



Policy Guide

Updated March 2026



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Program Information

Be You Sports is a 501(c)(3) Non-Profit Organization providing an exciting and inspiring atmosphere for participants to be the best versions of themselves through a combination of athletic and social-emotional learning activities.

Board of Directors

President: Brian Wyman

Vice President: Sunny Bhatia

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Assistant Director of Operations: Sandra Lambert

Operations Team: Antoinette Murray

Administration Team

Director of Administration: Jennie Bloom

Marketing: Lauren Davis

Intern: Conner Bosley

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Program Policies

Registration Policy

All participants/teams are required to be registered and have a signed waiver submitted through Be You Sports' online portal before they can take part in any Be You Sports Program or League. By law, a parent or guardian must review the Concussion and Sudden Cardiac Arrest Information available at www.beyousports.com/concussionsca before registration. Registrations are processed on a first-come, first-served basis, up to the deadline specified in each program/league description. Additional participants may be accepted at the discretion of the Operations Director. To promote equitable access to our programs, Be You Sports provides payment plans. For further details, please email admin@beyousports.com. All payments must be completed before participation in the program.

Refund/Cancelation Policy

A 20% fee is deducted for all refund requests more than four (4) weeks prior to the program starting; a 50% refund if a withdrawal is requested more than two (2) weeks prior to program starting; no refunds are given less than two (2) weeks prior to the start of the program.

Special Request Policy

Special requests should be made at the time of registration, are not guaranteed, and are at the discretion of the league.

Concussion Policy

Any participant who has suffered a head injury, with symptoms consistent with a concussion will be immediately removed from participation. A participant may not return until they have been cleared by a licensed medical professional. All Be You Sports coaches are required to take and complete the concussion awareness course provided by either the CDC or NFHS. As stated above, the concussion information on the Be You Sports website must be reviewed prior to registration.

Marketing Policy

During the registration process, parents/guardians agree to their child(ren)'s images and likeness to be utilized by Be You Sports Inc. for the purposes of marketing and promotion. This includes on social media and in digital and print promotional material. If a parent/guardian wishes to opt out, they must submit the request in writing to admin@beyousports.com.

Spectator Policy

Anyone other than registered players, certified coaches, officials and program administrators are required to remain a minimum of 10 yards away from the field/playing area, in designated spectator areas. Spectators shall abide by all applicable rules. Entering the field of play uninvited or any conduct detrimental to the program may result in ejection and/or suspension from subsequent program activities.

Spectators must remove trash, and personal items must be taken at the conclusion of activities. Dogs are not permitted on the field or sidelines during practice and games.

Inclement Weather Policy

Be You Sports reserves the right to cancel or postpone activities in the event of inclement weather or poor field conditions. Participants will be notified via email, and if possible through website and social media updates. Decisions on activity status will be communicated at-least one hour prior to activity start time. There may be times we are unable to send an update, if weather deteriorates shortly prior to or during activities. Coaches and/or officials will make a decision at the field in such cases. While games and practice may be held during light to moderate rain, as a matter of safety and precaution, all activities must come to a stop upon the first sound of thunder or sight of lightning. Activities may be resumed no sooner than 30 minutes after the last sound of thunder or sight of lightning.

Coaching Policy

Coaches are appointed by the Operations team and serve at the leisure of Be You Sports Inc. Coaches may be removed at any time, with or without cause. All coaches must successfully pass a background check and submit a certificate of completion for the Concussion in Sports course provided by the National Federation for High School Sports (NFHS) or a nationally-recognized organization alternative such as through the CDC. Be You Sports Inc. also recognizes credentials issued by national governing bodies, accredited school systems and government agencies. Credentials must be active and the active status must include the requirements of an approved annual background check and the submission of an approved concussion education certificate. Be You Sports Inc. utilizes the **National Recreation & Parks Association (NRPA) Recommended Guidelines for Credentialing Volunteers** when screening coaches. Background checks may be reviewed by the Executive Board upon request from an excluded coach.

