



Fall Season 2025

Parents & Coaches





AGENDA

Introduction
Get to Know Us
Important Dates
Communication
VIP Opportunities
Roles
Season
Coaching
Q&A





Introduction

At **Dolphins Flag Football League**, our goal is to grow participation by delivering **incredible experiences** that inspire and engage players of all skill levels.

Our Offerings Include:

- **Leagues:** Competitive and recreational opportunities for players to enjoy NFL FLAG football year-round.
- **Camps:** Partnership with Junior Dolphins allow all participants to receive first notice and major discounts to their events.





Summer Events

- All Star Game with Miami Dolphin Greats
- Summer Camp
- Combine



Fall Events (all free for DFFFL)

- Under the Lights - Nov 18th 7–9pm
- Bigs – Nov 22nd 9-12pm
- Littles – Nov 22nd 2:30-4pm
- Cheer – Nov 22nd 10-12pm





Get to Know Us

Marcella Araica – President of Flag Universal
Owner of Dolphins Flag Football League

Linsey Osborn - Sr. League Coordinator

Octavio Cruz – Expansion Liaison

Vanessa Taylor - Administrator

Aaron Harris – Miami Dolphins

Over **70⁺**
Years of
Experience



Get to Know Us

6 Locations:

Hialeah, Hollywood, Boca, Wellington, Stuart, Gainesville

3 Seasons:

Fall, Mid-Winter, Spring

Participants:

over 1800+ athletes, 300+ volunteer coaches, 3000+ families



Dolphins Flag League Offerings

Our League Offerings Include:

- **Females in Flag:** Perfect for girls who want to learn and compete in the game!
- **Developmental:** Skill-building camps designed to enhance player development in a fun and supportive environment.
- **Elite:** Designed for more experienced players who want to compete at a higher level.
- **Touchdown for Tots:** A beginner-friendly league specifically tailored for our youngest athletes (ages 4-5) to learn the fundamentals of the game.
- **Unified:** (Available at select locations)



Volunteer Roles

1. **Head Coach** - The Head Coach takes on a leadership role, guiding young athletes as they develop football skills, teamwork, and a love for the game.
2. **Assistant Coach** - Assistant Coaches support the Head Coach by working directly with players to build skills, encourage teamwork, and maintain a positive atmosphere.
3. **Team Manager** – The Team Manager ensures smooth team operations by assisting coaches with essential tasks, such as player communication, snack schedules, and rotation of players.
4. **Officials (Volunteer & Paid)** - Officials are responsible for officiating NFL FLAG football games with a focus on safety, fun, and fair play.

*All volunteers must complete a background check and a brief concussion training (free of charge). Roles are not guaranteed



Rosters

Up-to-date team rosters have been sent to all players via email*.

Next Steps for Coaches:

Reach Out Promptly: Contact your team members and their families within 48 hours to introduce yourself as their coach.

Share the League Philosophy: Highlight the league's focus on inclusivity, fun, skill development, and teamwork.

Provide Key Details: Ensure families have the correct information for your team's Meet & Greet, including - Date, Time, and Field Location.

Important Dates

MEET & GREET

- **Sunday, September 21, 2025 (NO REFS)**

GAME DATES

- **Sundays, September 28 – November 2, 2025**

MAKE-UP DATE

- **Sunday, November 16, 2025**

Tots

- **Sunday, September 21, 2025 First Week**
- **Sunday, October 26, 2025 Final Week**

Locations

- **Hollywood**
- **Boca**
- **Wellington**
- **Stuart**



Weather Policy

We love playing in warm, sunny weather, but games will proceed in rain, wind, cold weather, and even snow! However, games may be canceled due to:

- Severe weather (e.g., thunder, lightning, extreme wind conditions), Poor field conditions, Poor air quality

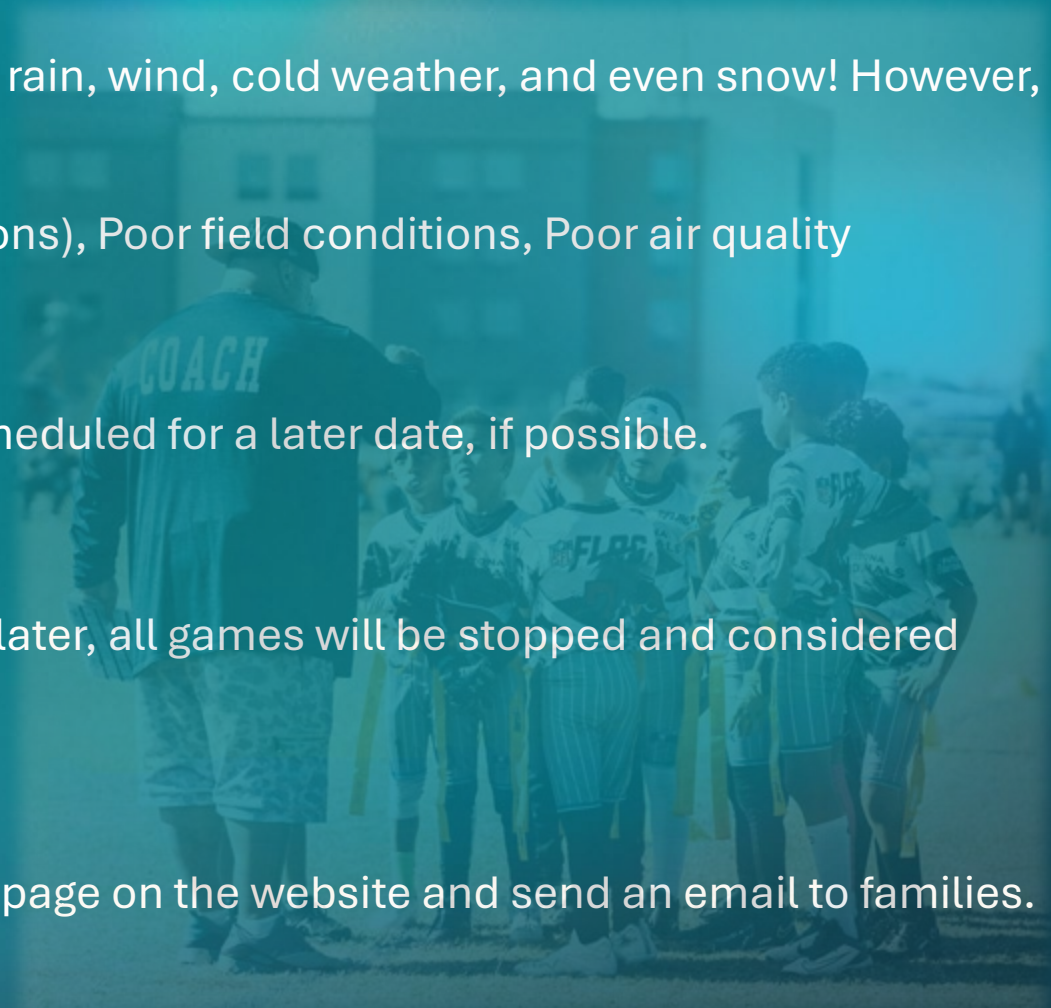
Inclement Weather Procedure:

- If adverse weather continues, games for that hour will be rescheduled for a later date, if possible.

Halftime Through Remainder of Game:

- If thunder, lightning, or extreme weather occurs at halftime or later, all games will be stopped and considered **complete**.
- These games will not be rescheduled.

If we postpone or cancel games, we will update the Field Directory page on the website and send an email to families.





