NFL FLAG OFFICIAL LEAGUE

FRIDAY NIGHT FLAG

FRIDAY NIGHT FLAG RULEBOOK

For Players, Parents, Coaches, Referees & Owners

TERMINOLOGY

Boundary lines	The outer perimeter lines around the field, including sidelines and rear 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 10 yards (into the defensive side) from the LOS.
Offense	The squad with possession of the ball.
Defense	The squad opposing the offense to prevent them from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the Quarterback.
Rusher(s)	The defensive player(s) assigned to rush the Quarterback to prevent him/ her from passing by pulling his/her flags or by blocking the pass. Rusher(s) must start their rush from the Rush Line.
Downs (1-2-3)	The offensive squad has 3 attempts or "downs" to advance the ball. They must cross the Line-to-Gain to get another set of downs or to score.
Live Ball	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	The period of time immediately before or after a play.
Whistle	The sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, halftime, or the end of the game.
Inadvertent Whistle	An official's whistle that is performed in error.
Charging	The movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest, or forearm.
Flag Guarding	An 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 pass attempted behind the LOS by throwing the ball underhand or pushing it toward a receiver in a shot put type manner.
Lateral	A backward or sideways toss of the ball by the ball carrier.
Unsportsmanlike Conduct	Rude, confrontational, or offensive behavior or language.

ELIGIBILITY

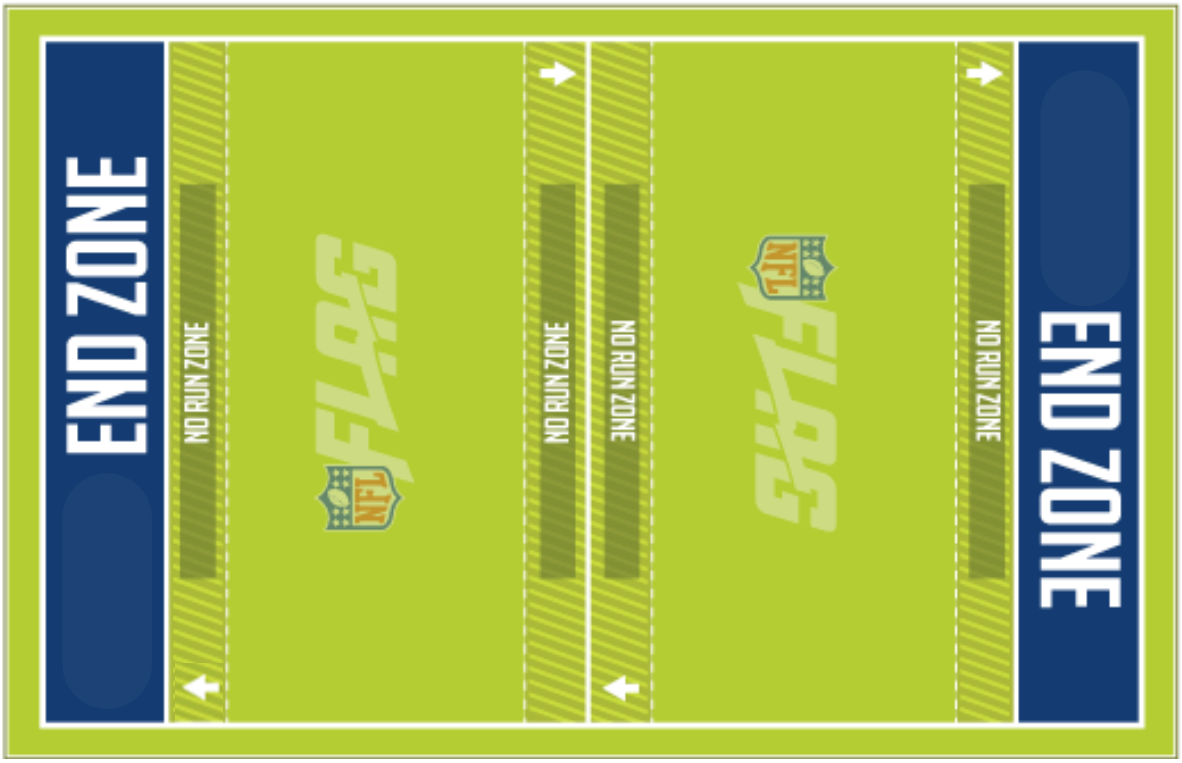
- A player's grade must fall within the current school year. Players must be at least 4 years old by the first game night. Age can be verified by a valid birth certificate if necessary.
- All players must have a waiver that is signed by a legal guardian or parent.

