

LMVSC

Flag Football

Rule Book

(2023)



Terminology -

Boundary Lines: the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.

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 head, shoulder, forearm, or the chest.

Dead Ball: refers to the period of time immediately before or after a play.

Defense: the team opposing the offense to prevent them from advancing the ball.

Downs: the team on offense has four attempts or “downs” to advance the ball. They must cross the line to gain (or first down marker) to get another set of downs or to score. Downs are not cumulative. For example, if you cross the 1st down Line to Gain on your 1st attempt, you start over with a new set of downs, with 4th down being your last attempt at scoring.

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.

Inadvertent Whistle: official’s whistle that is performed in error.

Lateral: a backwards or sideways toss or pass of the ball by the ball carrier.

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.

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.

No-Run Zone: a 5-yard area just before the midfield line or end zone where teams cannot run the ball on offense. All teams within these zones must pass.

Neutral Zone: this is a zone just in front of the line of scrimmage where neither the offense nor defense is allowed to line up. This zone is only as long as the ball. Offensive players must line up behind the ball, and defensive players must line up in the defensive backfield behind the ball. In short, no player on the field may be standing in the direct line of the football, extending from sideline to sideline.

Offense: the team with possession of the ball.

Rush Line: an imaginary line running across the width of the field 7 yards into the defensive backfield from the line of scrimmage.

Rusher: one or more defensive players assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.

Shovel Pass: a legal pass attempted to any receiver by throwing the ball underhand or pushing it towards the receiver in a shotput type manner.

Unsportsmanlike Conduct: rude, confrontational, or offensive behavior or language.

Whistle: sound made by an official using a whistle that signifies stoppage of play, usually the end of the play or a stop in the action for a timeout, half time, or the end of the game.

I. Rules –

- 1) At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- 2) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may **not** choose to defer to the second half.
- 3) The offensive team takes possession of the ball at its 5-yard line and has four (4) downs (or plays) to cross midfield. Once a team crosses midfield, downs start over, and they have four (4) additional downs to score a touchdown.
- 4) If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 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 own 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 that started the game on defense.



II. Participation –

- 1) All players must play half of the game. This will not be monitored by any game official – this is on your honor.
- 2) It is highly encouraged to allow players to play on both offense and defense.
- 3) It is also encouraged to allow players to play in multiple positions, but a coach does not have to force a player to play in a position where he or she (the player) is uncomfortable (for example, playing a player as a quarterback when that player doesn't want to play that position).



4) Over-reliance on a single skilled player as the ball carrier (by handoff or pass) is unsportsmanlike coaching. All players should be given equal opportunity to make scoring plays.

III. Eligibility –

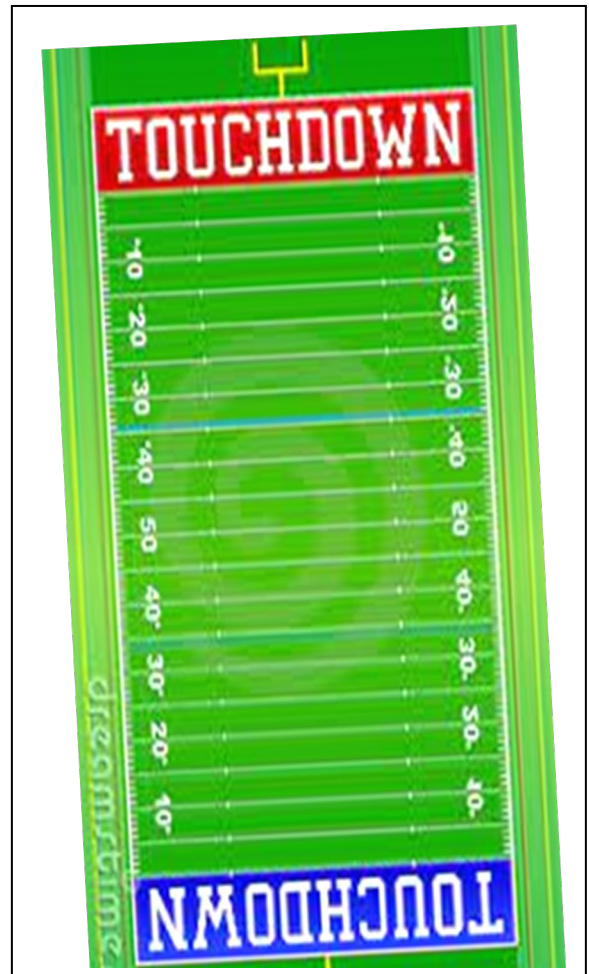
- 1) All players must be registered with Lee Mount Vernon Sports Club.
- 2) No player may “play down” (i.e., participate in younger divisional games). Players may “play up” to an older division when that team has insufficient eligible players. The consent of all three coaches (i.e., loaning team, borrowing team and opponent team) is required. The total number of players on the borrowing team cannot number more than eight players and not more than the opposing team.