Communication with you

Website: www.dolphinsffl.com

Emails: customerservice@dolphinsffl.com

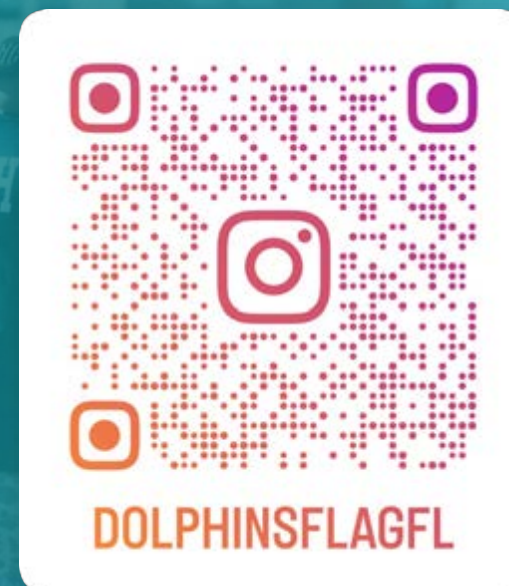
Phone: **954-569-6020**

IG: [@dolphinsflagfl](https://www.instagram.com/dolphinsflagfl)

FB: Coming Soon

MOJO App

NFL Flag: nflflag.com





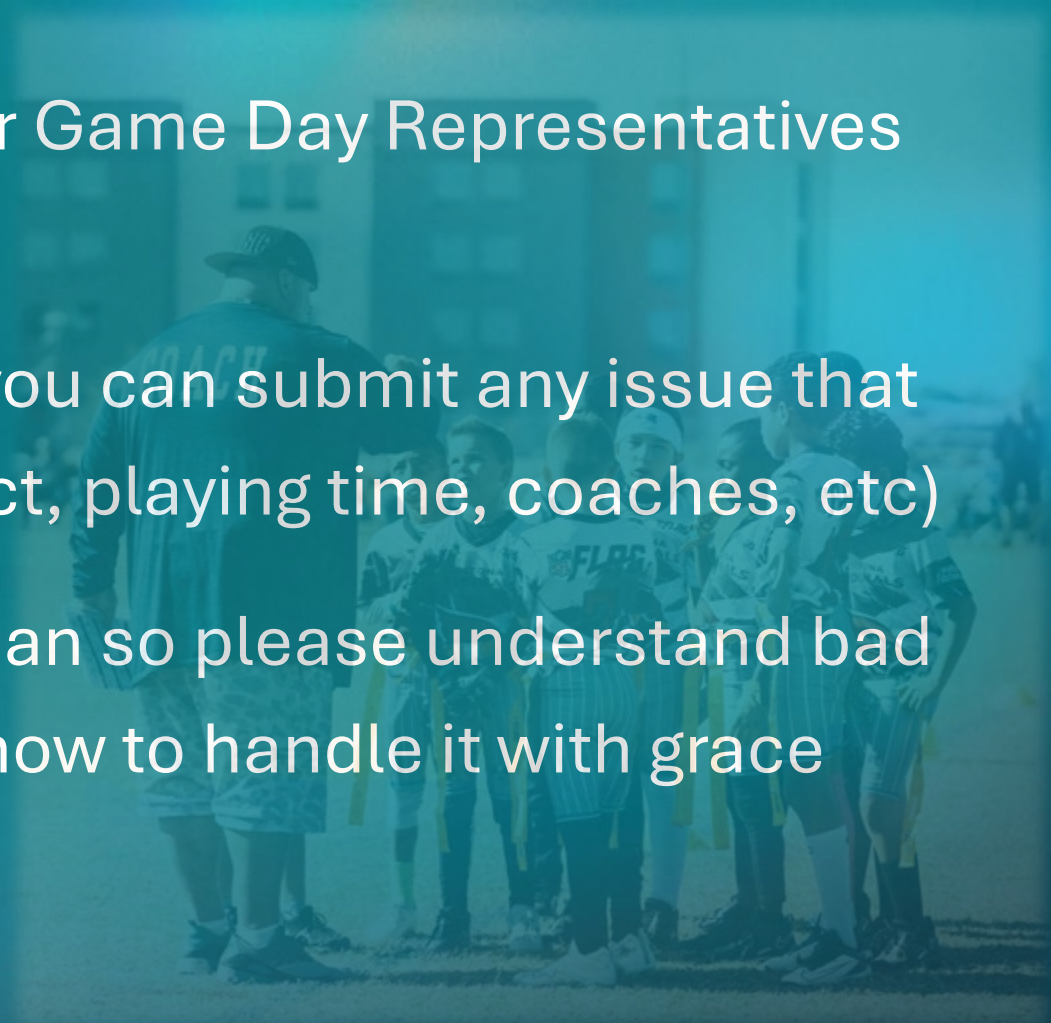
Communication with you

If an issue arises, please check in with our Game Day Representatives (GDR) in the Lime Green shirt

Make sure that you scan the QR code so you can submit any issue that might arise in your own words (misconduct, playing time, coaches, etc)

Sorry but referees are third party and human so please understand bad calls are a part of sports, show your kids how to handle it with grace

End of the year review opportunities





Mojo App

THE ULTIMATE COACHING RESOURCE FOR FLAG FOOTBALL

MOJO's flag football activities and content were created in partnership with NFL FLAG coaches and experts to ensure that every flag football coach can get the resources they need to coach an unforgettable season. With MOJO, coaches of all experience levels can access practice plans and drills and learn more about the game of flag football.

- Will help with field location
- Game Times
- Scores
- Practices



VIP Opportunities

Player of the Week: submit a player of the week by form and submission on our IG account

Tag us on a video of a great play*

Chances to win Dolphin Tickets

Winners in Elite Divisions will be sponsored for NFL Flag Regionals



Parents & Coaches

 **Parents****Who They Are:**

Parents are the **foundation of a successful youth flag football league**, balancing encouragement for their child with respect for the league's structure and rules, while also helping to create a fun, safe, and supportive community.

Key Responsibilities:

- Support and Encouragement
- Logistics and Commitment
- Role Modeling
- Volunteering and Team Support

Reminders:

- Show respect for coaches, officials, and staff
- This community is built of positive teamwork
- A fun and safe environment are of the utmost importance

 **Volunteer Coaches****Who They Are:**

Parents, guardians, or community members who generously give their time to teach, encourage, and manage a team.

Key Responsibilities:

- Lead practices and manage games
- Teach fundamentals, teamwork, and sportsmanship
- Communicate with parents and players
- Uphold league values and safety protocols

Reminders:

- Coaches are volunteers — kindness and patience go a long way
- Encourage all players equally
- Always put fun and player development before winning



Abuse Free – Safe Zone

- 1. Respect for Officials:** Referees are essential to our games and are continuously learning and improving. They deserve support and understanding as they officiate.
- 2. Zero Tolerance for Abuse:** Any form of heckling, harassment, or intimidation directed at officials (or anyone) will not be tolerated.
- 3. Immediate Consequences:** Any individual found engaging in abusive behavior toward referees (or anyone) will be immediately removed from the event.
- 4. Parent Code of Conduct:** If this code of conduct is violated, you will receive a warning. A second violation will result in suspension, and a third violation will result in removal from the league.



Meet & Greet

Schedule – has been emailed and put in Mojo. The schedule will only post game times. Practice is always 1 hour before.

You are scheduled for 2 hours:

- **First hour** is to let the coaches organize the team (check in, equipment hand out, ground rules for the team, athlete discovery, parent introduction, schedules, practice schedule, etc)
- **Second hour** is to practice and learn the positions on offense and defense plus the rules of the game
- **For Tots** it will be considered their first practice, and they will do Day 1 in the handbook. Families only need to arrive 30 minutes early according to the schedule



Meet & Greet - Coaches

1 Hour before “game time” the coach will pick up the team bag at the tent *(if you come early please be patient as we handle the scheduled teams first)*

Coaches will:

- Sign for the equipment/uniform bag
- Distribute uniforms to all participants (hold onto any equipment not distributed for the next two weeks)
- Have parents scan the QR code and digitally sign out their equipment/uniforms
- Have a warm introduction
- Practice on half of the field assigned to them for an hour (no scrimmages or multi-team practices)



Meet & Greet - Parents

1 Hour before “game time” will meet as a group

Parents will:

- Wait for the coach to bring the equipment/uniform bag to the practice field
- Receive all items labeled for your athlete
- Parents **MUST** fill out the form (QR code) acknowledging receipt of all items
- Report any missing items on the form
- Fill out a merchandise inquiry form (located within the form) if items are damaged or have any issues
- Any problems arising after Meet & Greet will be resolved from this initial take in form

Meet & Greet - Procedures

Coach picks up
package/folder

GDR – signs
and takes
picture
(QR Code)

**Coach picks
up shirt**

*(Qr code receipt
of shirt and bag)*

**Distributes
to Team**

*(QR code Parents/
Signatures)*

**Parents
receive goods**

*(QR form, issues,
signature)*

**Coach
Hands out
equipment
up to wk2**

**Coach
returns
equipment
wk3 at
front desk**

Regular Season Games (5 weeks)