EQUIPMENT

- Mouthguards are optional but strongly encouraged for all players.
- The league provides each player with a jersey, a pair of shorts, and flag belts.
- Official NFL Flag jerseys must be worn during play.
- Players' jerseys must be tucked into the pants if they hang below the belt line.
- Pants or shorts with belt loops or pockets should not be worn.
- Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- Players must wear shoes. Cleats are allowed; however, cleats with exposed metal are not allowed and must be removed.
- Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous.
- The league provides footballs for both games and practices.

FIELD

- The field size is 30 yards by 60 yards with two 5-yard end zones and a midfield line-to-gain. No-run zones precede each line-to-gain by 5 yards.
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (i.e., a 5-yard imaginary zone before midfield and before the end zone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.
- Each offensive squad approaches only TWO no-run zones in each drive (i.e., one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a touchdown).
- Stepping on the boundary line is considered out of bounds.



COACHES

- Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support coaches at all times.
- Coaches are allowed on the field to direct players according to need and division. However, once the ball is snapped, coaches must move out of the way to allow gameplay to proceed without interference or an interference penalty will be enforced. This includes boosting the blitzing player on defense or grabbing any ball carrier.
  - Pre-K-1/2 Division: Coaches allowed on the field for entirety of play for both Offense and Defense.
  - 3/4-5/6-7/8 Divisions: Offensive coach allowed to be behind Offense during play, but Defensive coach can never be on the field except during pre-snap.
- Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines, and codes of conduct.
- Only three coaches per team are allowed on the sidelines. Only two coaches maximum allowed on the field during play for Division Pre-K/Kinder and 1/2.
- Only Head Coaches are permitted to communicate with referees during games.

ROSTERS

- Home teams wear dark jerseys, visiting teams wear light jerseys.
- The home team is responsible for providing the ball at the game.
- Games are played 5 on 5.
- Teams must field a minimum of four (4) players at all times. If there is not enough players (3 or fewer) on a team within 10 minutes from the start time of the game, the game will be forfeited.
- The league allows an opposing team to "loan" a player to a team lacking enough players to field a full team. This is not mandatory but at the discretion of the coaches involved.
- Each team is made up of between 8-10 players. Coaches are expected to provide equal playing time and opportunity for all players to be active on offense, including running, catching, or throwing the ball. Playing time will vary by team size and number of players available at game time.

POSITIONS

Picture a traditional offensive line in tackle football, all 11 players. Now, remove the linemen. This is where the idea of 5 on 5 flag football comes from—it's essentially the shell of tackle football, without the linemen. In other words, from an offensive standpoint, everyone can catch the pass, creating a continuous, fast-paced game. Here's a closer look at flag football positions, and what skills are needed for both offense and defense:

Offense

Typically, teams set up in a formation with these 5 positions:

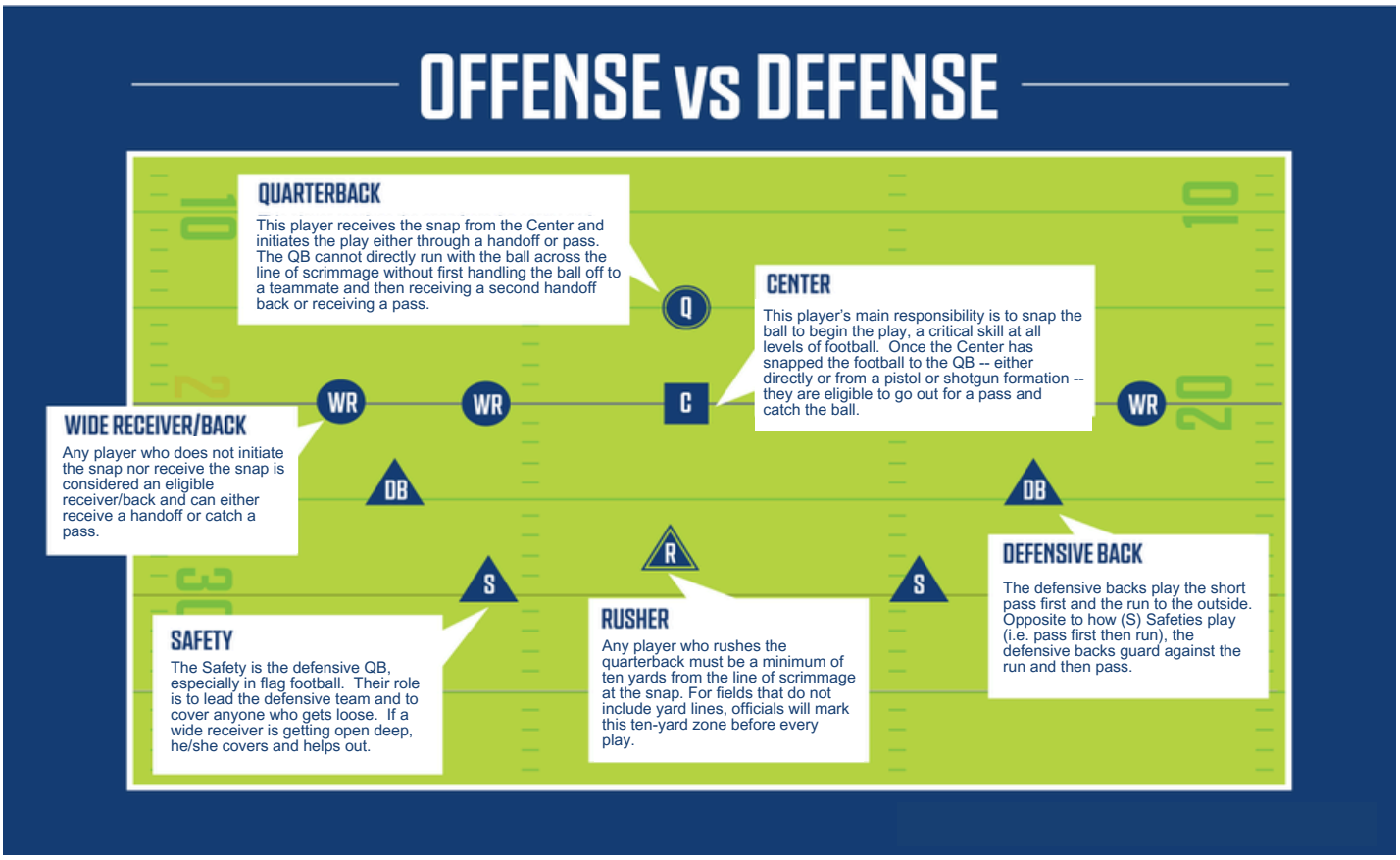
- Quarterback
- Center
- Wide receivers, running backs, or a mix of both

At the start of a play, the Center snaps the football back to the Quarterback, who can either hand it off or throw it. One question we hear frequently is: Can the Quarterback run in flag football? No. They must hand it off behind the Line of Scrimmage (LOS), or complete a forward pass. But if handed off, the Quarterback can then run to receive a pass. The Center is also allowed to run for a pass.

Defense

Without linemen in the mix, there are really two kinds of flag football defensive positions: rushers and defensive backs. Rushers try to get to the Quarterback as quickly as possible, while defensive backs line up to face wide receivers, or even farther back as safeties. What is a safety in flag football?

The safety is an essential defensive position that acts as a catch-all, covering deep throws and any players who get loose. They're responsible for keeping offensive players in front of them and covering players who slip through the cracks. Coaches typically teach both man-to-man and zone defensive strategies. But the most important skill players learn on defense is the proper way to pull off an opponent's flags. This technique actually lays the foundation for tackle football. For example, when breaking down, players are taught how to square up their opponent, where to align their head and knees, and what angles to take when pulling off flags. Essentially, it's the exact position an athlete would need to take to physically tackle their opponent. This is a transferable skill set that benefits players who eventually want to play tackle football.