IV. Equipment –

- 1) LMVSC provides each player with a flag belt and a game jersey. Teams may use the football provided by their league or another appropriately sized football for the Division.
- 2) Players must wear shoes. Football cleats are encouraged; however, soccer and baseball cleats will also work. Cleats with exposed metal are not allowed and must be removed.
- 3) Players may tape their forearms, hands, and fingers. Players may wear gloves or any needed soft braces. Braces with exposed metals are not allowed.
- 4) Players must remove all watches, earrings, and any other jewelry that the officials deem hazardous. Players may not wear hats with brims while playing, but can wear hats without bills (for example, a beanie for cold weather), unless otherwise approved by the league.
- 5) Official LMVSC game jerseys must be worn during play.
- 6) Players’ jerseys must be tucked into the shorts or pants if they hang below the belt line.
- 7) Players may only wear pants or shorts without pockets and belt loops. Pants or shorts with belt loops or pockets must be taped, but if the tape comes off repeatedly during play, the player may not be able to participate.
- 8) Pants or shorts cannot be the same color as the flags worn (or a color close to the color of the flags – for example, orange shorts with red flags or navy shorts with blue flags). The flags must contrast with the shorts or pants.
- 9) Players must use a mouth guard during play.

V. Field –

- 1) The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability and division (for example, younger divisions may play on a smaller field).
- 2) No-Run Zones are in place to prevent teams from conducting power run plays. 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 when starting in the No-Run Zone, though a backfield handoff or lateral before the pass is permitted. All passes occurring in the No-Run-Zones must be completed beyond the LOS. No center sneak plays are allowed.
- 3) Stepping on the boundary line is considered out of bounds.
- 4) Each team on offense approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield, and another 5 yards from the goal line to score a TD). The official will announce to the teams and coaches when the ball is in the No-Run Zone.



VI. Rosters –

- 1) Home teams wear the dark color jerseys. Visiting teams wear the white side jerseys.
- 2) Teams must consist of at least five players, with a maximum of ten players.
- 3) Teams must start a game with a minimum of four players. Teams may not play with less than four players. The opposing team may still play with 5 players.
- 4) In divisions where needed, a player pool may be formed to allow for teams to draw players from other teams in order to avoid forfeiting games. Coaches must alert the league commissioner 48 hours before the scheduled game in order to solicit interested parents and players.