- 1 Hour before “game time” will meet as a group on designated practice field
- Coaches will practice with the team
- Coaches will make sure all athletes have NO pocket shorts, Correct Jersey & Flags
- 10 minutes before the game all coaches will check every kid in at the tent, Mandatory
- Every kids must present themselves at the tent with the coach
- Parents please look at the map to see the area for seating and where tents can be placed
- If a kid is late, they must check in at the tent before going to the field
- TOTS check in 10 minutes before practice
- **ELITE ONLY:** may have practices outside of Sundays but this is at the HC direction*

Playoffs & Championship(week 6)

- We will have security at park locations
- Schedules will be produced after week 5 games
- Check in is as usual
- **Developmental Teams**: will receive a certificate?
- Developmental 1st & 2nd Place teams: will receive medals
- **Elite Teams**: will receive a consolation game
- Elite 1st & 2nd Place teams: will receive medals
- Miami Dolphins Alum picture opportunity*
- Team Pictures in front of the step and repeat



Picture Day

- Each location will have a team picture day where you can purchase other items also
- Picture Days are only in the Fall and Spring
- This is a third party company

COACHING STAFF EXPECTATIONS

- **Fundamental Coaches** – are expected to play every kid, playing time should be as close to equal as possible
- **Elite Coaches** – are not expected to play every the same amount but EVERY athlete must play and have a fun experience
- **Tot Coaches** – are expected to teach the fundamentals of the game and show the littles the joy of playing football
- **Every Coach** – should be a prime example of good sportsmanship, character, and how to be a model citizen

COACHING STAFF

- All volunteers **MUST** wear their coach's shirt during GAME DAY practices and game play.
- No more than 3 volunteers are allowed on the sideline.
- All coaches, both offensive and defensive, must move to the sidelines PRIOR to the snap of the ball. You may come on to the field to call your play or set your defense.
- Exception: Lombardi coaches may remain on the field during a play. However, they must not impact the play.



COACHING PRACTICE

- DEVELOPMENTAL
 - 2 hour commitment
 - 1 hour of practice before your game
 - 1 hour game
- ELITE
 - 2+ hour commitment
 - 1 hour of practice before your game
 - 1 hour game
 - External practices are on your own time and schedule (no limit)
 - When securing field space you are NOT allowed to use DFFL or Flag Universal as your reason. All outside practices are not covered by our insurance nor are they mandatory.



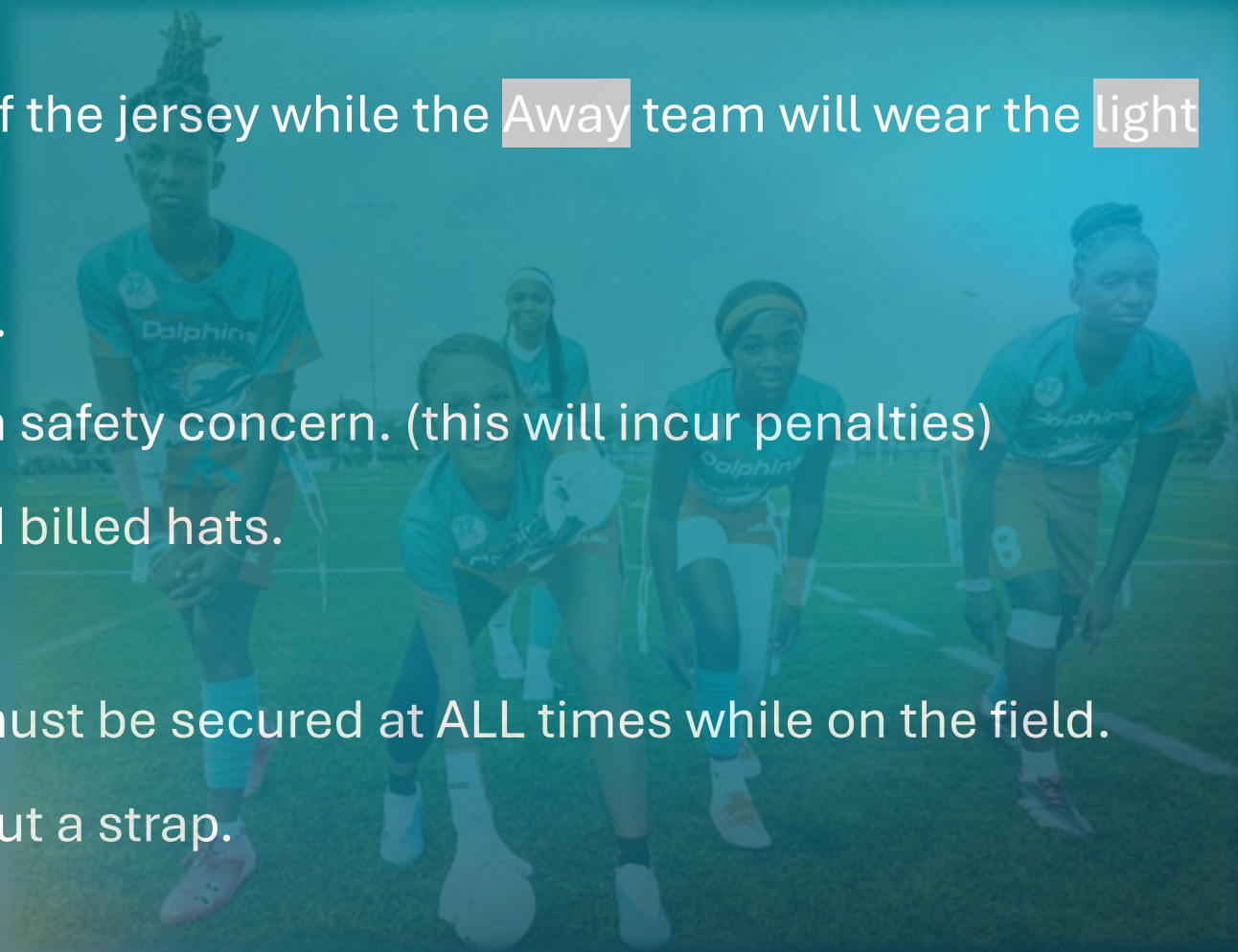
COACHING PRACTICE

- TOTS
 - 1 hour commitment
 - Instructional Handbook
 - Guided practice for each day
 - Word of the day
 - Stickers each Sunday for awards
 - Learn the sport through games, skills and drills, competitions
 - T-shirt provided (Junior Dolphins T)