GAMES

1. At the start of each game, team captains from both teams shall meet at midfield for the coin toss to determine who starts with the ball. The visiting team shall call the toss.
2. The winner of the coin toss gets to choose to take the ball in the first or second half. The loser of the coin toss chooses the end zone it would prefer to defend and gets possession in whatever half the coin toss winner doesn't select.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. The offense has the option to go for it on 4th down. If the offense does not convert on 4th down, rather than the defending team taking possession at its own 5-yard line, the defending team will take possession wherever the offense was downed. Once a team crosses midfield, it has three (3) plays to score a touchdown. There is not a 4th down option.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team who did not have possession of the ball at the start of the game.
8. Substitutions may only be made at mid-quarter, end of quarter, and halftime. Players on the field play both offense and defense; there are no changes or substitutions in players due to change of possession.

Timing

1. Games are played by four 10-minute quarters. Game clock is controlled by the referee and will be a continuous clock. The clock stops only for quarter and mid-quarter breaks, and timeouts.
2. Halftime is 2 minutes long. Time stopped at quarter and mid-quarter is only long enough to allow substitutions.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive a 10-second countdown warning before a delay-of-game penalty is enforced.
4. Each team has two timeouts per game.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
7. During regular season games, if the score is tied at the end of 40 minutes, the game should be determined as a tie.

Overtime

In playoff situations, an overtime (OT) period will be used to determine a winner. OT format is as follows:

1. Each team gets one series of three plays (and possibly more pending penalty enforcement) starting from the midfield yard line. No 4th down option in OT.
   a. First possession choice goes to the winner of the regulation coin toss.
   b. There is no sudden death; each team gets a minimum of one possession.
2. All regulation period rules and penalties are in effect.
3. There are no timeouts.
4. Each team will be scored based on points scored (or yardage gained, see below):
   a. If both teams score touchdowns and complete the same amount of points in conversions, the process is repeated in a subsequent OT period.
      i. In the case of an interception, the ball will be marked at either the LOS, at midfield, or the point where the defender's flags were pulled, whichever is the more advantageous spot to the defense.
      ii. If Team B intercepts the ball and returns it for a touchdown, Team B wins.
   b. Scoring – Same as regulation.
5. Change of Possession:
   a. Change of possession takes place when Team A's forward progress is halted on downs, scores a touchdown, or is intercepted.
   b. Team B takes possession at midfield and advances in the opposite direction.
6. If no team scores in an OT period:
   a. Yardage gained – each team will be given one complete series to drive the field to score during an OT. If neither team scores, then whoever gains the most yards in that OT period wins. The yardage gained will be noted by the official.
      i. Winning through yardage is equivalent to winning by 6 points for tiebreaker purposes.
7. Multiple OT periods:
   a. First OT period – shown above:
      i. Scoring teams can go for 1- or 2-point PAT.
   b. Second OT Period:
      i. First possession goes to loser of regulation coin toss.
      ii. Scoring teams must go for a 2-point PAT.
   c. Third OT Period: switch possession, then same rules as second OT.

Scoring

- Touchdown: **6 points**
- PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line).
  - *Note: 1-point PAT is pass only; 2-point PAT can be run or pass.*
- Safety: **2 points**

a. A safety occurs when the ball carrier is declared down in his/her own end zone. This includes a fumble in the end zone, a defensive player pulling flags, their flag falls out, they step out of bounds, or they hit the ground with their knee or arm. A safety also occurs when there is an offensive penalty in the end zone.
b. The team that scores a safety gets the ball on offense beginning from their 5-yard line.

- 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). Decision cannot be changed after a penalty.
- A touchdown is scored when the ball carrier's forward foot crosses the end zone line.
- A defensive return of PAT will result in 2 points regardless of whether the offensive team was going for one or two points.

Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and LOS. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.
- A player who gains possession of the ball in the air is considered in bounds as long as one foot comes down in the field of play.
- The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the Quarterback is calling out signals to start the play.
- Substitutions may be made only during mid-quarter breaks, quarter breaks, and halftime. Exception is made for injured players or if a referee requests a substitution for equal playing time.
- Any official can whistle the play dead.
- Play is ruled "dead" when:
  - When anyone other than the Quarterback fumbles.
  - A Quarterback snap is not a dead ball if recovered immediately and no danger to players.
  - The ball carrier's flag is pulled.
  - The ball carrier steps out of bounds.
  - A touchdown, PAT, or safety is scored.
  - The ball carrier's knee or arm hits the ground.
  - The ball carrier's flag falls out.
  - The receiver catches the ball while in possession of one flag.
  - The 7-second pass clock expires.
  - An inadvertent whistle is performed (at the spot where the ball was whistled dead)
- In the case of an inadvertent whistle, the offense has two options:
  a. Take the ball where it was when the whistle blew and down is consumed, or
  b. Replay the down from the original line of scrimmage (LOS).

Note: There are NO FUMBLES. NO STRIPPING OF THE BALL. The ball is spotted where the ball hits the ground. A dropped snap or handoff in the end zone results in a safety.

- A team is allowed to use a timeout to question an official's rule interpretation. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call to give each team the full benefit of each call. If the ruling is correct, the team will be charged a timeout.

Formations

- An offensive team must have a minimum of one player (the Center) on the LOS and up to four players on the LOS. The Quarterback must be off the LOS.
  - One player at a time may go in motion 1-yard beyond and parallel to the LOS.
  - No motion is allowed toward the LOS.
- Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
- Movement by a player who is set or a player who runs toward the LOS while in motion is considered a false start.
- The Center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Running

- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
- The Quarterback cannot directly run with the ball.
- Only direct handoffs behind the LOS are permitted. Offense may use multiple handoffs. ANY handoff to the Center must be handed around the Center's body, not back between the legs.
- Laterals or pitches are allowed similar to NFL rules, including those beyond the LOS.
- No-run zones, located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent LOS is LIVE. (Reminder: Each offensive squad approaches only TWO no-run zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a touchdown). If the offense loses yards following the crossing of the no-run zone and they are located back in this zone on subsequent plays, they may run or pass on subsequent plays of the same drive. However, if a team crosses the midfield line but is assessed a penalty on that same play that locates the LOS within the no-run zone, then the no-run zone is active on subsequent plays.

- The player who takes the handoff can throw the ball from behind the LOS. Any other player may also make a forward pass from behind the LOS if a subsequent handoff or pitch has been made behind the LOS.
- Once the ball has been handed off in front or behind the Quarterback, all defensive players are eligible to rush.
- Runners may not hurtle other players. Spinning and jumping, especially jump cuts, are allowed.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- No blocking or "screening" is allowed at any time.
- Once the ball has crossed the LOS, an offensive player may not impede a player from pulling a flag or blocking will be called. Running down the field will not be a penalty unless they get in the way of the person making the "tackle." No running alongside, in front of, or with the ball carrier to aid in blocking defenders is allowed.
- Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing

- All forward passes must be from behind the line of scrimmage (LOS).
- Shovel passes are allowed, but must be forward passes.
- No-run zone passing: all passes from within the no-run zone must be forward passes.
- The Quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed, and the ball is returned to the LOS. Once the ball is handed off, the 7-second rule no longer is in effect.
    - If the Quarterback is standing in the end zone at the end of the 7-second clock and his/her flags have not been pulled, the ball is returned to the LOS.

Receiving

- All players are eligible to receive passes (including the Quarterback if the ball has been handed off behind the line).
- Only one player is allowed in motion at a time. All motion must be parallel to the LOS and no motion is permitted towards the LOS.
- A player must have at least one foot inbounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- Interceptions are returnable. Returns of conversions after touchdowns will be worth 2 points regardless of whether the team was going for a 1-point or 2-point conversion.

No-Run Zones

- No-run zones, located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent LOS is LIVE.
- Each offensive squad approaches only TWO no-run zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a touchdown.
- If the offense loses yards following the crossing of the no-run zone and they are located back in this zone on subsequent plays, they may run or pass on subsequent plays of the same drive. However, if a team crosses the midfield line but is assessed a penalty on that same play that locates the LOS within the no-run zone, then the no-run zone is active on subsequent plays.
- No-run zone passing: all passes from within the no-run zone must be forward passes.
- If a team is penalized or loses yards on a play within the no-run zone that results in subsequent plays starting outside of the no-run zone, a team may then run or pass on the subsequent plays.

Rushing the Passer

- There will be no blitzing in the Pre-K/Kinder division. If ball is not handed off or passed in 7 seconds, the play will result in a sack. The ball will be placed at LOS.
- All players who rush the passer must be a minimum of 10 yards from the LOS when the ball is snapped. Any number of players can rush the Quarterback. Players not rushing the quarterback may defend on the LOS.
- Once the ball is handed off, the 10-yard rule no longer is in effect and all defenders may go behind the LOS.
- A special marker, or the referee, will designate a rush line 10 yards from the LOS. Defensive players should verify they are in the correct position with the referee on every play.

- A legal rush is:
  - Any rush from a point 10 yards from the defensive line of scrimmage (LOS).
  - A rush from anywhere on the field AFTER the ball has been handed off by the Quarterback.
  - If a rusher leaves the rush line early, they may return to the rush line, reset, and then legally rush the Quarterback.
  - If a rusher leaves the rush line early and the ball is handed off before they cross the LOS, they may legally rush the Quarterback.
- A penalty may be called if:
  - The rusher leaves the rush line before the snap and crosses the LOS before a handoff or pass – Illegal Rush (+5 yards from the LOS and automatic first down).
  - Any defensive player crosses the LOS before the ball is snapped – Offside (+5 yards from the LOS).
  - Any defensive player, not lined up at the rush line crosses the LOS before the ball is passed or handed – Illegal Rush (+5 yards from the LOS and automatic first down).
- Special circumstances:
  - Teams are not required to rush the Quarterback, 7-second clock in effect.
  - Teams are not required to identify their rusher before the play; however, if they do send a rusher, the rusher must start at least 10 yards from the LOS.
  - If the rusher leaves the 10-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.

- Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the Quarterback in any way.
- Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the Quarterback, and any interference that would impede his/her path to the Quarterback will be considered screening. The defense may attempt to block a pass provided they do not strike the passer.
- Blocking the pass and then striking the passer will result in a 10-yard penalty.
- A sack occurs if the Quarterback's flags are pulled or if they drop the ball behind the LOS. The ball is placed where the Quarterback's feet are when the flag is pulled or where the ball hits the ground.
  - A safety is awarded if the sack takes place in the offensive team's end zone. On a safety, the defense is awarded 2 points and takes over possession of the ball at their own 5-yard line.

Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold, or run through ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to flags by stiff arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey.
- Defenders may not pull on the jersey or any other articles other than the ball carrier's flags.
- If the last defender pulls on clothing, jerseys, or other clothing to slow down the ball carrier or tackles the ball carrier, this will result in an automatic touchdown for the offense.

Unsportsmanlike Conduct

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- <u>Coaches must play all eligible players equal time</u>, or as close to equal time as possible with the number of eligible players during a game. The referee will give one warning before assessing a penalty.

- Fans must also adhere to good sportsmanship:
  - Yell to cheer on your players, not to harass officials or other teams. Keep comments clean and profanity-free. Compliment all players, not just one child or team.
  - Ensure younger children and equipment, like coolers, chairs, and tents, are at a safe distance of at least 3 feet from the sidelines. While fans are welcome on the sidelines, be mindful of leaving enough space for the game, coaches, and teams.
  - Fans must sit on the same sideline as the team they are cheering for. Fans may be asked to move if they sit on the opposing sideline.

Mercy Rule

- Teams with a lead of 30 points or more are required to follow these guidelines:
  - All point-after-touchdown (PAT) attempts must be for 1 point (PASS ONLY).
  - While on defense, rushing will not be allowed.

