



Flag Football Rules Handbook 2019

(Revised 1/11/2019)

Meridian PAL Flag Football Rulebook

GAMES

- 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.
- The winner will have their choice of beginning the game on offense or choosing which goal to defend.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown.
- If the offensive team fails to cross midfield or fails to score, the ball changes possession and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offensive team's 5-yard line.
- The team that started the game on offense will begin the second half on defense.
- Substitutions may be made between plays.

TERMINOLOGY

Boundary lines—The outer perimeter lines around the field. They include the sidelines and the rear 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 shoulder, chest, or forearm.

Dead ball—The period of time immediately before or after a play.

Defense—The squad opposing the offense to prevent them from advancing the ball.

Downs (1-2-3-4)—The offensive squad has four attempts or “downs” to advance the ball. They must cross the line-to-gain to get another set of downs or to score.

Inadvertent whistle—An official's whistle that is performed in error.

Lateral—A backward or sideways toss or pass of the ball by the ball carrier.

Line of scrimmage—An imaginary line running across the width of the field that indicates where the football is placed (or “spotted”) before a play begins.

Line-to-gain—The line the offense must pass to get a first down or score.

Live ball—The period of time that the play is in action. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Neutral zone—An imaginary zone, running across the width of the field before the start of a play, separating the offensive team from the defensive team. Its width is from the front point to the back point of the football.

Offense—The squad with possession of the ball.

Passer—The offensive player who throws the ball; this may or may not be the quarterback.

Rush line—An imaginary line running across the width of the field 10 yards (into the defensive side) from the line of scrimmage.

Rusher—The defensive player assigned to rush the quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass. The rusher must start their rush from the rush line.

Blocking—Legally obstructing an opponent without initiating contact with any part of the blocker's body. Hands must be behind their back.

Shovel pass—A legal pass attempted by throwing the ball underhand or pushing it toward a receiver in a shot put-type manner. In the no-run-zone, shovel passes must be received beyond the line of scrimmage.

Unsportsmanlike conduct—Rude, confrontational, or offensive behavior or language.

ELIGIBILITY

- Playing age is determined by the age the child will be as of August 31 of the calendar year in which the season is played. Birth certificates are required at registration.
 - Example 1: If a child turns seven between January 1 and August 31, he would play in the league that includes seven-year-old children.
 - Example 2: If a child turns seven between September 1 and December 31, he would play in the league that includes six-year-old children.
- The league that the child qualifies for in the spring season would be the same for the fall season.
- All players must present a liability waiver that is signed by a legal guardian or parent.

EQUIPMENT

- The League provides each player with a jersey and flag belts. The League will provide one (1) ball per team.
- Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metal are not allowed.
- Players must remove all clothing, equipment, watches, earrings, and any other jewelry that the officials deem hazardous.
- Official PAL jerseys must be worn during play.
- The flag belt must be completely visible at all times. It cannot be tucked in or covered by the jersey.
- No shorts/pants can be worn that are of similar color to the flags. This includes similar color stripes on sides of shorts/pants.
- Colored mouth guards are mandatory for all players.
- Referees will check the scoring player's belt after each score. If a belt is found to be tampered with in any way that may inhibit the flag from being pulled, the team will lose the last play and the opposing team will receive the ball on their own 5-yard line. Repeat infractions of the same team will be noted and the coaches will be subject to ejection and possible dismissal from the league pending a formal review by the competition committee.
- No face paint, except for eye black. Players are not permitted to wear bandanas. Hats may not have a bill. Players may wear knit fleece stocking caps or elastic headbands and skull caps.
- No player shall participate in either practice or games while wearing illegal equipment. This includes any hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass when worn on the hand, wrist, forearm, or elbow.