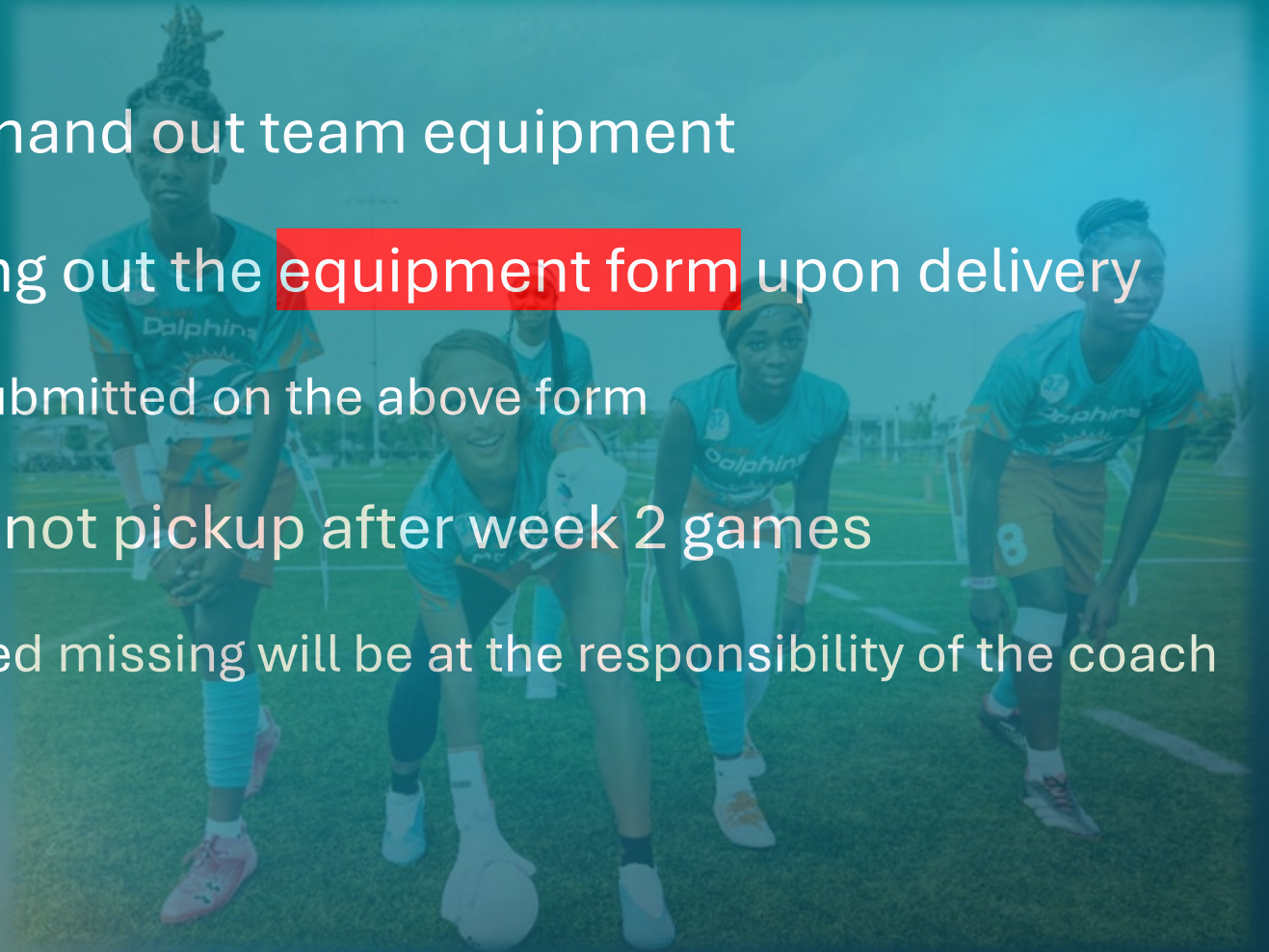
UNIFORM

- The **Home** team will wear the **dark** side of the jersey while the **Away** team will wear the **light** side of the jersey.
- Mouthpieces **MUST** be worn at-all-times.
- No shorts or pants with pockets. This is a safety concern. (this will incur penalties)
- Players must remove all jewelry and hard billed hats.
 - Winter beanies are allowed.
- Players may wear sunglasses, but they must be secured at ALL times while on the field.
- Prescription glasses are permitted without a strap.



UNIFORM DISTRIBUTION

- All coaches will be responsible to hand out team equipment
- All parents are responsible for filling out the **equipment form** upon delivery
 - Any issues with equipment can be submitted on the above form
- Coaches will return all equipment not pickup after week 2 games
 - All equipment not returned by deemed missing will be at the responsibility of the coach





Additionally

Food trucks will be on location*

Merchandise will be for sale (cash only)

- Shorts
- Shirts
- Limited Dolphin gear

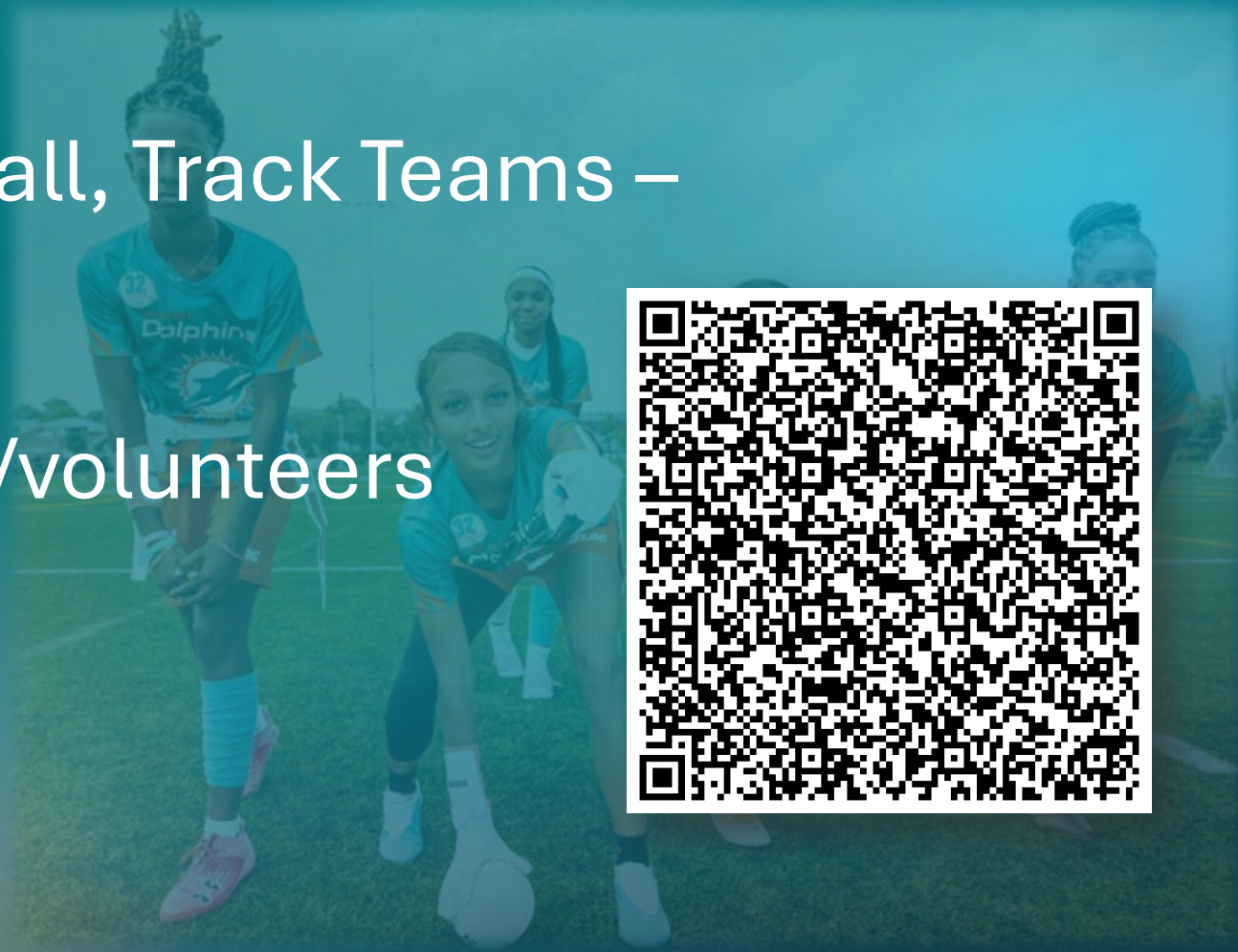
Flag Universal Inc (non-profit)

- **Silent auction**



Opportunities

- Soccer, Volleyball, Softball, Track Teams – **Females in Flag League**
- All female staff/coaches/volunteers
- All female league
- USA Football ID camps



Question & Answer



Question & Answer





RULES OF THE GAME

• LEAGUES:

TOTS:

Instructional Handbook (no games)

DEVELOPMENTAL:

Recreational (no playoffs, except Madden)

ELITE:

Competitive (playoffs all divisions)

"Regional Support from Junior Dolphins for Champions" – Aaron Harris

• DIVISIONS:

Lombardi:

1st grade and younger (5U & 6U, no playoffs)

Shula:

2nd and 3rd grade (8U, no playoffs)

Madden:

4th grade and older (10U, 12U, 14U, playoffs)

RULES OF THE GAME

- **SCHEDULE:** All teams will play 6 games each season.
- **Developmental:** There are no playoffs for Lombardi and Shula; however, in the Madden Division, there will be.
- **Elite:** Playoffs for all divisions
- **AWARDS:** Lombardi and Shula participants will receive a participation award (certificate).
- The Top 2 teams in each Madden division will receive 1st and 2nd place awards.

RULES OF THE GAME

- The goal of this **recreational** program is to **teach** the **fundamentals** of the game while having **fun**! Teams are created by grade, buddy, and coach requests. Average team size ranges from 9 to 12 players, ensuring all participants have ample playing time and opportunities to contribute.

- **GAME FORMAT: 5 v 5**

Click
on for
the
rules



Official "No Show" Policy

While rare, there may be instances when an official does not arrive for a scheduled game. In such cases, the following plan will be implemented:

Coaches as Co-Officials Roles and Responsibilities:

- One coach from each team will co-officiate the game.
- **Coach 1:** Responsible for keeping time (24-minute halves).
- **Coach 2:** Responsible for keeping the score.
- Coaches must print their names legibly on the referee card.