VII. Timing and Overtime –

- 1) Games are played on a 40-minute clock with two twenty-minute halves. The clock stops only for timeouts (or referee called stoppages) during the first 38 minutes of play (not on dead balls or when the runner goes out of bounds – i.e., it's a running clock). During the last two minutes of play in the second half, the clock will stop on team or referee timeouts and on dead ball periods, including when a player runs out of bounds, on an incomplete pass, and during extra point attempts.
- 2) Halftime is three minutes long.
- 3) Parents will be asked to assist with keeping score and the game clock.
- 4) Each time the ball is spotted, a team has 25 seconds to snap the ball. The official will count down to 0 in his or her head. Should 0 be reached, a delay of game penalty will be called. The official will alert the team and coach when the count gets to 15, 10 and 5 seconds.
- 5) Each team has two 30-second time outs per half. Unused timeouts do not carry over to the second half.
- 6) Officials can stop the clock at their discretion.
- 7) In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- 8) During the regular season, if the score is tied at the end of 40 minutes, the game will be counted as a tie.
- 9) In the playoffs, an overtime (OT) Period will be used to determine a winner. OT format is as follows:
 - a) Each team will have one timeout.
 - b) A coin toss will be used to determine who gets to start on offense or defense.
 - c) Scoring and winning the game will be a hybrid of NFL/college overtime rules, flag football style:
 - i) Team A will start with the ball on their 5-yard line, just like in regulation. If this team scores, they may elect to go for one or two in their extra point conversion. If they do not score a TD and instead turn over the ball on downs, Team B will start at its 5-yard line on offense. If Team A turns the ball over in another way (i.e., interception), then Team B will start where their player's flag is pulled. If Team B scores on the turnover, they win.
 - ii) If Team A turns the ball over on downs or scores, Team B will then be given an opportunity to score on offense. If Team B fails, and if Team A is ahead, Team A wins. If Team B scores and ties the game, the game continues, with the next team that scores being the winner. If on this second drive of the game, Team B scores and ends up with more points than Team A, then Team B wins the game.
 - iii) If both Team A and B are tied after each team has its first drive of the game, a second overtime will begin, with Team B starting with the ball first. Team B will start on Team A's 20-yard line. If Team B fails to score, Team A will start on Team B's 20-yard line. The first team to score in the second overtime period wins.
 - d) Turnovers –
 - i) If Team A turns over the ball on the first drive, Team B will start an offensive drive where the player's flag was pulled. Team B will still have an opportunity to score.

- ii) If Team B turns over the ball on the second offensive drive in overtime, and if the game is tied, the game continues, with the next team to score winning. If Team A is ahead, then the game is over and Team A wins.

VIII. Scoring –

- 1) Touchdown: 6 points
- 2) PAT (Point After Touchdown): 1 point (5-yard line) or 2 points (12-yard line). Note - a 1 point PAT is pass only, 2-point PAT can be run or pass.
 - a) A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. or 2-pt. conversion.
 - i) Interceptions on conversions can be returned and added to the score of the intercepting team, should they return the intercepted ball to the appropriate end zone.
- 3) Safety: 2 points
 - a) A Safety occurs when the ball carrier is declared down in his/her own end zone.
 - b) They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds, or they hit the ground with their knee, arm or ball.

A Safety also occurs when there is an offensive penalty occurring in the end zone.
- 4) Mercy Rule: After the winning team is ahead by at least seventeen points, the mercy rule is in effect (at the discretion of the losing team). The winning team may pass or run the ball but is only allowed one handoff or lateral in the backfield on each play (i.e., no reverses or double tosses, etc.). The winning team also cannot rush the QB on defense, and the 7-second rule is not enforced against the losing team. Should the winning team intercept a pass, the winning team will get the ball at the point of the interception (it is not returnable). The losing team will also start its offensive drives a yard shy of the first no run zone, having only 6 yards to go until they can gain a first down. Lastly, should the winning team be ahead by 28 points, the game is called and the score at the time that the game is called will be the official score. The game may continue to be played for the remainder of regulation (or as otherwise agreed upon by the coaches), but future scores will not be counted.

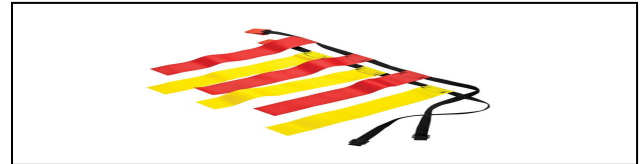
IX. Coaches –

- 1) Coaches are volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
- 2) Coaches (only one at a time) are allowed on the field while on offense and defense to direct players in the Rookie and Starter Divisions. Coaches must stand on the sideline with their team in the All-Pro and Hall of Fame Divisions.
- 3) Coaches are expected to adhere to LMVSC Coaches Code of Conduct.