Coaching Policy (cont.)

- Coaches are expected to adhere to the league rules and the Be You Sports Coaches Code of Conduct.
- Up to three (3) Certified Coaches are permitted to be on the sideline. Only one coach on the field at a time.
- Coaches are responsible for controlling their sideline to the best of their ability and to keep your fans and any other team associated members in the designated areas.

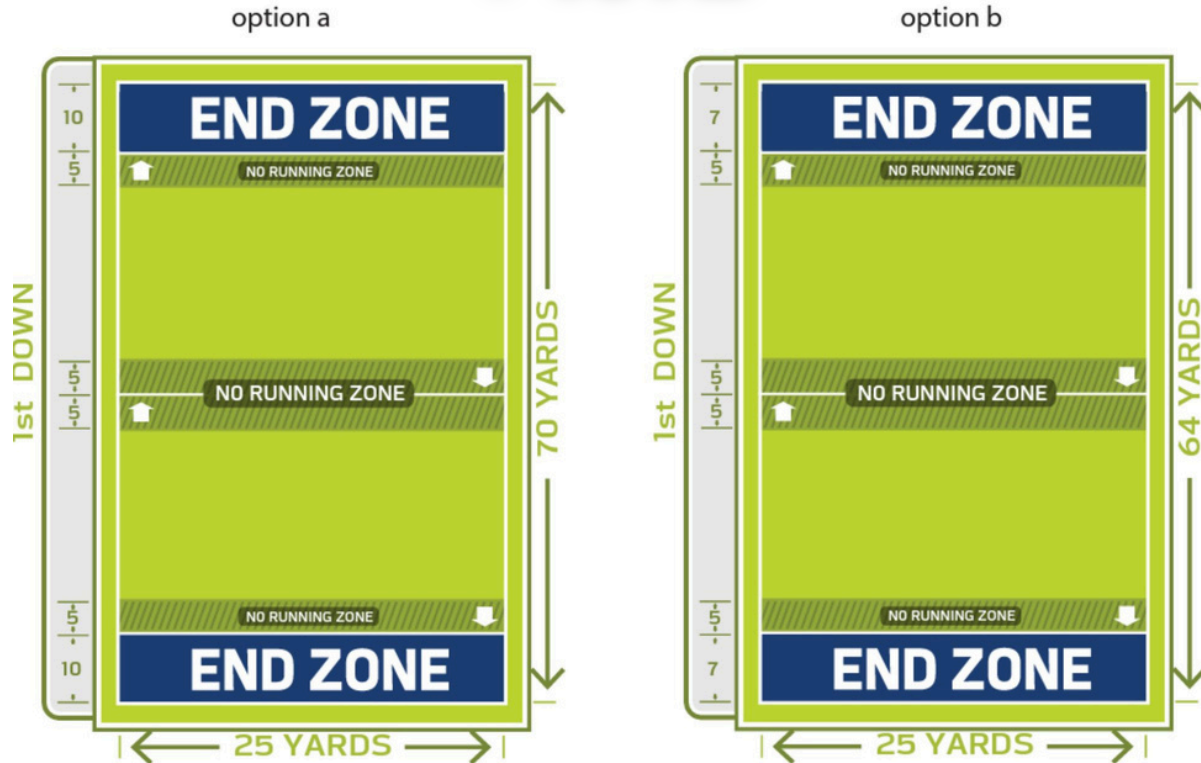


Elementary & Middle School Leagues

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Youth League Rules

Field



- Approved field dimensions are above.
- Every attempt will be made to play on fields with painted lines, but in cases where that is not possible, the field must be marked with cones.
- No Run zones are located five yards prior to the mid-field line and five yards prior to the end zone in the offense's direction.
- While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. This includes extra points. Teams may begin a running play outside of this zone and run through the zone.
- Stepping on the boundary line is considered out of bounds.

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Equipment

- All players must wear league-provided belts and flags.
- All players must always wear mouth guards while on the field.
- Footballs will be provided by the league.
- Players must wear closed-toe shoes. Cleats are allowed, however, cleats with exposed metal are not allowed.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads.
- Braces with exposed metals are not allowed.
- Players must remove all jewelry and hard billed hats. Winter beanies are allowed. Players may wear soft-shell helmets and sunglasses but they must be secured at all times while on the field.
- Players' jerseys must be tucked into shorts or pants if they hang below the belt line. Flag guarding will be called if a jersey is not tucked in and player advances the ball.
- We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
- Flag belts and flags cannot be the same color as the shorts or pants.
- Game balls should be age specific:

Age 5-6	Mini-ball
Age 7-9	K-2 ball
Age 10-12	TDJ ball
Age 12-15	TDY
- Teams may exchange balls at possession.
- Substitution will be required for any equipment issues (fixing) unless the team has only five (5) players. This includes belt mishap, tucking in shirts, missing/dropped mouth pieces, etc.

Time

- Regular Season Games are played on a 40-minute continuous clock with two 20-minute halves, unless one team gains a 35-point advantage which will end the game unless teams agree to continue without changing the score. The clock stops for halftime, injuries and the Officials' discretion.
- Halftime is 3 minutes.
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Each team has two 30 second timeouts per half. They do not carry over and do not stop the actual play clock.
- Officials can stop the clock at their discretion.
- In the event of an injury, the clock may be stopped then restart when the injured player is removed from the field of play.

Playing Rules

- At the start of each game, two captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

Playing Rules (cont.)

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
- If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
- Offensive Teams MUST declare 4th down intent; "Play or Punt", when asked by the referee and prior to the 'Ready for Play'.
- Teams may use a timeout only to change the declaration of "Play" at any time prior to the expiration of the play clock.
- If the declaration is "Punt" the ball changes possession and will be placed at the opposing Team's 5-yard line, 1st down, with NO option to change the declaration.
- If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.
- Games are 5 vs 5, except as determined by the program, if most team have more than 10 players.
- A player may not dive or jump to either pull a flag or advance the ball on offense.
- Once the ball is passed or handed off, all other offensive players must make an attempt to move away from the ball carrier.

Playing Rules (cont.)

- Only one coach is allowed on the field at any time. The coach may provide a play and line the players up correctly. After the players are lined up, the coach must move either out of the playing area or to the sideline. No other coach or parent may be on the field, for any reason (including to provide water).
- ALL balls that hit the ground are dead. No more than 3 certified coaches/team parent on sideline.

Running

- The quarterback cannot run with the ball. The quarterback is the offensive player who receives the snap.
- Only direct handoffs behind the line of scrimmage are permitted. (note that shotgun is allowed for teams of 7-9 and above). Once he/she hands off, multiple handoffs may occur but all must take place behind the line of scrimmage. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Center sneaks are not allowed. The QB cannot handoff to the center on the first handoff of the play.
- The shotgun is legal for ages 7-9 and above only.
- The quarterback may run the ball if he has received the snap from the center, then completely handed off to another player and through some type of play (reverse etc..), another RB hands it off to the QB. It can not be that the QB hands off so that contact is made with the RB's hand but is immediately withdrawn and the QB runs (i.e. similar to above).

Running (cont.)

- Absolutely NO laterals of any kind. Shovel passes are allowed but must be received beyond the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush. “No running zones” are located five yards from each end zone and five yards on either side of midfield, they are designed to avoid short-yardage, power running.
- Spinning is allowed, but player can’t leave their feet to avoid a defense player. No diving. Spinning out of control will be called for flag guarding.
- The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- No running with the ball-carrier.

Receiving

- All players are eligible to receive passes. This includes the quarterback if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception and the first foot needs to be in bounds before the other one is out of bounds.
- In cases of simultaneous possession by both offensive and defensive player, possession is the offense.

Passing

- All passes must be forward and received beyond the line of scrimmage. A pass cannot be sent backwards.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- All snaps must be taken with the quarterback under the center, except as noted in paragraph on Running (#4).
- The quarterback has a 7 (seven) second pass clock. If a pass is not thrown within the 7 (seven) seconds, play is dead and loss of down. Once the ball is handed off, the 7 (seven) second rule is no longer in effect.
- Interceptions may be returned except during extra point plays.

Dead Ball

- The ball must be snapped between the legs, not off to one side to start play. **Exception is allowed in the 5-6 year old league.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when any of the following occur:
 - Ball carriers flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored.
 - Ball carriers knee hits the ground.
 - Ball carriers flag falls out.

***There are no fumbles. The ball is spotted where the ball carriers feet were at the time of the fumble. ***

Rushing the Quarterback

All players who rush the passer must be a minimum of 7 (seven) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Referees need to mark off area each play. Players should be going for the flag not the quarterbacks arm or the ball. If a player hits the quarterback (even on accident) or has their hands in his or her face they will be called for a penalty.

Once the ball is handed off, the 7 (seven) yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee will designate 7 (seven) yards from the line of scrimmage.

No blocking or tackling allowed! Players may rush as soon as ball is moved.

If the defense team is rushing and the offensive team is positioned so that they impeded the defense from getting to or finding the ball carrier, it will be considered screening and a penalty will be called.

Scoring

- Touchdown: 6 points
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (12-yard line)

* Note: 1 point PAT is pass only; 2 point PAT can be run or pass.

Scoring (cont.)

- Safety: 2 points. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- After one team is winning by 35 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added.
- Extra Point: Defensive penalty: Retry the attempt half the distance to the goal.
Offensive penalty: loss of attempt.

Overtime

- If the score is tied at the end of regulation play, an overtime period will be used to determine the winner. Overtime format, when applicable, is as follows (ONLY IN PLAYOFFS)

Overtime (cont.)

1. Home team calls the toss to 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.
2. 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. i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win. ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
3. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.

Overtime (cont.)

4. Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
5. Final Score will be recorded to include all points scored for each team.
6. All regulation period rules and penalties are in effect.
7. There are no timeouts.
8. Interceptions are returnable in OT, and worth 2 points.
9. Interceptions returned for a score in the first or second overtime period, the game is over. ii. Interceptions advanced in the third overtime period, the game is over.
10. Each team has one rules challenge for the entire overtime session.

Penalties

- The referee will call ALL penalties (warning may be given for first time offense with younger players). Once a penalty is called refs must use the below penalties. There is no option to decline a penalty except if it allows the opponent a change in the no run zone or a score.
- UNSPORTSMANLIKE CONDUCT-15 (fifteen) yard penalty, and automatic first down or loss of down depending on the side occurred. This is for incidents involving player, coach, or spectator.

Penalties (cont.)

- Referees determine incidental contact that may result from normal run of play. Most contact will be called even when accidental. 3. All penalties will be assessed as noted. (spot fouls)
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal

Flag Guarding

- An act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, jumping to avoid a flag pull, lowering hand, elbow or head or by blocking access to the runner's flags with a hand or arm.

Rushing the QB

- Defender may not block a the pass. They need to go for the flag and not the ball.
- Any contact with the QB is roughing the passer/unnecessary roughness (penalty assessed from LOS)

Penalties (cont.)

- Impedance of the rusher. The rusher has a clear path to the QB and any interference by the offense to impede his/her path will be considered screening. However, if the center snaps the ball and doesn't move from their spot, the rusher must go around him and will not be consider impeding or blocking.
- Illegal Contact
- Players may not grip the jersey/shorts or pants to slow down the ball carrier. A 10yd penalty & first down for the offense will be assessed.

Equipment Delays

Untucked jerseys or excess belts hanging out will be called flag guarding when player is carrying the ball. This will apply to mouth pieces also. Players must be substituted for at least a play unless the team doesn't have more than 5 players.