Coaches will work together to monitor key game elements, including:

- Downs and their progression.
- **7-second passing clock** to maintain gameplay flow.
- **Rush marker** placement at **7 yards** (Madden Division only).



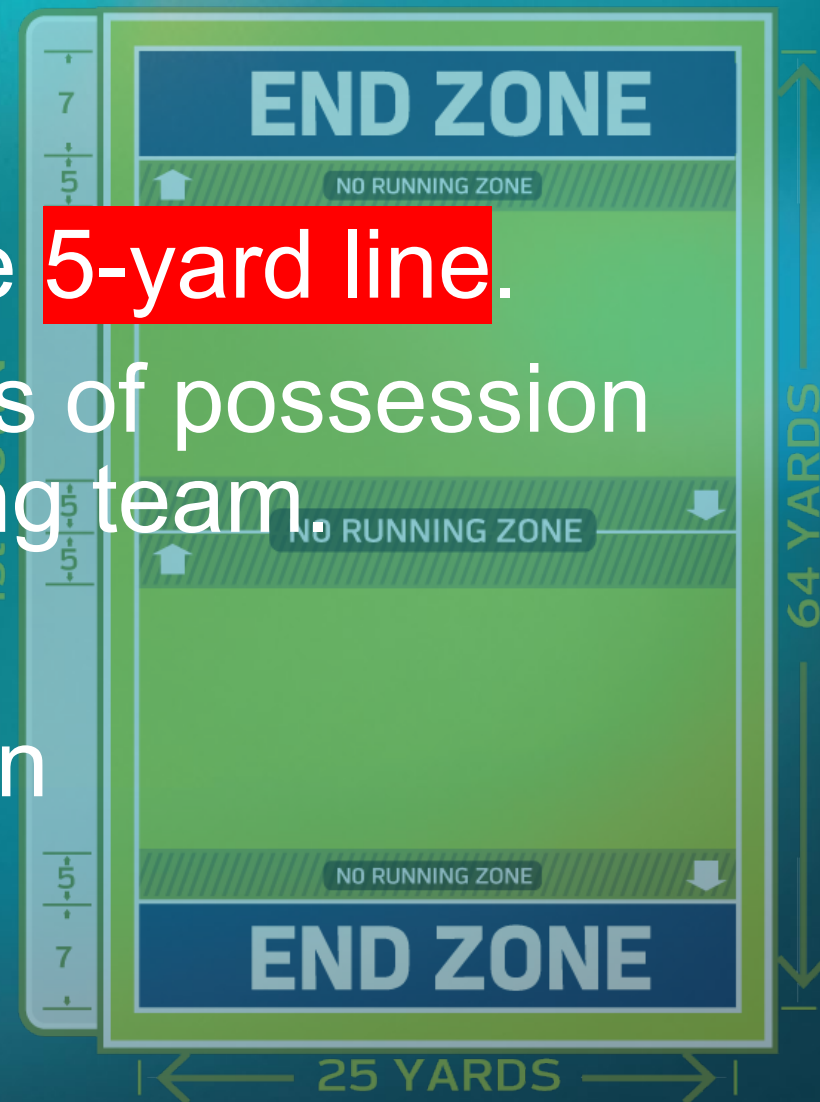
REFEREES

- Flag football is an easy setup
- Simple Rules (this is not 7v7 or tackle)
 - Start at the 5 yard line
 - You get 4 downs to get a first (mid-field)
 - On 4th down you must declare:
 - “Going for it”
 - Team makes the first, then team gets 3 more down
 - Team doesn’t make the first down, it’s a turnover on downs at the last LOS
 - “PUNT”
 - Opposing team starts on their own 5-yard line
 - In order to change the decision a coach must use a timeout
- You then get 3 downs to get a Touchdown
 - On 3rd down you must declare



TWO WAY FIELDS

- Starting possession will begin at the **5-yard line**.
- There are safeties. The result is loss of possession and **2 points** awarded to the opposing team.
- Interceptions can be returned.
- Home and away teams should be on opposite sidelines




REFEREES EQUIPMENT

- Stop Watch, Yellow Flag, Bean Bag or Cone
- Score Card
- Pre-Game Rules Card
- Penalty Reference Card

NFL FLAG	
Defensive Penalties	
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
Illegal substitution	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
Pass Interference	SPOT FOUL & Auto 1st Down
Holding	SPOT FOUL 5 Yards & Auto 1st
Stripping	SPOT FOUL + 5 Yards & Auto 1st





FIELD # _____

TIME _____

DIVISION _____

1 2

T.O.

SCORE

CARDS

1 2

T.O.

HOME - TEAM NAME _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30		
31	32	33	34	35	36	37	38	39	40	41	42	43	44		
45	46	47	48	49	50	51	52	53	54	55	56	57	58		

X _____

COACH SIGNATURE

SCORE

AWAY - TEAM NAME _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30		
31	32	33	34	35	36	37	38	39	40	41	42	43	44		
45	46	47	48	49	50	51	52	53	54	55	56	57	58		

X _____

COACH SIGNATURE

SCORE

OFFICIALS SIGNATURE: X _____

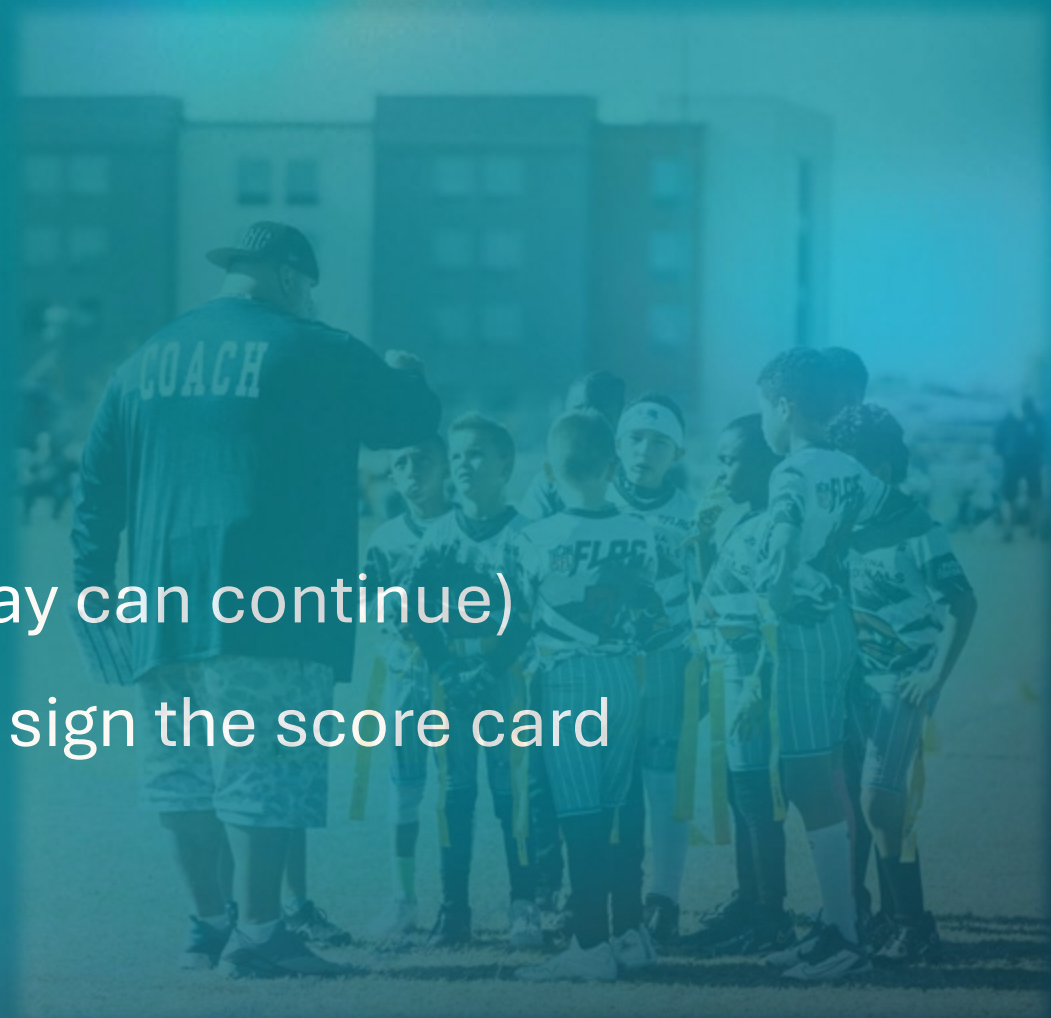
REFEREE GEAR RULES

- Referee
 - Official football referee shirt
 - Black shorts / pants
 - Fox 40 whistle
 - Pencil / Score Card (located at the GDR tent)
 - Black hat (optional but recommended)
- Players
 - Players must have shirts tucked in
 - No pockets
 - Must have a mouthpiece in correctly at all times
 - No jewelry
 - Flag belts must be worn correctly and fitted correctly



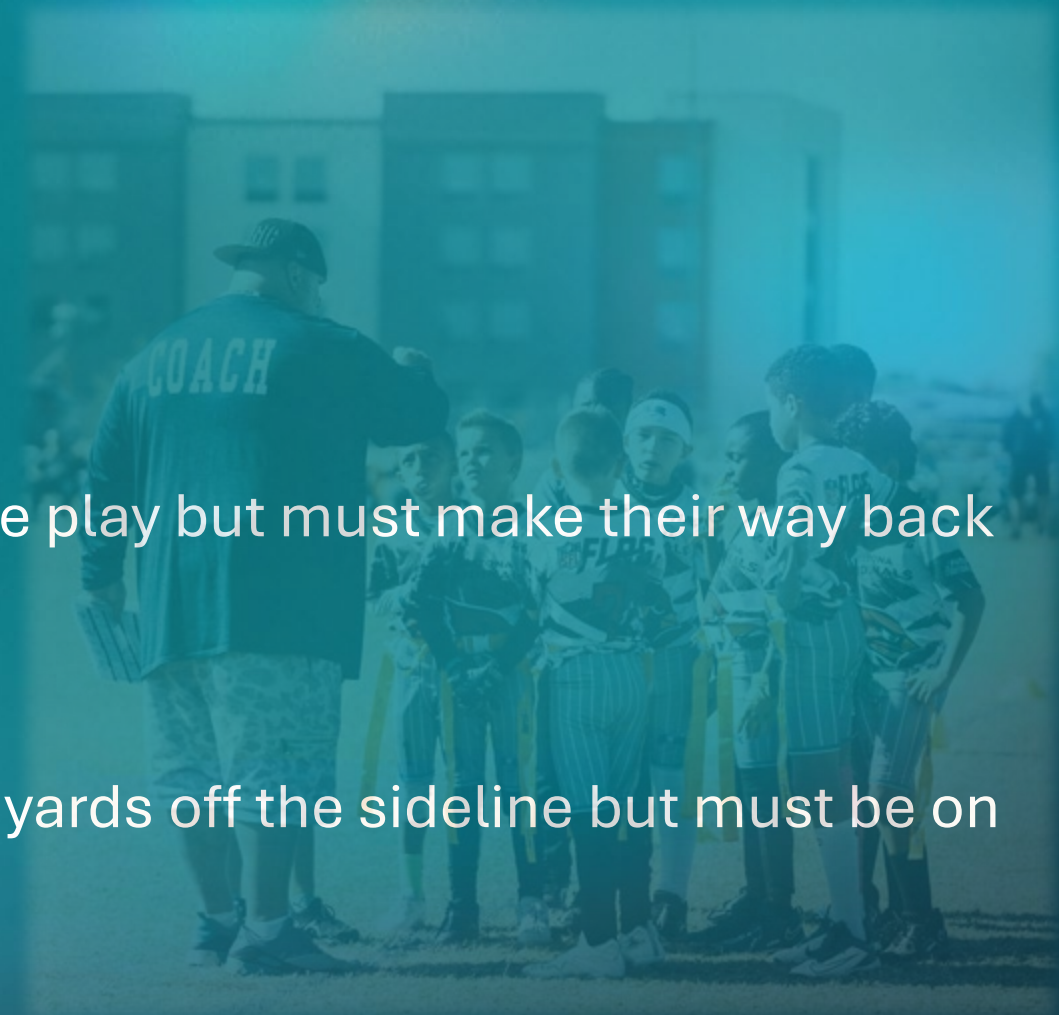
REFEREE SCORING RULES

- Touchdowns are 6 points
- 1 point (5 yard line)
- 2 points (10 yard line)
- 2 points for safeties
- 35 point mercy rule stops all scoring (play can continue)
- Both Head Coaches and Referees must sign the score card
- There is NO overtime in season play



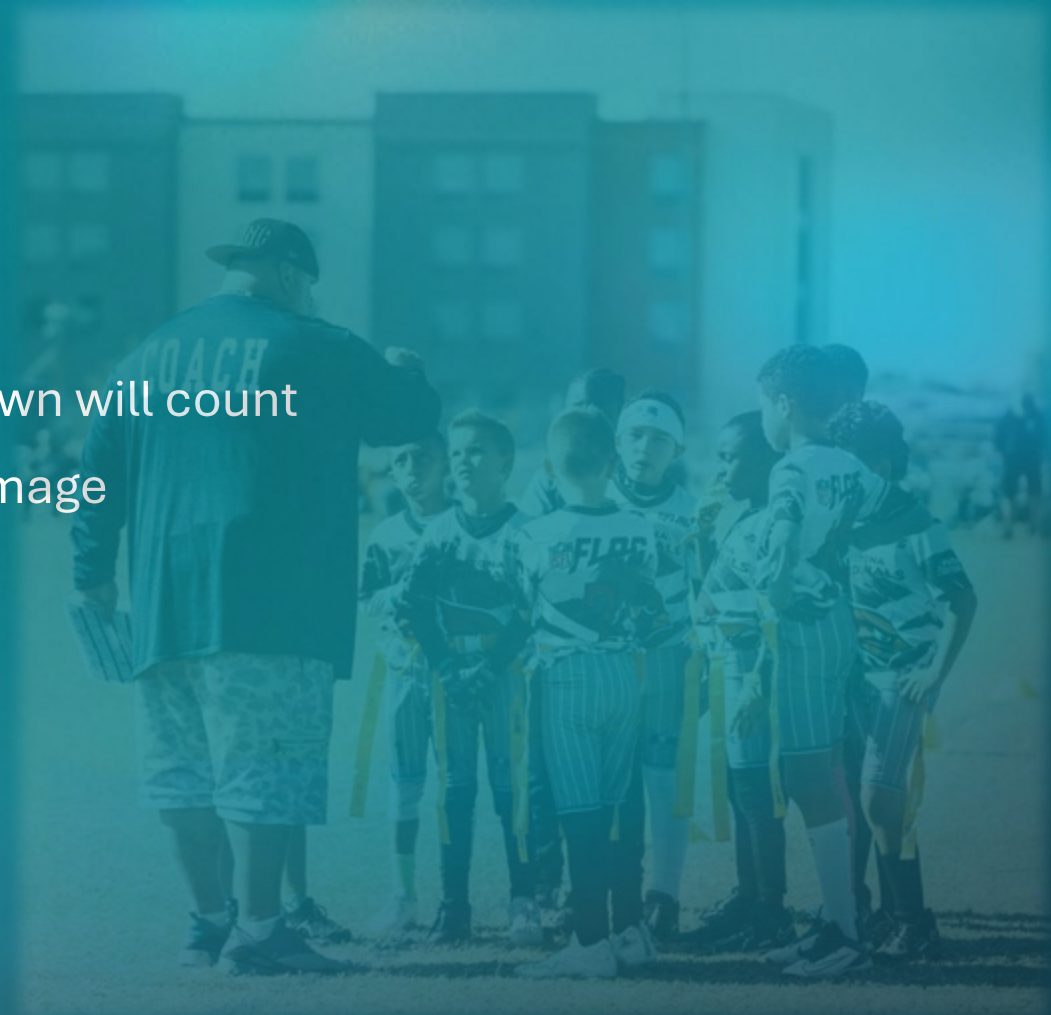
REFEREE COACHING RULES

- Coaches for Lombardi:
 - (1) One coach can be on the field at a time
 - Coaches can not interfere in the play
- Coaches for Shula:
 - (1) One coach can be on the field before the play but must make their way back to the sideline
- Coaches for Madden:
 - (1) One coach can call the plays from 5-10 yards off the sideline but must be on the sideline before the play starts



