

| Defensive Penalties | |
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| Offsides | 5 Yards from LOS & Auto 1st Down |
| Illegal Rush | 5 Yards from LOS & Auto 1st Down |
| Illegal Flag Pull | 5 Yards from LOS & Auto 1st Down |
| Roughing the Passer | 5 Yards from LOS & Auto 1st Down |
| Taunting | 5 Yards from LOS & Auto 1st Down |
| Unsportsmanlike | 10 Yards & Auto 1st Down |
| Unnecessary Roughness | 10 Yards & Auto 1st Down |
| Defensive Pass Interfer | SPOT FOUL & Auto 1st Down |
| Holding | SPOT FOUL 5 Yards & Auto 1st |
| Stripping | SPOT FOUL + 10 Yards & Auto 1st |

| Offensive Penalties | |
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| Offsides/ False Start | 5 Yards from LOS & Loss of Down |
| Illegal Forward Pass | 5 Yards from LOS & Loss of Down |
| Offensive Pass Interfer | 5 Yards from LOS & Loss of Down |
| Illegal Motion | 5 Yards from LOS & Loss of Down |
| Delay of Game | 5 Yards from LOS & Loss of Down |
| Impeding the Rusher | 5 Yards from LOS & Loss of Down |
| Taunting | 5 Yards from LOS & Loss of Down |
| Unsportsmanlike | 10 Yards & Loss of Down |
| Unnecessary Roughness | 10 Yards & Loss of Down |
| Screening, Blocking | SPOT FOUL -10 Yards & Loss of Down |
| Charging | SPOT FOUL -10 Yards & Loss of Down |
| Flag Guarding/Jumping | SPOT FOUL -10 Yards & Loss of Down |

Overtime (Regular Season)

- A coin flip will determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
- The referee will determine which end of the field the overtime will take place on. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
- Both teams must "go for two" from the 10-yard line starting with the second round of overtime.
- After the 3rd overtime if there is no winner the game will be a tie in the regular season
- All regulation period rules and penalties are in effect.
- There are no timeouts.