



**Turf Wars Flag Football League**  
**Respect All Fear None**

**Official Regular Season Rule Book 2017**



**Where Player Experience is #1**



## TABLE OF CONTENTS

### SECTION 1 – GENERAL RULES & POLICIES

- 1.1 - EQUIPMENT
- 1.2 - PRE-GAME
- 1.3 - PLAYER ELIGIBILITY
- 1.4 - TEAMS
- 1.5 - FIELD DIMENSIONS
- 1.6 - TIMING AND OVERTIME
- 1.7 - COACHES
- 1.8 - CONDUCT

### SECTION 2 – GAME PLAY

- 2.0 - FORMATIONS
- 2.1 - KICKOFF
- 2.2 - HIKING
- 2.3 - RUNNING
- 2.4 - PASSING
- 2.5 - RECEIVING
- 2.6 - PUNTING
- 2.7 - RUSHING THE QUARTERBACK
- 2.8 - FLAG PULLING
- 2.9 - LIVE BALL / DEAD BALL

### SECTION 3 – PENALTIES AND RULES VIOLATIONS

- 3.1 – UNSPORTSMANLIKE CONDUCT
- 3.2 - GENERAL
- 3.3 – SPOT FOULS
- 3.4 – OFFENSIVE PENALTIES
- 3.5– DEFENSIVE PENALTIES

# Section 1 – General Rules and Policies

## 1.1 EQUIPMENT



- 1) The League will provide an official game ball that must be used by both teams during scheduled games. No other ball will be authorized for use during games.
  - a) 5-6 age division will use a Pee-Wee size ball,
  - b) 7-8 age division will use a Pee-Wee size ball,
  - c) 9-10 & 11-12, 13-15 age divisions will use a Junior size ball, All other divisions will use an Official size ball.
- 2) The League provides each player with an Official NFL Flag belt, which must be worn during games. No other flag belt besides the Official NFL Flag belt may be used.
- 3) Flags must be worn "OUTBOARD", on each side of the players' hips in line with the hip joint.
- 4) The League provides each player with an Official NFL Flag Football Jersey, which must be worn during games. Home teams wear dark jerseys; visiting teams wear light jerseys. The league may sanction alternate team jerseys in the discretion of the commissioner providing that the entire team wears identical looking jerseys. Unless it is physically impossible, jerseys must be tucked in at all times during games. The Commissioner may allow an alternate jersey in the event that league provided equipment is not available.
- 5) Pants or shorts with pockets must be taped. Belt loops are not allowed.
- 6) Every player must wear a protective mouth piece during games. No player will be allowed to play without a mouth guard.
- 7) Players must wear shoes. Cleats are allowed, however metal cleats are not allowed.
- 8) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- 9) Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.

## 1.2 PRE-GAME



- 1) A traditional coin toss will be held to determine the opening kick-off. Game officials and team captains will meet at mid-field for pre-game instructions. One member of the visiting team will call the toss, and the winner of the coin toss may elect to kick-off, or receive (no deferrals allowed). The opponent will elect which goal to defend during the first half and will receive the kick-off to start the second half. Teams will switch end zones at half time.
- 2) The offensive team has four (4) downs to cross midfield. If a team crosses midfield, it has an additional four (4) downs to score a touchdown.
- 3) If the offensive team fails to cross midfield or score at the end of the 4th down (after assessment of penalties), the opposing team takes possession at the spot of the turnover.
- 4) Teams with 3 or fewer players at the time of kick-off shall automatically forfeit the game. Although the coaches may choose to scrimmage during their allotted game time.
- 5) Teams must field a team of at least 4 rostered players to play a scheduled game. The opposing team shall not be punished with a reduced roster, and is allowed to field all five allotted players.
- 6) PRE-GAME Game officials are to conduct an equipment check of both teams prior to the coin toss. Officials will check to ensure that the following requirements are met:
  - a) Jerseys are tucked in.
  - b) Shorts have no pockets (or pockets have been sewn/taped shut).
  - c) No jewelry is being worn by the players (watches, bracelets, necklaces, etc)
  - d) Players have mouth guards and must wear them during play.
  - e) Flags are properly worn outboard on the hips.
  - f) Cleats do not have metal spikes.
  - g) Players are not allowed to wear anything that may be dangerous to other players. Any casts or braces made of fiberglass, plaster, metal, or any other non-pliable substances are not allowed. Braces with exposed metals are not allowed.
  - h) No baseball hats or caps may be worn during play (beanies are allowed).
  - i) No sunglasses may be worn (prescription glasses are allowed, rec. specs are recommended)
  - j) Soft/padded helmets designed to protect players heads are allowed.
  - k) No Go-Pros or other recording equipment may be worn by the players.

