

Central New York Family Sports Centre

7v7 INDOOR FLAG FOOTBALL

LEAGUE RULES

- 1) The primary purpose of this league is to have fun. Fighting and profanity will **NEVER** be tolerated at CNYFSC.
- 2) