

Penalties

OFFENSE PENALTIES

Offensive Pass Interference – 10 yard penalty and replay the down

Illegal motion (2 men in motion) – 5 yard penalty and replay the down

Illegal Formation – 5 yard penalty and replay the down

Illegal Run – 5 yard penalty and loss of down

False Start – 5 yard penalty, replay the down

Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS)

Blocking – ball is placed at the spot of the foul and loss of down

Leaping – ball is placed at the spot of the foul and loss of down

Flag Guarding (including stiff arms) – 5 yard penalty from the spot of the foul and loss of down

Unsportsmanlike conduct – 15 yard penalty (possible ejection)

Delay of Game – clock is stopped and a 5 yard penalty

No Intentional Grounding Penalty

DEFENSIVE PENALTIES

Defensive Pass Interference - 10 yard penalty and replay down unless it's an offensive catch; Offense decides. 1st down can occur depending on the yardage.

Illegal Contact (holding, jams, etc.) – 5 yard penalty and replay down unless it's an offensive catch; Offense decides. 1st can occur depending on the yardage.

Defensive Holding while pulling flag – 5 yard penalty added to the end of the play and replay down. 1st down can occur depending on the yardage.

Illegal Flag Pull (before player has ball) – 5 yard penalty and replay down. 1st down can occur depending on the yardage.

Off-sides – 5 yard penalty and replay down; 1st down can occur depending on the yardage.

Illegal Rushing (before a hand-off has occurred) – 5 yard penalty and replay the down; offense decides depending on the result of the play. 1st down can occur depending on the yardage.

Inadvertent tackle – 5 yard penalty added to the end of the play and replay down.

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown

Unsportsmanlike conduct – 15 yard penalty and automatic 1st down (possible ejection)

Defensive Penalties inside the 10 yard line will result in half the distance to the goal line if applicable.