## 1.3 Player Eligibility



1. Only players registered with Turf Wars Flag Football will be eligible to participate in organized team activities (Such as games and practices) and only with the team they are assigned to.
2. A player will be age eligible if their age falls between required ages of each division. (5-6, 7-8, 9-10, 11-12, 13-15) Age cut off is the opening game day of each season. (EXAMPLE: A player that is 6 on opening game day is eligible for the 5-6 division even if their 7<sup>th</sup> birthday is the following day.)
3. An ineligible player is officially a member of the team but is not eligible to play due to an infraction of the rules, or because of a previous violation disciplinary action. (Head Coaches are responsible for keeping track of ineligible players.)
4. An illegal player is on that is not an official member of a team. (Registered with and rostered by Turf Wars Flag Football)
5. A player can be assigned to only one team in each eligible age division. (EXAMPLE: A player that is 7 on opening game day may play on one team in each of the following age divisions, 7-8, 9-10, 11-12, 13-15)
6. Players are allowed to “Play Up” in age divisions but may never “Play Down”. There will be no exceptions to this rule.

## 1.4 Teams

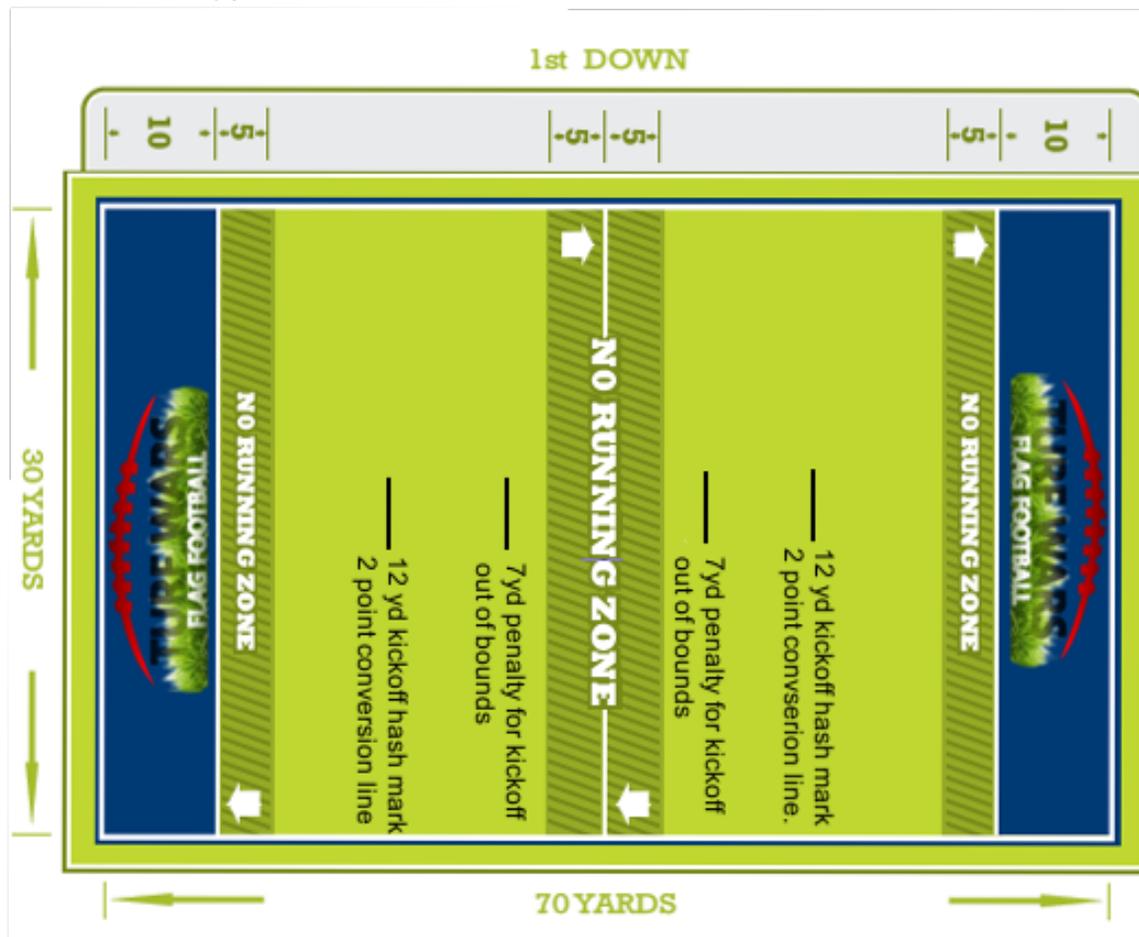


1. Teams will have a minimum of 5 players and a maximum of 10. Exceptions to this rule are on a case by case basis and must be approved by the league commissioner.
2. Turf Wars Flag Football reserves the right to add players, and/or move players from teams if it is deemed necessary by the league.
3. Game day is 5 on 5 flag football. A minimum of 4 players must be present to be eligible to play. A team with less than 4 players will be forced to forfeit their game. A scrimmage may be held for practice during the allotted game time.
4. Teams are required to report to their game fields at least 5 minutes prior to the start of the game or face possible forfeiture.

## 1.5 Field Dimensions



Standard field size is 30 yards by 70 yards (provided field space is available), including a 10 yard end zone on each end of the field. Mid field and both end zone line to gains will be preceded by a 5 yard no run zone. End zones will be marked with 4 pylons. One at each corner.