X. Live Ball/Dead Ball –

- 1) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 2) The official will indicate the line of scrimmage. There are no lines on the field, and the officials will help players line up. Should a defender be passed the line of scrimmage, a penalty may be called, and it is a free play for the offense. If a player is reacting to an official telling them to back up and the ball is snapped at that time, it will not be called a false start as the player was moving due to the official. Most offside penalties will not be called unless it is egregious.
- 3) A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- 4) The defense may not mimic the offensive team signals or attempt to communicate with anyone on offense at any time. This will result in an unsportsmanlike conduct penalty.
- 5) Substitutions may be made on any dead ball.
- 6) Any official can whistle the play dead.
- 7) Play is ruled “dead” when:
 - a) The ball hits the ground.
 - b) The ball carrier’s flag is pulled.
 - c) The ball carrier steps out of bounds.
 - d) A touchdown, PAT or safety is scored.
 - e) The ball carrier’s knee, arm, or hand with the ball (with the ball touching the ground first) touches the ground (only a ball carrier’s hands and feet are allowed to touch the ground).
 - f) The ball carrier’s flag falls out.
 - g) The receiver catches the ball with no flags on.
 - h) The 7 second pass clock expires.
 - i) Inadvertent whistle.



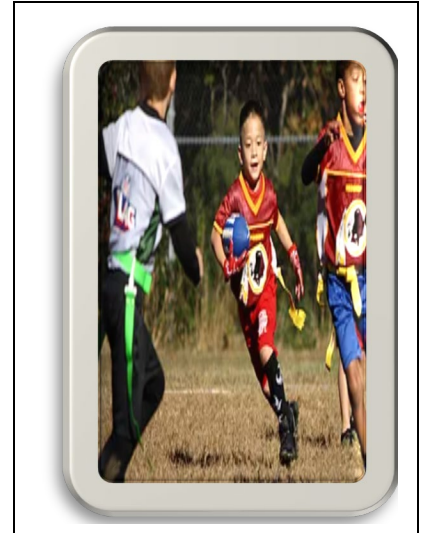
NOTE: There are no fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.

- 8) In the case of an inadvertent whistle, the offense has two options:
 - a) Take the ball where it was when the whistle blew, and the down is consumed.
 - b) Replay the down from the original line of scrimmage.

XI. Running –

- 1) The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.
- 2) The quarterback is the first offensive player that receives the snap. The quarterback cannot directly run with the ball past the line of scrimmage. The quarterback can scramble in the back field. But, if the quarterback gets rid of the ball in some manner, the quarterback is eligible to receive a pass anywhere on the field or a handoff and then run beyond the LOS.

- 3) Direct handoffs, laterals, tosses, etc., are only permitted behind the line of scrimmage. Handoffs may be in front, behind, or to the side of the offensive player. The offense may use multiple handoffs, laterals, etc., but all must occur behind the LOS. The QB must be in clear possession of the ball in order to hand it off.
- 4) No center-sneak plays are allowed. This is when the QB gets the snap from the center, and immediately gives it back to the center to run the ball.
- 5) “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 use run plays in these zones if the subsequent line 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, and one 5 yards from the goal line to score a TD). A team running an incorrect play will be assessed an illegal procedure penalty.
- 6) Any player who takes a handoff behind the line of scrimmage can throw the ball from behind the line of scrimmage.
- 7) Once the ball has been handed off, all defensive players are eligible to rush.
- 8) Runners can jump vertically to avoid a flag pull. Diving to avoid a flag pull is considered flag guarding. This rule does not apply to defenders going for the flag (i.e., diving for a flag), but if contact is made, the defender may be called for a holding penalty.
 - a. Exception: 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.
- 9) Spinning is allowed. Lateral moves to the left or right are permitted.
- 10) Blocking or screening – this is allowed, but the offensive player must be set once the defender is within 3 yards of the offensive player who is blocking/screening. The intent is to allow offensive players to set screens and block, but also allow defenders space to move around blocks or screens to avoid contact. Should contact occur, the official will determine if the offensive player gave the defender enough space to avoid contact. Please keep in mind that in this instance, it is more likely that the offense will draw a penalty should aggressive blocking occur. Offensive players may screen on either side of the line of scrimmage, but again, must be set.
- 11) Flag Obstruction – Jerseys MUST be tucked in before play begins if the jersey extends beyond the flag belt. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.



XII. Passing –

- 1) All passes must be from behind the line of scrimmage.
- 2) Shovel passes are allowed. A shovel pass is defined as a pass that is shoved from the QB's chest to the receiver. Underhand tosses are not considered shovel passes.
- 3) The quarterback has a seven-second "pass clock" if the defense does not blitz. If a pass is not thrown within the seven seconds and a defensive player does not blitz, play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, lateralled, or passed to another player, the 7-second rule no longer is in effect.
- 4) All passes thrown while attempting to gain a first down or touchdown while in the 5-yard no-run zones before the 1st down line and the end zone line must be caught beyond the LOS. Passes thrown anywhere else on the field may be caught and advanced before the LOS.
- 5) On a play, a team may have multiple forward passes completed so long as those passes are caught before the LOS. Once a player or pass crosses the LOS, no more passes, handoffs or laterals may occur.