Pre-K/Kindergarten Division

- Blitzing is not allowed in the Pre-K/Kindergarten division.
- No-run zones are enforced in this division.
- The 30-second play clock is mandatory.
- The defense may position themselves freely but cannot cross the line of scrimmage until the ball is passed or handed off.
- Coaches must ensure that jerseys are tucked in before each play, with support from referees. Untucked jerseys may result in a flag guarding offensive penalty.

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from a normal run of play.
- All penalties will be assessed from the LOS, except as noted (spot fouls).
- Only the 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 completed.
- Penalties will be assessed as half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

5-Yard Penalties	10-Yard Penalties
• Illegal Equipment • Offside • Running in a "no-run" zone. • Illegal motion (more than one person moving, false start, etc.) • Illegal forward pass (throwing a pass beyond the LOS) • Offensive pass interference (illegal pick play, pushing off/away defender) • Screening, blocking, or running with the ball carrier • Delay of game • Defense Illegal contact (holding, blocking, etc.) • Defense Illegal flag pull (before receiver has ball) • Defense Illegal rushing (starting rush from inside 10-yard marker)	• Roughing the passer • Taunting • Unsportsmanlike conduct ◦ After scoring and touchdown is good, the offense receives a 10-yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

OFFENSIVE PENALTIES

LOD = Loss of Down
LOS = Line of Scrimmage

TYPE	DESCRIPTION	YARDAGE
False start, illegal motion	More than one person moving, or moving toward LOS, running in a no-run zone ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Delay of game	The team fails to snap the ball and put it into play ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Offside	Lining up offside before the ball is snapped ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Illegal forward pass	A player throws a pass from beyond the LOS	-5 yards from the LOS & LOD
Offensive pass interference	The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball (illegal pick play, pushing off/away defender)	-5 yards from the LOS & LOD
Equal playing time violation	The coach fails to give equal playing time. A player receives a significant amount of playing time more than others.	-10 yards from the LOS
Unsportsmanlike conduct, taunting	A team member purposely creates ill-will between teams or displays excessive celebration that is disrespectful to opponents.	-10 yards from the LOS & LOD
Screening, blocking, or running next to or in front of the ball carrier	The player uses physical attempts to gain yardage by obstructing the path of their opponent	Spot foul, -5 yards & LOD
Flag guarding, diving	The ball carrier intentionally obstructs the defender's access to their flag	Spot foul, -10 yards & LOD
Charging (ball carrier)	The player challenges their opponent for space without using their arms or elbows	Spot foul, -10 yards & LOD
Unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	Spot foul, -10 yards & LOD
Quarterback violations	QB runs past line of scrimmage, 7-second passing clock violation	Deadball & LOD

DEFENSIVE PENALTIES

AFD = Automatic First Down
LOS = Line of Scrimmage

TYPE	DESCRIPTION	YARDAGE
Offside	A player crosses the LOS before the ball is snapped ** Last 2 minutes of the game ONLY: stop the clock	+5 yd from the LOS
Illegal contact	Examples include holding player without ball, blocking, and pushing	+5 yd from the LOS & AFD
Illegal flag pull (before receiver has ball)	A player pulls the flag off an opponent before they have full possession of the ball	+5 yd from the LOS & AFD
Illegal rushing	The rusher is not lined up at least 10 yards off the LOS	+5 yd from the LOS & AFD
Roughing the passer	A player makes contact with the passer after they've thrown a forward pass	+10 yd from the LOS & AFD
Unsportsmanlike conduct, taunting	A team member purposely creates ill-will between teams or displays excessive celebration that is disrespectful to opponents.	+10 yd from the LOS & AFD
Unnecessary roughness	Any unnecessary tackling or pushing	Spot foul, +10 yd & AFD
Stripping the ball	A player smacks or grabs the football out of the ball carrier's possession	Spot foul, +10 yd & AFD
Defensive pass interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	Spot foul & AFD
Last defender	The <u>last defender</u> tackles, pulls down, or pushes the runner out of bounds	Touchdown