## 1.6 Timing and Overtime



1. Games are 40 minutes long consisting of 2 (20 minute) halves.
2. The clock will run continuously in the first half.
3. The clock will stop during the last two minutes of the second half for  
*Exception: if a point differential of 17 points or more exists the clock will run continuously the last 2:00 minutes of the second half.*
  - a. Incomplete pass

- b. Change of possession
  - c. Penalty
  - d. Ball carrier runs out of bounds
  - e. After a scoring play
4. Halftime is 3 minutes
5. After the ball has been spotted a 30 second play clock will be started. If the offense does not snap the ball inside of 30 seconds a delay of game penalty will be assessed.
6. Teams will have (1) 60 second time out per half. A timeout not used in the first half will not carry over to the second half. Timeouts must be called prior to the snap of the ball.
7. Officials may stop the clock for an injury, pet on the field, or any other reason they see fit to ensure a safe game.
8. If the score is tied at the end of regulation the game will go in to overtime.
  - a. A second coin toss will be held at midfield to determine possession. The winner can choose offense or defense first. The loser of the coin flip will choose at which end of the field overtime will be held.
  - b. Overtime will be an extra point conversion competition. Each team will choose to either go for 1 point or 2 points. The second team will then have a chance to match. If a point differential exists after OT then the game is over. If it is tied then the game will go in to a second OT. The team that started on defense in the first OT will start on offense for the second OT. Teams will alternate the first possession for each additional OT period.
  - c. During overtime an interception may be returned for 2 points and can determine the outcome of the game.
  - d. There are no timeouts during overtime play
  - e. OT will continue until a point differential exists at the end of an overtime period.