Inadvertent Whistle

In the case of an inadvertent whistle, the offense has two options:

- A) Take the ball where the whistle blew.
- B) Replay the down from the original line of scrimmage.

Points of Emphasis

- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball is.
- There are no fumbles. The ball is spotted where the player losses possession. (again where his feet are)

Penalties (cont.)

GENERAL PENALTY INFORMATION

- Referees determine incidental contact that may result from normal run of play. Therefore if the referee determines for instances that an offside move by a player was incidental and did not impact the play, he may elect not to call it. All penalties will be assessed from the line of scrimmage.
- Once the referee makes a call, the coach may ask for an interpretation but may not argue with the referee about a call. If the call involved a ruling (not a judgment call) the coach should contact the Field Site Director for a final interpretation of the rule.
- If the referee calls the ball dead mistakenly for a pulled flag and the flag was not pulled the play is down at the spot and the offensive team does not lose a down.

Defensive Spot Fouls

Defensive Pass Interference	Automatic first down
Holding	5 Yards & Automatic First Down
Stripping	10 Yards & Automatic First Down

Offensive Spot Fouls

Screening, Blocking or Running with the Ball	10 Yards & Loss of Down
Charging	10 Yards & Loss of Down
Flag Guarding	10 Yards & Loss of Down

Defensive Penalties

Defensive Unnecessary Roughness	10 Yards & Automatic First Down
Defensive Unsportsmanlike Conduct	15 Yards & Automatic First Down
Offside	5 Yards from Line of Scrimmage & Automatic First Down

Illegal Rush (starting from inside 7-yard marker)	5 Yards from Line of Scrimmage & Automatic First Down
Illegal Flag Pull (before receiver has the ball)	5 Yards from Line of Scrimmage & Automatic First Down
Roughing the Passer	5 Yards from Line of Scrimmage & Automatic First Down
Taunting	5 Yards from Line of Scrimmage & Automatic First Down

Offensive Penalties

Offensive Unnecessary Roughness	10 Yards & Loss of Down
Offensive Unsportsmanlike Conduct	15 Yards & Loss of Down
Offside/False Start	5 Yards from the Line of Scrimmage & Loss of Down
Illegal Forward Pass (any pass received or lands behind the line of scrimmage or a pass that is thrown after crossing line of scrimmage)	5 Yards from the Line of Scrimmage & Loss of Down

Offensive Pass Interference	5 Yards from the Line of Scrimmage & Loss of Down
Illegal Motion (more than one person moving)	5 Yards from the Line of Scrimmage & Loss of Down
Delay of Game	5 Yards from the Line of Scrimmage & Loss of Down
Impeding the Rusher	5 Yards from the Line of Scrimmage & Loss of Down
Illegal Procedure	5 Yards from the Line of Scrimmage & Loss of Down

Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage (LOS)	An imaginary line running through the point of the football and across the width of the field.
Line-To-Gain	The line the offense must pass to get a first down or score.

Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-2-3)	The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.

Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
Shovel Pass	A legal pitch attempted beyond the line of scrimmage.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language. Continuous violation of a program rule.



MARYLAND GIRLS

HIGH SCHOOL FLAG FOOTBALL LEAGUE

Rules

The Maryland Girls High School Flag Football League (MGFFL) follows the National Federation for High School Sports (NFHS) rules. Coaches are encouraged to procure and review the NFHS rulebook prior to the start of the season.

Below is a document which outlines the key rules to review.

[*Link to Summarized MD HS Flag Football Rules*](#)



2025 Maryland Girls Flag High School Football Rules (Abbreviated)

Please note – the Ravens & Commanders agree that anything not covered in the rules that occur during gameplay will fall under the discretion of NFHS Football Rulebook. If a scenario occurs that is not covered in this document or under NFHS Rules, the Referee will rule in the most fair and practical way possible.

Coaches, administrators, and players along with game officials understand that flag football is a non-contact sport, and the emphasis is on avoiding contact. Incidental contact is not a foul, however if a game official judges contact to be intentional the player making the contact is guilty of a foul.

The Field should be 40 yards wide and 80 yards long with two 10-yard end zones.

The lines to gain are every 20 yards from end zone to end zone.

Possession starts on the offensive team's own 14-yard line.

Following a safety, the team in possession of the ball will begin the series at their own 30-yard line.

Offense has 4 downs to make the next line to gain.

There is no actual punting; if a team "punts" on 4th down, the other team takes possession on their own 14-yard line. If the offense goes for it on 4th down and does not get a first down, then the other team takes possession at that spot.

There is a defensive line of scrimmage one yard from the offensive line of scrimmage. No players shall enter this one-yard-wide neutral zone until the ball is snapped.

Varsity games are 48 minutes long with two 24-minute halves with a 5-minute intermission.

Running clock for the first 22 minutes of each half except during timeouts.

JV Games are 32 minutes long with two 16-minute halves with a 5-minute intermission.

There is a two-minute warning for each half and the clock will stop in the two minutes of each half for: incomplete pass, out of bounds, score with PAT being an untimed down, time out, penalty or change of possession.

This two-minute warning is a notification only. At the conclusion of the notification the clock will resume on the Referee's Ready for Play Signal.

Each team is entitled to two charged 60 second timeouts per half. Unused Timeouts do not carry over to the 2nd half or overtime.

Shotgun snaps are required between the center's legs and the snapped ball must travel at least 2 yards.

Backward passes (pitches) are allowed.

When a fumble, snap or backwards pass hits the ground the ball is dead, and the play is over. Possession belongs to the team who lost the fumble, snap, or backwards pass unless it is a turnover on downs.

Intentional grounding is not allowed but a QB can immediately spike the ball to stop the clock in the final two-minutes of each half.



Offense Blocking: The blocker shall have her hands and arms at her sides or behind her back. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive block is illegal.

Defenders must attempt to go around offensive blockers. Defenders cannot use any part of their hands, arms, elbows or any part of their body to contact the offensive blocker.

Extra Points: 1 from the 3-yard line & 2 from the 10-yard line

Overtime: Each team will take turns getting one play from the 3-yard line (1 pt) OR 10-yard line (2 pts). If the game is still tied, the team that started on defense will now start on offense and either go for 1 or 2. If the game is still tied, there is a third opportunity and possession flips, whoever was on defense goes on offense and both go for 1 or 2. If tied after each team has 3 attempts, then each team will get one play from the 5-yard line and whichever team gains the most yards wins the game. There are no team timeouts in overtime. *No JV or "B" team overtime.

PENALTIES and YARDAGE

Defensive Penalties:

- Encroachment: +5 yards previous spot.
- Illegal Flag Pull/Illegal use of hands (before receiver has ball): +10 yards basic spot enforcement.
- Defensive Holding: +10 yards basic spot enforcement
- Roughing The Passer: +10 yards from dead ball spot or previous spot, follow NFHS Rule 9-4-4
- USC: +10 yards succeeding spot.
- Defensive Pass Interference: 10 yards previous spot.
- Defensive Unnecessary Roughness or any violation of NFHS 9-4-3: +10 yards basic spot enforcement and automatic first down.

Offensive Penalties:

- Encroachment / False Start: -5 yards previous spot
- Illegal Forward Pass: -5 yards from line of scrimmage and loss of down.
- Illegal Motion: -5 yards from previous spot
- Flag Guarding: -10 yards basic spot enforcement
- Delay of Game: -5 yards previous spot
- Charging: -10 yards basic spot enforcement.
- Offensive Pass Interference: -10 yards previous spot
- Offensive Unnecessary Roughness: -10 yards succeeding spot
- Illegal Blocking: -10 yards basic spot enforcement