XIII. Receiving –

- 1) All players are eligible to receive passes.
- 2) One player is allowed in motion at the time of a snap. All motion must be parallel to the line of scrimmage or moving backwards from the LOS (and not moving towards the LOS) at the time of the snap.
- 3) A player must have a least one foot inbounds when making a reception.
- 4) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 5) 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.
- 6) Interceptions are returnable.

XIV. Rushing the Passer

- 1) All players who rush the passer must be a minimum of 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 or anywhere else on the defensive side of the ball.
- 2) Once the ball is handed off or the ball clearly leaves the hand of the QB who is passing the ball, the seven-yard rule no longer is in effect and all defenders may go past the line of scrimmage.
- 3) A special marker or the referee will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the LOS.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off or passed by the quarterback.



- iii. If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset, and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush beyond the line of scrimmage.
 - b. A penalty may be called if:
 - i. Any defensive player crosses the line of scrimmage before the ball is snapped. Penalties are usually not called if a defensive player bites on a fake, realizes it, and then retreats back to the defensive side of the field. But this depends on how deep into the offensive backfield the defensive player gets before retreating, and if this player is able to disrupt the play due to the illegal rush.
 - ii. A defensive player leaves the 7-yard rush line before the snap and crosses the line of scrimmage before a handoff or pass.
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback. If they do not rush, the 7 second clock is in effect.
 - ii. Teams are not required to identify their rusher before they play.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as defender with no offside penalty.
 - iv. (ROOKIE Division only). No rush is allowed for the first three games of the season. This rule is to allow Offenses to learn to set up plays.
- 4) Players rushing the quarterback may attempt to block a pass; however, **NO** contact can be made with the quarterback. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty. It is advised to coach your players to go for the QB's flags once within a couple of steps of the QB.
- 5) An offensive player cannot "actively" block for their teammate running the ball but may screen block. If the "path or line" is occupied by an offensive player, then it is the offensive player's responsibility to either be set before the 3-yard perimeter is breached or move out of the way. If an offensive player sets a screen block within 3 yards of the defender, disruption to the rusher's path and/or contact will result in an illegal screen penalty. If the offensive player is set for the screen block before the 3-yard perimeter is breached, then it is the defensive player's responsibility to go around the offensive player and to avoid contact. But, like in basketball, the feet of the offensive player must be set, and the offensive player cannot lean into a block, or stick out any arms or legs. Should this occur, an illegal screen penalty may be called.
- 6) A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled. If the QB is throwing the ball and a defender pulls the flag, it is the discretion of the official on whether to call a sack. Ties are usually awarded to the offense.
 - a. A Safety is awarded if the sack takes place in the offensive team's end zone.

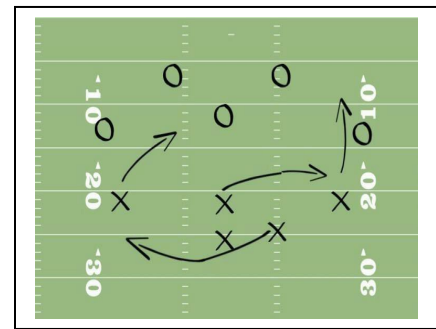
XV. Flag Pulling -

- 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. But if the defender trips up the runner due to the dive, an obstruction penalty may be called.
- 3) It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- 4) 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.
- 5) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball (illegal flag pull penalty).
- 6) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder, or intentionally covering the flags with the football jersey.

XVI. Formations -

- 1) Offense must have a minimum of one player on the line of scrimmage (the center) and can have up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- 2) Players may shift positions before the snap, but offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
- 3) Movement by a player who runs toward the line of scrimmage while in motion is considered a false start.
- 4) The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands. Teams in the Rookie and Starter Divisions may snap the ball to their side. Teams in the All-Pro and Hall of Fame Divisions must snap the ball between their legs.



XVII. Unsportsmanlike Conduct -

- 1) If an official witnesses any acts of intentional tackling, elbowing, cheap shots, aggressive blocking or any unsportsmanlike act, the game will be stopped, and the player maybe ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- 2) Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the player or players may be ejected from the game.
- 3) Players, coaches, or parents may not physically or verbally abuse any player, coach or official. If abuse does occur, the offending individuals are ejected from the game.
- 4) Ball carriers **MUST** make an effort to avoid defenders with an established position.
- 5) Defenders are not allowed to run through the ball carrier when pulling flags.
- 6) Fans must also adhere to good sportsmanship, as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.

- b. Keep comments clean and profanity free.
- c. Unruly parents may be asked to leave the game or withdraw to a line 10 yards from the sideline. If asked to leave, play will be halted until the parent leaves the fields. If the parent refuses to leave, the game may be called, and the team connected to the parent may forfeit the game (this will be a call made by the Commissioner).

XVIII. Determining Rankings -

- 1) Teams are ranked during the season based on their record during regular season play. These rankings will determine playoff seeding. Rankings will be based on:
 - a. Overall win/loss record.
 - b. If there are two or more teams that have the same win/loss record, then playoff rankings will be determined by the head-to-head matchup for each team with identical records.
 - c. If teams have the same record and have the same record against one another, then rankings will be determined by overall points allowed.
 - d. If points allowed are equal between teams, then the tiebreaker will be determined by points scored.
 - e. Ties are treated as a half win.

XIX. Penalties -

- 1) The referee will call all penalties.
- 2) Referees determine incidental contact that may result from normal run of play.
- 3) Only registered head coaches may ask the referee questions about rule clarification and interpretations. Players and coaches can question judgment calls but know that the official will not change his or her mind after the call has been made. Obsessive focus on judgement calls may result in unsportsmanlike conduct penalties called and possible ejection.
- 4) Games may not end on a defensive penalty unless the offense declines it.
- 5) Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- 6) If a penalty occurs in the defensive end zone (for example, a ball is thrown to a receiver in the end zone and the defense is called for pass interference), the offense will be given the choice to place the ball at the one-yard line OR six-yard line, depending on how the offense would like to proceed on offense. It may also result in an automatic first down.

Defensive Penalties:

Pass Interference	SPOT FOUL or +10 yards from the LOS & Automatic First Down
Holding	SPOT FOUL or +5 yards from the LOS & Automatic First Down
Stripping the Ball	SPOT FOUL, + 5 yards
Unnecessary Roughness	SPOT FOUL, +10 yards & Automatic First Down
Off-sides/ Neutral Zone Infraction	If Blown Dead: +5 from LOS and replay down If Play is Allowed to Continue: Offense may take the result of the play or +5 from LOS and replay down
Illegal Rush	Offense may take the result of the play or +5 from the LOS and replay down
Illegal Flag Pull	Offense may take the result of the play or +5 from the SPOT of the foul and repeat down.
Roughing the Passer	Offense may take the result of the play or +10 from the LOS & Automatic First Down

Offensive Penalties:

Illegal Screening or Blocking	SPOT FOUL, -5 yards and loss of down
Charging	SPOT FOUL, -10 yards and loss of down
Flag Guarding	SPOT FOUL, -10 yards and loss of down
Unnecessary Roughness	SPOT FOUL, -10 yards and loss of down
False Start	-5 yards from the LOS and replay down. Clock stops if defense is behind in the game.
Illegal Forward Pass	-5 yards from the LOS & loss of down
Pass Interference	-10 yards from the LOS & loss of down
Illegal Motion	-5 yards from the LOS & replay down
Delay of Game	-5 yards from the LOS & replay down. Clock stops if defense is behind in the game.
Intentional Grounding	-5 yards from the LOS & loss of down.

General Penalties:

Taunting	SPOT FOUL, -10 yards and loss of down and player may be ejected from the game.
Unsportsmanlike Conduct	SPOT FOUL, -15 yards and loss of down and player may be ejected from the game
Unsportsmanlike Coaching (over-reliance on single skilled player)	Removal of player from field for next play/set of downs (if team has insufficient number of players for substitution, that player should play center for the next play/set of downs)