## 1.7 Coaches



1. Coaches are volunteers whose role is to help our youth learn and enjoy the sport of football. We encourage all parents to support your youth and coaches at all times.
2. Coaches are responsible for reading and adhering to the coaches' code of conduct

3. Coaches are responsible for reading and enforcing the player code of conduct for their team.
4. Coaches are responsible for organizing and running practices
5. One coach will be allowed on the field of play for the following age divisions. The coach must be at least 3 yards behind the closest player and must not interfere during a live ball.
  - a. 5-6
  - b. 7-8
6. Coaches will not be allowed on the field during the game for the following divisions. Officials will be lenient for offensive huddles in between plays.
  - a. 9-10
  - b. 11-12
  - c. 13-15
7. Coaches or parents coming on to the field of play can result in the following actions from the officials.
  - a. A warning may be issued
  - b. Coach or parent on the field during live play = unsportsmanlike conduct
  - c. Coach or parent on the field during a dead ball = delay of game penalty
8. A team may have up to 3 coaches on the sideline. Only the head coach may address the officials during the game.
9. Coaches are responsible for the conduct of their sidelines. This includes assistant coaches, players, and parents.

## 1.8 Conduct



1. Contact shall be limited to incidental contact due to normal play.
2. Players shall behave in a civil manner. Flag throwing, flag slamming, spiking the ball, and other uncivil acts will result in a verbal warning for the first offense and an unsportsmanlike conduct for any following offense in the same game.
3. Taunting, trash talking, cursing, or other offensive language or behavior by players, coaches, or fans will result in an unsportsmanlike conduct penalty for the first offense and possible ejection and/or forfeiture for any following offense in the same game.

4. Reckless play such as elbowing, pushing, roughing, or cheap shots will result in an unsportsmanlike conduct penalty for the first offense and automatic ejection for any secondary offense in the same game.
5. Play that is deemed intentionally malicious (in the sole discretion of the game officials) will result in an unsportsmanlike conduct penalty and automatic player ejection. Any second offense by the same team in the same game will result in automatic forfeiture of the game and possible league sanctions. (Examples: fighting, punching, tackling with no effort to pull flags, etc.)
6. Players, teams, or coaches who are found to have intentionally cheated will automatically forfeit the current game and be suspended from future games until meeting with league commissioner.
7. Players, coaches, or fans that have been ejected from the game must leave the premise or face further suspension or possible league banishment.
8. Good sportsmanship is a top priority for Turf Wars Flag Football League. All players and coaches must participate in an end of the game handshake at mid field. Players or coaches that do not participate face suspension at the discretion of the league commissioner.
9. Field supervisors and game officials have the authority to stop play and declare a forfeit if the behavior of any player, team, and/or sideline behaves in a threatening, dangerous, or violates the published code of conduct.
10. Field supervisors and game officials will report violations of the code of conduct to the league commissioner. In addition to penalties enforced during the game, conduct violations may carry additional actions to be enforced by the league commissioner.
  - a. Intentional Unsportsmanlike Conduct - 8 day suspension from practice and play.
  - b. Ejection from a Game - 8 day suspension from practice and play.
  - c. Physically threatening an official - season suspension.
  - d. Hitting an official - season suspension, possible league banishment.
  - e. Public intoxication - season suspension.
  - f. Fighting / Physical Threats (on or off the field) - season suspension or league banishment.
  - g. Second offense of A or B - season suspension.
  - h. Playing an ineligible player - forfeiture of game
11. During game play all spectators must be at least 2 yards behind sidelines. This is to ensure the safety of our players and spectators.

## Section 2 – Game Play

### 2.0 Formations



1. Offense must line up with at least one player on the LOS. (Center must be on the LOS)
2. A maximum of 4 players can be lined up on the LOS (QB can't line up on the LOS)
3. Motion is allowed prior to the snap. Snapping the ball while a player is in motion parallel to the LOS is allowed. Snapping the ball while a player is moving forward is not allowed and will result in a false start.

### 2.1 Kickoff



1. The game will commence on the official's whistle. Refer below for kickoff location for each age group.
  - a. (5-6).....Kickoff from midfield
  - b. (7-8).....Kickoff from midfield
  - c. (9-10).....Kickoff from 12yd PAT line
  - d. (11-12).....Kickoff from 12yd PAT line
  - e. (13-15).....Kickoff from 12yd PAT line
2. The ball is considered live until the defense touches the ball, the ball travels out of bounds, the ball crosses the goal line, or the ball carrier for the return team gets their flag pulled.
3. Any kickoff or punt that crosses the goal line will be ruled an automatic touchback and the ball will be placed at the 5yd line.
4. The kicking team must be sure to stay on sides during the kickoff or be penalized.
5. If on the kickoff the ball goes out of bounds without being touched the offense will receive the ball at a point 7yds behind midfield. (The purpose of this rule is to discourage teams kicking the ball out of bounds on purpose)
6. If the ball fails to travel 7yds on the kickoff the receiving team will start with the ball at a spot 7yds behind midfield.

## 2.2 Hiking



1. The ball must be snapped between the centers legs to start each play.
2. The snap must be one complete smooth motion. (Picking the ball up prior to the snap or choppy back and forth motion will be ruled as a false start)
3. The ball must be snapped from the spot the officials places the ball.
4. Only one QB may be under center at one time. Two players under center in an effort to hide the location of the ball will be ruled a false start.
5. The center can snap the ball to any offensive player
6. There will be no center sneaks allowed. A center must take at least one step forward to receive a pass or one step backward to receive a handoff.

## 2.3 Running



1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ballcarrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
  - a. Exception: If the defense crosses the LOS with a legal blitz from behind the blitz cone.
3. Any player receiving a hand-off or a pitch behind the line of scrimmage is eligible to run the ball.
  - a. Note: A pitch may be tossed or thrown underhand or overhand to a player positioned behind the player pitching it.
  - b. Note: A hand-off is a direct exchange of the football from one player to another.
4. Once the ball has been handed off or pitched behind the line of scrimmage, all defensive players are eligible to rush.
5. Pitches are allowed once the ball has crossed the line of scrimmage. However, a pitch that occurs beyond the line of scrimmage in a forward motion will be assessed an offensive penalty for illegal pass from the point of infraction.
6. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team 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. Note: No-run zones do not apply to 5-6 age group.
7. Any player who receives a handoff or backward pitch can throw the ball from behind the line of scrimmage.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
  - a. Players spinning out of control will be called for flag guarding.
10. No blocking or “screening” is allowed at any time. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
11. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction deliberately obstructed flags will be considered flag guarding.
12. If a player missing a flag takes a handoff, the play is ruled dead at the spot of the forward most foot of the player receiving the handoff.
13. The ball may not be stripped from the runner or receiver.
14. An offensive player advancing the ball while running must make an attempt to avoid a defender that has established position or receive an unsportsmanlike penalty.
  - a. An established defensive position means that both feet of the player are established on the ground and the player is not moving (comparable to a charge in basketball)

## 2.4 Passing



1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
3. Shovel passes are allowed but must be received beyond the line of scrimmage.
4. The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.

## 2.5 Receiving



1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to or away from the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have one foot inbounds when making a reception. If a player receives the ball while in the air, the first foot to touch the ground determines in-bounds or out-of-bounds in the officials sole discretion. If both feet land simultaneously while straddling the out of bounds line, the receiver shall be awarded a reception.
4. In the event that an offensive and defensive player catch and control the ball simultaneously, the ball shall be ruled dead and awarded to the offense.
5. Interceptions may be advanced including those made during extra point conversions and during overtime. If the interception occurs during an extra point attempt and results in a score, the intercepting team will be awarded two (2) points, and receive the following kick-off.
6. If a defensive player pulls a receivers flag prior to a legal reception of a pitch or forward pass, the defense will be penalized for Illegal Flag Pull and it will be assessed from the point of reception, not where the flag was pulled.