FIELDS

- **PeeWee division fields** are 20 yards wide by 40 yards long with two 5-yard end zones and a midfield line-to-gain. The “no-run zone” rules do not apply to the PeeWee division. PeeWee division players can run the ball at any time.
- **Sophomore, Junior, and Senior fields** are 30 yards wide by 64 yards long with two 7-yard end zones and a midfield line-to-gain. The no-run zones precede the line-to-gain and end zones by 5 yards.
- **Super Senior fields** are 40 yards wide by 89 yards long, with two 7-yard end zones. There are two lines-to-gain located 25 yards from each end zone. The no-run zones precede each line-to-gain and end zone by 7 yards.
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones, teams cannot run the ball in any fashion, including plays that begin with laterals, pitches, or hand-offs.
- Stepping on the boundary line is considered out of bounds.
- Spectators must be a minimum of 3 feet from the sideline on the designated spectator side of the field only. **Pets are not allowed!**
- Only players and coaches (with valid badges) are allowed on the team side of the field. Officials will check badges before game play.



COACHES

- Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents and fans are encouraged to support the coach at all times.
- Coaches are allowed on the field to direct players according to need and division.
- PeeWee division: One coach is allowed on the field during the entire game to direct offense and defense.
- Sophomore division: One coach is allowed on the field to direct offense. No coach is permitted on the field while on defense.
- Junior division: One coach is allowed on the field to direct the offense. No coach is permitted on the field while on defense.
- Senior division: One coach is allowed on the field to direct the offense during the first three games of the season. Starting with the fourth game of the season, coaches must be on the sideline prior to the snap of the ball. No coach is permitted on the field while on defense during any game.
- Super Senior division: Coaches must be on the sideline prior to the snap of the ball for all games.
- **Coaches that are on the field of play are not allowed to speak or direct players once the ball is snapped.** Only coaches on the sidelines are allowed to direct players during the play. An unsportsmanlike penalty will be called by the referees for illegal coaching after the snap. First Violation - Unsportsmanlike penalty for coaches on the field directing players after the snap. Second Violation - Unsportsmanlike penalty for coaches on the field directing players after the snap, and coach is moved to the sideline for remainder of game.
- Coaches are expected to adhere to PAL FLAG philosophies, coaching guidelines, and codes of conduct.
- Away team will provide parent(s) for down marker duties.
- Teams are limited to three (3) hours of practice per week, with a maximum of three (3) practices per week. Teams will be allowed an extra hour per week only before the first game of the season.

ROSTERS

- Games are played 6 on 6. Teams may play with fewer than 6 players on the field. If a team cannot field 6 players, the participating coaches should mutually decide to play with fewer. Games will not be rescheduled because a team cannot field 6 players.

TIMING AND OVERTIME

1. Games are played with two (2) 25-minute halves. The game clock is controlled by the referee and will be a continuous clock, except for the clock-stopping situations described below.
2. The clock only stops in the following scenarios:
 - a. Halftime—Duration is 5 minutes.
 - b. Timeouts—Each team has three (3) 60-second timeouts per half.
 - c. During the last 2 minutes of game play in both the first and second halves the clock stops for:
 - i. A change of possession and a score. In these situations, the clock will restart on the next offensive snap. The clock does not run during extra point tries while in the last 2 minutes of the halves.
 - ii. Enforcement of a penalty. The clock will start once the ball is spotted ready for play by the officials.
 - iii. A timeout is called by either team. The clock will restart when the ball is snapped.
 A “two minute warning” will be announced by the officials when there are approximately two minutes remaining in each half. However, it is each team’s responsibility to monitor the time remaining on the clock.
3. Each time the ball is spotted by the official (including after a change in possession), a team has 30 seconds to snap the ball. Teams will receive a delay-of-game penalty if that time is exceeded.
4. After a change of possession, play cannot begin until the defense is set. The defense has 20 seconds to take their positions (after ball is spotted for play). Teams will receive a defensive delay-of-game penalty if that time is exceeded.
5. Officials can stop the clock for any reason 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 the regular season games, if the score is tied at the end of 50 minutes, the game is determined a tie.
8. In playoff situations, an overtime (OT) period will be used to determine a winner. OT format is as follows:
 - a. Each team gets one series of four plays (and possibly more pending penalty enforcement) starting from the midfield line.
 - i. First possession choice goes to the winner of regulation coin toss.
 - ii. There is no “sudden death”; each team gets a minimum of one possession.
 - iii. All regulation period rules and penalties are in effect.
 - b. There are no timeouts.
 - c. The winning team will be determined based on points scored (or yardage gained, see below):
 - i. If both teams score touchdowns and complete the same amount of points in PATs, the process is repeated in a subsequent OT period.
 - ii. In the case of an interception, the ball will be marked at either the line of scrimmage, at midfield, or at the point where the defender’s flags were pulled, whichever is the more advantageous spot to the defense.
 - iii. If the defensive team intercepts the ball and returns it for a touchdown, the defensive team wins.
 - iv. Scoring is the same as in regulation time.
 - v. Change of possession:
 1. Change of possession takes place when the offensive team’s forward progress is halted on downs, they score a touchdown, or they are intercepted.
 2. The defensive team takes possession at midfield and advances in the opposite direction.
 - vi. If neither team scores during an OT period:
 1. The winning team will be determined based on which team gained the most yards in that OT period. The yardage gained will be noted by the officials.
 2. Winning through yardage is equivalent to winning by 6 points for end-of-season tournament tie-breaker purposes.
 - vii. Multiple OT periods:

1. First OT period:
 - a. Scoring teams can go for 1-point or 2-point PAT.
2. Second & Third OT period:
 - a. First possession goes to loser of regulation coin toss.
 - b. Scoring teams must go for 2-point PAT.

SCORING

- Touchdown: 6 points
- PAT (point after touchdown): The scoring team may elect to try for a 1 point PAT (from 5-yard line (7-yard line for Super Senior)) or a 2 point PAT (from 12-yard line). Note: 1-point PAT is pass only, 2-point PAT can be run or pass. Any change after a decision is made to try for the extra point requires a charged timeout. The decision cannot be changed after a penalty. Interceptions on PATs cannot be returned.
- Safety: 2 points

A safety occurs when the ball carrier is declared down in his own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls off, they step out of bounds, they fumble the football or they hit the ground with any body part other than the foot or hand. A safety also occurs when there is an offensive penalty in the endzone.

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 line of scrimmage. 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 of scrimmage.
- A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play before any part of the body touches down on or beyond the boundary line.
- The defense may not mimic the offensive team signals, in an effort to confuse the offensive players, while the quarterback is calling out signals to start the play.
- Substitutions are allowed between plays.
- Any official can whistle the play dead.
- Play is ruled "dead" when:
 - The ball hits the ground.
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - A touchdown, PAT, or safety is scored.
 - Any part of the ball carrier's body other than the foot or hand hits the ground.
 - The ball carrier's flag falls off.
 - The 5-second (Junior, Senior, and Super Senior divisions) or 7-second (Sophomore division) pass clock expires.
 - An inadvertent whistle is performed.
 - In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where the runner's front foot was when the whistle blew, with loss of down.
 - Replay the down from the original line of scrimmage.
- If the ball is dropped during a direct snap or shotgun snap to the quarterback (prior to the quarterback obtaining possession) the play is blown dead, the ball is spotted where the ball hits the ground.
- If the ball is fumbled at any after the quarterback gains possession of the snap, play is ruled dead and the ball is spotted where the ball carrier's front foot is at the time of the fumble. Fumbles are not recoverable. Defensive players cannot intentionally try to cause a fumble.
 - Cannot fumble a ball into end zone for a touchdown.
 - No change of possession, unless fumble occurs on fourth down.

OFFENSE

FORMATIONS

- An offensive team must have a minimum of two players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - One player may be in motion 1-yard behind, and parallel to, the line of scrimmage when the ball is snapped.
 - No motion is allowed toward the line of scrimmage when the ball is snapped.
- 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 (unless they are going in motion), or a player who runs toward the line of scrimmage 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.
- No offensive player (except the Quarterback) may line up within 2 (two) yards of the center in the no-run zone.
- No triple stacking or more of wide receivers parallel to the sidelines.
- No offensive player may line up within 1 yard of the sidelines.

RUNNING

- The ball is spotted where the ball carrier's front foot is when the flag is pulled, not where the ball carrier has the ball.
- In PeeWee and Sophomore divisions the quarterback cannot directly run with the ball.
- In Junior, Senior, and Super Senior divisions the quarterback can run with the ball after the rusher crosses the line of scrimmage, except in the no-run zone. If the quarterback crosses the line of scrimmage before the rusher, the play is blown dead, there is a loss of down, and the ball is returned to the original line of scrimmage.
- Handoffs, pitches, and lateral passes are only permitted behind the line of scrimmage. The offense may use multiple handoffs, pitches, and lateral passes on the same play (except in the no-run zones, where handoffs, pitches, and lateral passes are not permitted). The offense may also use handoffs, pitches, and lateral passes subsequent to a forward pass, as long as the forward pass is caught behind the line of scrimmage; only one forward pass per play is permitted.
- "No-run zones" are located 5 yards (7 yards for Super Senior) before each end zone and line-to-gain. Teams are not allowed to run in these zones. Handoffs, pitches, and lateral passes are not permitted in the no-run zones.
- If the offense loses yards after crossing into the no-run zone and the ball is then spotted behind the no-run zone, they may run or pass on subsequent plays of the same drive.
- If a penalty occurs while in the no-run zone causing the ball to be spotted behind the no-run zone, the no-run-zone rules still apply until the line-to-gain or end zone is reached. One-point conversions must start at the 5-yard line (7-yard line for Super Senior), and the no-run rule is applied. Teams cannot choose to have the ball placed outside of the no-run zone to allow for running the ball.
- The player who takes a handoff, pitch, or lateral pass can throw a forward pass from behind the line of scrimmage (except in the no-run zone, where handoffs, pitches, and lateral passes are not permitted). Only one forward pass per play is permitted.
- Once the ball has been thrown or handed off in front of or behind the quarterback, all defensive players are eligible to rush.
- The ball carrier may not create contact by lowering their head, shoulder, diving, jumping, or deliberately running into a defensive player.
- Spinning is allowed to avoid a defender.
- Jumping is allowed to avoid a defender.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff-

arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey.

No diving is permitted by the ball carrier. The penalty will be spotted from where the player's front foot was upon diving.

- Blocking is allowed by all players. Only one player is allowed to block a defender at any given time. The blocker must come to a complete stop "like a basketball pick" with hands behind the back to avoid contacting the defender. A penalty will be called if any player blocking is still moving or initiates contact, which includes hands out in front of them to block.

PASSING

- All forward passes must be from behind the line of scrimmage. Only one forward pass per play is permitted.
- Shovel passes are allowed.
- In the no-run-zone, all passes must be received beyond the line of scrimmage.
- The quarterback has a 7-second "pass clock" in the Sophomore divisions, and a 5-second "pass clock" in the Junior, Senior, and Super Senior divisions. If a pass is not thrown within this allotted time, the play is dead, the down is lost, and the ball is returned to the line of scrimmage. Once the ball is handed off or lateraled, the "pass clock" is no longer in effect.
- If the quarterback is standing in his/her end zone at the end of the "pass clock" and his/her flags have not been pulled, the ball is returned to the line of scrimmage with loss of down.
- If the defense has blitzed, the quarterback is running to avoid the blitz, and the "pass clock" expires before the quarterback crosses the line of scrimmage, the play is blown dead, and the ball is returned to the line of scrimmage with loss of down.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- When making a reception, the receiver must have at least one foot inbounds—with possession of the ball—before any part of the body touches down on or beyond the boundary line.
- 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 (7-yard line for Super Senior).
- Interceptions are returnable, but not on PATs.

DEFENSE

RUSHING THE PASSER

- In Junior, Senior, and Super Senior divisions, a single player can rush the passer. The rusher must be a minimum of 10 yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback may defend at the line of scrimmage. There is no rushing the passer in the PeeWee and Sophomore divisions.
- Once the ball is handed off or passed, the 10-yard rule is no longer in effect and all defenders may cross the line of scrimmage.
- A special marker, or the referee, will designate a “rush line” 10 yards from the line of scrimmage. The defensive player rushing the passer should verify he/she is in the correct position with the official on every play.
 - A legal rush is:
 - Any rush from a point 10 yards behind the line of scrimmage when the ball is snapped.
 - A rush from anywhere on the field AFTER the ball has been passed or handed off by the quarterback.
 - If the pass rusher crosses the 10-yard rush line before the ball is snapped, they may return to the rush line, reset and then legally rush the quarterback as long as they are behind the rush line when the ball is snapped.
 - If the pass rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally cross the line of scrimmage.
 - A penalty may be called if:
 - The pass rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass—illegal rush.
 - Any defensive player crosses the line of scrimmage before the ball is snapped—offside.
 - Any defensive player not lined up at the pass rush line crosses the line of scrimmage before the ball is passed or handed off—illegal rush.
 - Special circumstances:
 - Teams are not required to rush the quarterback.
 - 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 behind the line of scrimmage.
 - If rusher leaves the 10-yard rush line before the snap, he/she may immediately drop back to act as a defender with no penalty enforced.
- The defensive player rushing the quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way when attempting to block a pass.
- Blocking the pass and then making contact with the passer will result in an “illegal contact” penalty.
- The defensive player rushing the quarterback cannot be interfered with (impeded in any way) by the offensive players. Doing so will result in an “illegal contact” penalty on the offense.
- A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s front foot is when the flag is pulled.
- A safety is awarded if the sack takes place in the offensive team’s end zone.

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 the ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball 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.
- Defenders may not pull on the jersey or any other articles other than the ball carrier’s flags.
- If a defensive player intercepts the ball in his own end zone or inside the 5-yard line (7-yard line for Super Senior) and fails to return it to the 5-yard line (7-yard line for Super Senior), the ball is spotted at the 5-yard line (7-yard line for Super Senior).

CONTACT

- **CONTACT:** All efforts must be made to reduce all but incidental contact. Flag pulling involves a motion to de-flag ONLY. Any other action or contact to obstruct a player's motion is ILLEGAL. ANY CONTACT other than de-flagging against a passer in a passing motion is a penalty. Charging, running through an opposing player who has position on the field, on either offense or defense is illegal.
- **PASS INTERFERENCE:** Pass interference is when a defensive or offensive player is obstructed from catching a thrown ball. Pass interference is not assessed when both players are making a play for the ball and have inadvertent, incidental contact. If feet get tangled inadvertently while running a route, there is no illegal contact or interference. Ball catch-ability negates pass interference.
- **ILLEGAL CONTACT:** Illegal contact is contact made during pass routes by either offensive or defensive player, prior to a ball being thrown which obstructs either the running of a route or the allowance of coverage of that route. Incidental light contact that does not obstruct is not illegal contact. Incidental contact where players' feet get tangled while running is not illegal contact.

UNSPORTSMANLIKE CONDUCT

- If the 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.
- 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.
- Fans are required to keep fields safe and kid friendly:
 - Keep younger kids and equipment such as coolers, chairs, and tents at least 3 feet away from the sidelines.
 - Fans are allowed on the designated spectator sideline, but must leave adequate room for play and for coaches and teams.
- **Trick Plays and Unfair Acts.** It is a fundamental core belief of PAL Football that coaches demand sportsmanship from their players and, equally important, lead by example. Coaches must always remember that the players look to them for positive life skills and values. PAL Football does not allow plays of deception. Examples of deceptive plays include, but are not limited to, "hideout" plays such as "the globe of death" or "starburst" or "wrong ball" plays. Strategic plays that are considered commonplace such as shifting, unusual formations and play action are acceptable. Trick plays will result in an unsportsmanlike penalty.
- The ball must be snapped between the legs, not to the side, to start the play. The ball must be snapped from on the ground.

PENALTIES

General

1. The referees will call all penalties.
2. The benefiting team may elect to either accept or decline each penalty.
3. Referees determine incidental contact that may result from normal run of play.
4. All penalties will be assessed from the line of scrimmage, except those noted as spot-of-infracton penalties.
5. Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
6. Games and halves cannot end on a defensive penalty, unless the offense declines it.
7. Penalties are assessed in this order: live ball then dead ball. Live-ball penalties must be assessed before play is considered completed.
8. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

DEFENSIVE PENALTIES

Unsportsmanlike Conduct	10 Yards from End of Play— Automatic First Down	If occurred on a touchdown, then half the distance to the goal will be assessed on PAT and no-run zone still applies for the 1-point try.
Too Many Players on the Field	Five Yards—Repeat Down	Line of Scrimmage
Offsides	Five Yards—Repeat Down	Line of Scrimmage
Disconcerting Signals (distracting/simulating offensive signals prior to snap)	Five Yards—Repeat Down	Line of Scrimmage
Delay of Game	Five Yards—Repeat Down	Line of Scrimmage
Pass Interference	Five Yards—Automatic First Down	Line of Scrimmage
Illegal Contact (holding, blocking, contact with quarterback, etc.)	Five Yards—Repeat Down	Spot of Infraction (unless occurring behind line of scrimmage, then from line of scrimmage)
Illegal Tackling (tackling, pushing out of bounds, pulling to ground, etc.)	Five Yards—Repeat Down	Spot of Infraction (unless occurring behind line of scrimmage, then from line of scrimmage)
Illegal Flag Pull (before receiver has ball, receiver must catch ball for there to be a foul)	Five Yards—Next Down	Spot of Infraction (where player catches ball)
Illegal Rushing (starting rush from inside ten yard marker, more than one rusher, etc.)	Five Yards—Repeat Down	Line of Scrimmage

OFFENSE PENALTIES

Unsportsmanlike Conduct—Trick Play/Unfair Acts (hideout, starburst, globe of death, wrong ball plays)	10 Yards from Line of Scrimmage— Next Down	If occurred on a touchdown, PAT 1 is placed on 15-yard line, PAT 2 is placed on 22-yard line. No-run zone still applies for PAT 1.
Flag Guarding	Five Yards—Next Down	Spot of Infraction
Illegal Lateral (any lateral beyond the line of scrimmage)	Next Down	Spot of Infraction
Diving/Jumping (to create contact)	Five Yards—Next Down	Spot of Infraction
Illegal Contact (illegal use of hands, stiff arm, illegal blocking)	Five Yards—Next Down	Line of Scrimmage
Offensive Holding	Five Yards—Repeat Down	Line of Scrimmage
Too Many Players on the Field	Five Yards—Repeat Down	Line of Scrimmage
False Start or Delay of Game	Five Yards—Repeat Down	Line of Scrimmage
Illegal Motion (more than one person moving at snap—blown dead)	Five Yards—Repeat Down	Line of Scrimmage
Running Inside No-run zone	Next Down—If on Fourth Down or PAT, Loss of Possession	Line of Scrimmage
Quarterback exceeds “pass clock”	Next Down	Line of Scrimmage
Illegal Forward Pass (pass thrown from beyond the line of scrimmage)	Five Yards—Next Down	Line of Scrimmage
Offensive Pass Interference (pushing off/away defender)	Five Yards—Next Down	Line of Scrimmage
Illegal Formation (not enough players on the line of scrimmage, receiver lined up within 1 yards of the sideline, players lined up within 2 yards of the center in the no-run zone)	First infraction is a warning and repeat the down. Subsequent infraction is Five Yards—Repeat Down	Line of Scrimmage

