempting a block is not an illegal block. 2) When using a hand or forearm to block, the elbow must be entirely outside the shoulder. 3) The blocker's hands may not be locked. 4) The blocker may not swing, throw, or flip the elbow for forearm. 5) The hands may be closed or cupped but the palms may not be facing the

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opponent being blocked. 6) There shall be no two on one blocking beyond the line of scrimmage. 7) Blocking below the waist is illegal. 8) Offensive player may use an extended arm (pro block) providing palms are facing opponent and blocker is either stationary or moving backward. *Penalty: Illegal block: 10 yards. (No cross body blocking.)*

Use of Hands

ARTICLE 8. Players may use their hands to grasp, push or pull an opponent in an attempt to get at the Ball Carrier, and may also use their hands for protection in warding off an opponent, or to get at a loose ball.

ARTICLE 9. Defensive holding shall be a 5 yard penalty and a first down, *Except: On the ball carrier.*

**Section 5. Illegal Participation
Batting and Kicking****Batting a Free Ball**

ARTICLE 1. No player shall participate by touching the ball or hindering an opponent after having been out of bounds. This does not include being blocked or pushed out of bounds.

ARTICLE 2. No replaced player or substitute shall hinder an opponent, touch the ball, or otherwise participate.

ARTICLE 3. No A player shall be lying on the ground, nor shall team attendant(s) or substitute(s), or a pretended substitution be used to deceive B at or immediately before the snap.

ARTICLE 4. While a pass is in *flight*, any player may bat the ball in any direction. No player shall bat any other loose ball in flight forward in the field of play, or in any direction if it is in an end zone. *Penalty: 10 yards.*

Illegally Kicking Ball

ARTICLE 5. No player shall deliberately kick a loose ball, a pass, or a ball being held for a place kick by an opponent. *Penalty: 10 yards.*