## 2.6 Punting



1. The offensive team may elect to punt on 4th down. Punting is required for ages 9 and above. For age groups 7-8, a pass may be substituted for a punt. For age group 5-6, the ball will be placed on the receiving team's 5yd touchback if a punt is elected.
2. . Once a punt has been declared by the offense:
  - a. All defensive players must take position behind the rush cone (7 yards from the line of scrimmage) and may not rush the punter,
  - b. The Punter shall have 7 seconds after the snap to punt the ball,
  - c. False start by the offense will result in a 5 yard penalty and re-punt.

3. The Punting team must remain set behind the LOS until the ball has been kicked. Offsides will be assessed at the end of the punt return.
4. Fake punts are not allowed. Teams that declare a punt must punt the ball.
5. Punts traveling out of the field of play are spotted where the ball left the playing field.
6. While punting a botched snap that results in the ball going out of bounds at the back of the end zone will be ruled a safety.
7. All other safety rules will apply during punt returns.

## 2.7 Rushing the Passer / Flag Pulling



1. No rushing will be allowed in the 5-6 age group.
2. 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 can defend on the line of scrimmage.
3. Once the ball is handed off or pitched, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
4. A special marker 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 defensive line of scrimmage.
    - ii. A rush from anywhere on the field AFTER the ball has been handed off 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 he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
  - b. A penalty may be called if:
    - i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).

- ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
    - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
  - c. c. Special circumstances:
    - i. Teams are not required to rush the quarterback with the seven second clock in effect.
    - ii. Teams are not required to identify their rusher before the play.
- 5. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- 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.
  - a. A safety is awarded if the sack takes place in the offensive team's end zone.
- 7. The player receiving the snap is eligible to run whenever the rusher crosses the line of scrimmage (including the No Run zone).

## 2.8 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.
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. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

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's

## 2.9 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 neutral zone and line of scrimmage.
  - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. 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 or arm hits the ground.
  - f. The ball-carrier's flag falls out.
  - g. The receiver catches the ball while in possession of one or no flag(s).
  - 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.

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

## Section 3 – Penalties and Rule Violations

### 3.1 Unsportsmanlike Conduct



- 1) 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 will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- 2) Offensive or confrontational language is not allowed. 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.
- 3) Players may not physically or verbally abuse any opponent, coach or official.
- 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) Compliment **ALL** players, not just one child or team.
- 7) Fans are required to keep fields safe and kids friendly:
  - a) Keep younger kids and equipment such as coolers, chairs and tents a minimum of 5 yards off the field.
  - b) Dispose of **ALL** trash in designated trash cans.
- 8) Unsportsmanlike conduct penalties:
  - a) Defense + 10 yards from line of scrimmage and automatic first down
  - b) Offense - 10 yards from line of scrimmage and loss of down

## 3.2 General



- 1) The referee will call all penalties.
- 2) Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted.  
(Spot fouls)
- 3) Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- 4) Games may not end on a defensive penalty unless the offense declines it.
- 5) Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- 6) Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

## 3.3 Spot Fouls



- 1) A spot foul simply means that the ball will either be placed at the spot of the foul or penalty yardage will be added or deducted from that spot
  - a) Defensive / Offensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down
Screening, blocking	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

## 3.4 Offensive Penalties



Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (forward pass thrown beyond 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	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Illegal Rush	-5 yards from line of scrimmage and loss of down
Failure to pass within 7 seconds	Loss of down only, no penalty yardage

## 3.5 Defensive Penalties



Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush	+5 yards from line of scrimmage and automatic first down
Illegal flag pull	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down