REFEREE RULES

- Dead Ball
 - Ball carriers flag falls out
 - Inadvertent whistle
 - Take the ball where the whistle blew and the down will count
 - Replay the down from the original line of scrimmage
 - Fumbles / loss of possession
- Spotting the Ball
 - Where the ball is when the flag is pulled



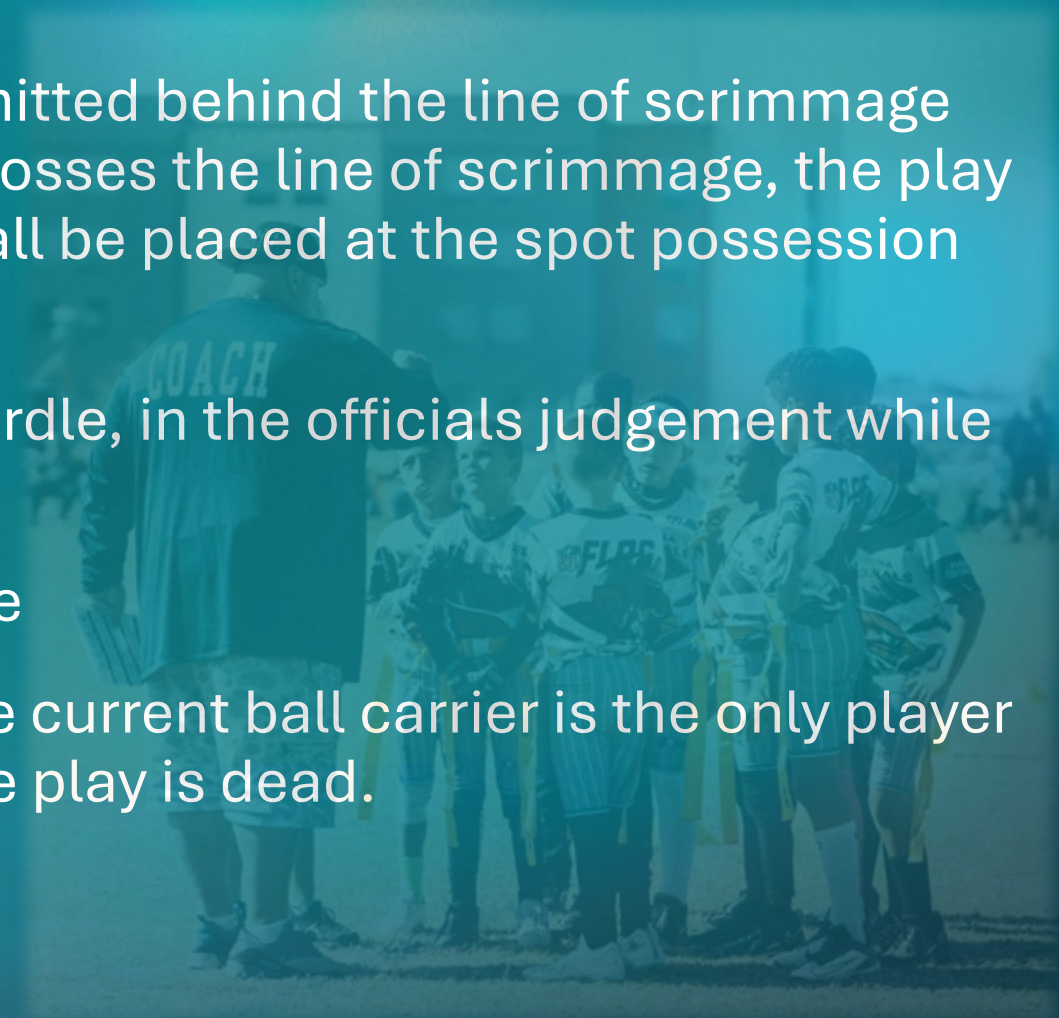
OFFENSE

- No intentional contact of any kind is permitted.
- Downfield blocking is illegal.
- Ball must be snapped between the center's legs.
- There is a 40 second huddle clock.
- Diving to ADVANCE the ball is illegal.



REFEREE RUNNING RULES

- Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.
- Runners are not permitted to jump, leap, or hurdle, in the officials judgement while advancing the ball. Ball is dead at that point.
- No blocking or screening is allowed at any time
- Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.





REFEREE RUNNING RULES

1. Only **1 forward pass**, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. There can be unlimited backward passes behind the line of scrimmage.

- **There is no intentional grounding.** The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.
- **All forward passes that do not cross the line of scrimmage are illegal forward passes**, unless touched by a defender. All forward passes must go beyond the line of scrimmage.

2. **Shovel passes** are allowed and must be a forward pass, from behind the line of scrimmage, and received beyond the line of scrimmage.

3. The quarterback has a **7 second "pass clock."** If a pass is not thrown within 7 seconds, the play is dead, the down counts and the ball is **returned to the line of scrimmage**. Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 7 second rule is no longer in effect.

- If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage (LOS) and it will be the next down.
- If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

MADDEN RULES

- At 4th grade (10U, 12U, 14U), the game changes with these two rule additions:
- **NO RUN ZONES** – Designed to avoid short yardage power situations.
 - "No Run Zones" are located 5 yards before midfield and 5 yards before the end zone. If you have a starting position in this zone, you must throw the ball to advance it.
 - "No Run Zones" are identified by discs and the **official** will let you know if you are in this zone before the play.
- **RUSHING THE QB** – You **MAY RUSH** the QB in the Madden division as long as you **are 7 yards back from the line of scrimmage** at the snap of the ball.

PASSING GAME

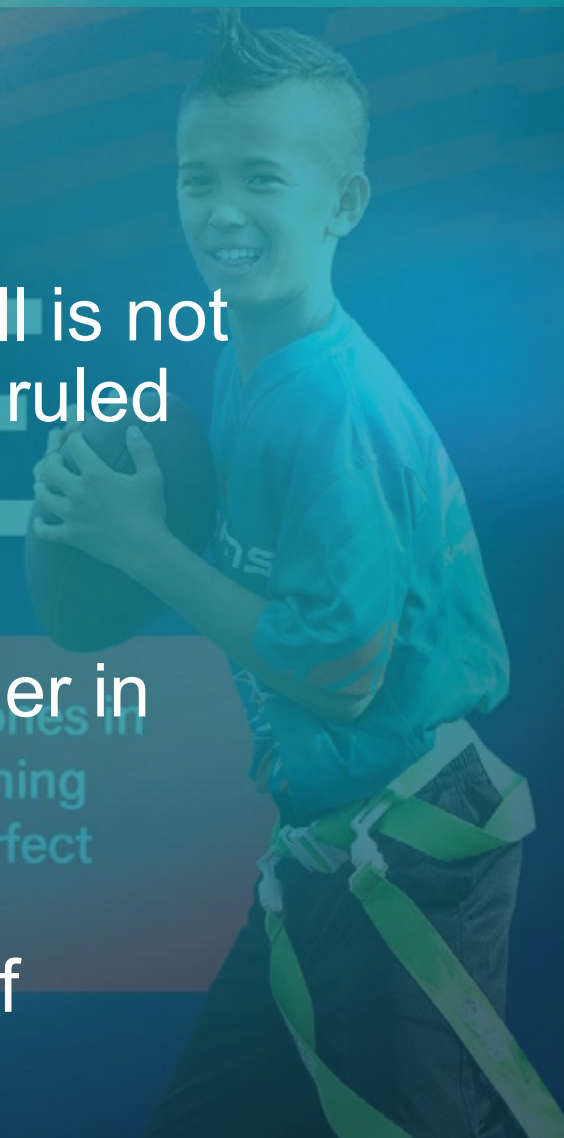
- No QB's sneaks allowed.
- The QB has a **seven (7) second** "pass clock". If the ball is not handed off or thrown within seven seconds, the play is ruled dead with a loss of down.
- Once the ball is handed off, the "pass clock" is no longer in effect.
- All forward passes must be received beyond the line of scrimmage.

 FLAG

NO-RUN

ZONE

End zones are not zones in flag football. No running allowed - time to perfect that pass!





REFEREE RECEIVING RULES

1. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.



DEFENSE

- No intentional contact of any kind is permitted.
- Defensive players cannot cross the line of scrimmage until the ball has been handed off.
 - Exception: Madden Division (we will discuss this in a second).
- **LOMBARDI** defensive players MUST give a five-yard cushion off the line of scrimmage.
 - **LOMBARDI**: The defensive 5-yard alignment cushion will be reduced to 3-yards any time the ball is spotted on or inside the 5-yard line.
- **FLAG GUARDING** – Any attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, arm, or shoulder, or covering the flags with the football jersey.



REFEREE BLITZING RULES

MADDEN RULES ONLY

All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. (1) One player can rush the quarterback. The rusher MUST identify by raising their hand before the snap. The rusher MUST rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage

A special marker, or the game official, will designate a rush line 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

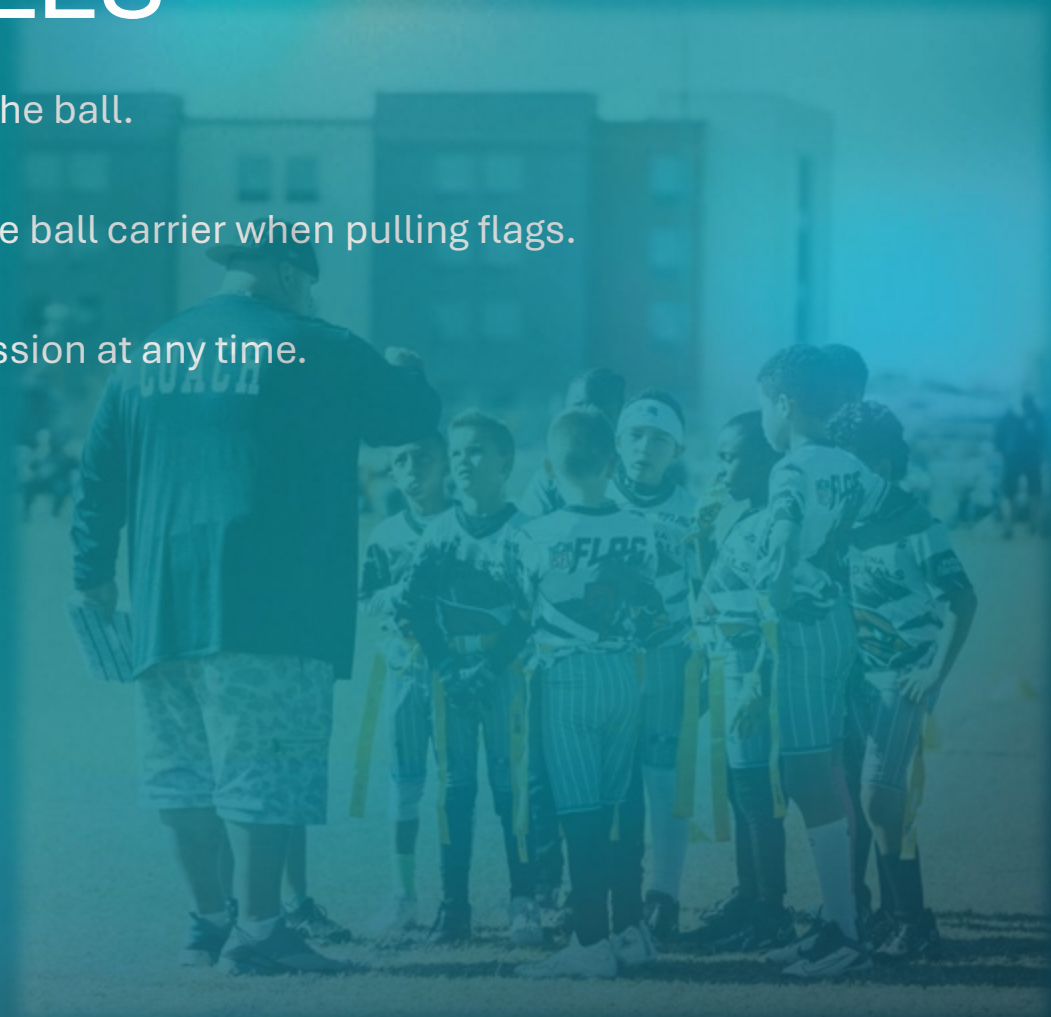
Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer

The offense cannot impede the rusher's PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an 'Impeding the Rusher' penalty. If the offensive player does not move after the snap, then it is the rusher(s) responsibility to go around the offensive player and avoid contact.



REFEREE FLAG PULLING RULES

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

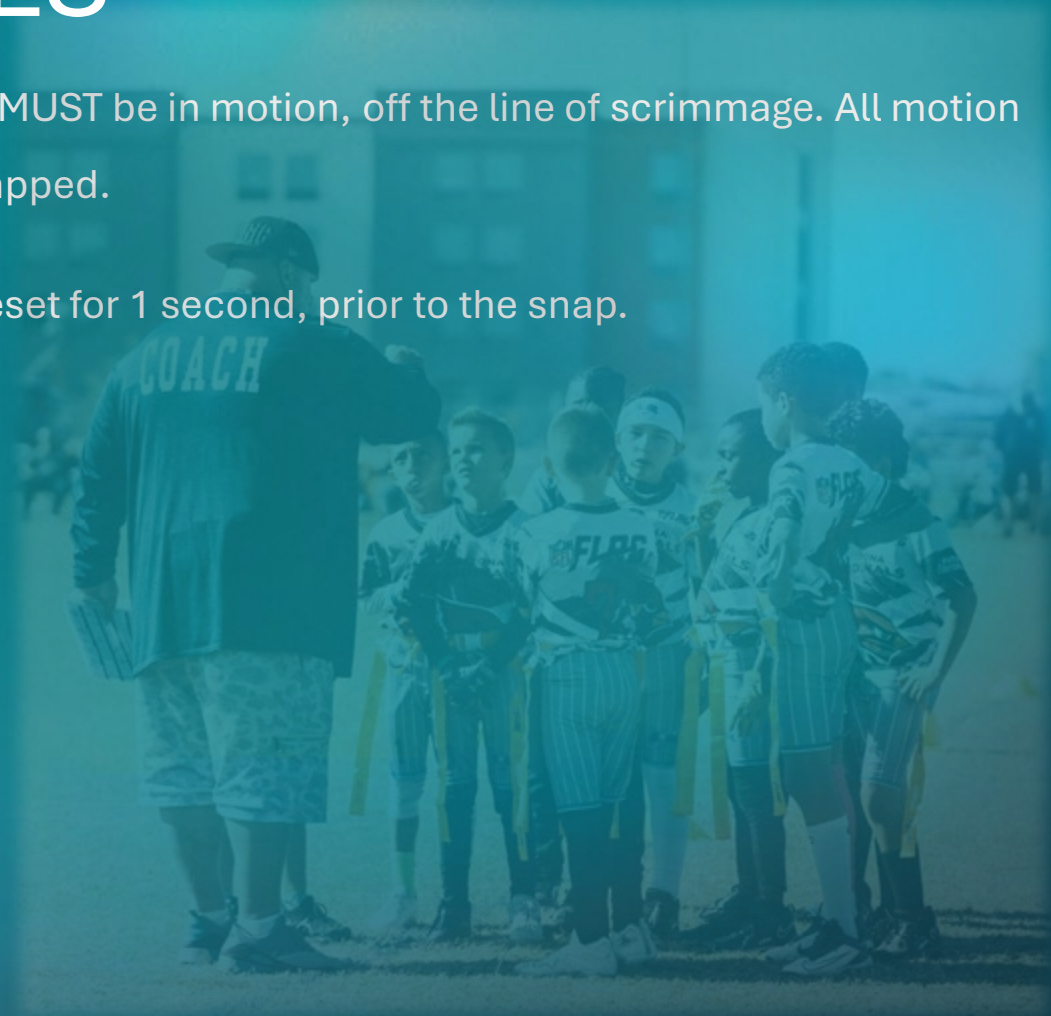




REFEREE FORMATIONS RULES

*Only one player is allowed in motion when the ball is snapped. The player MUST be in motion, off the line of scrimmage. All motion must be parallel or backwards to the line of scrimmage when the ball is snapped.

**Players may shift positions on offense at any time, all players must still reset for 1 second, prior to the snap.



TIME SITUATIONS

- Games are scheduled to be played every hour on the hour.
- Games are played with two 24-minute halves with a two-minute halftime.
- Each team is allowed one (1) 60 second timeout per half.
- Timeouts do not carry over to the second half.
- The clock will only stop for time-outs and halftime.

PENALTIES

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

iii. Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+10 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-10 yards from line of scrimmage and loss of down

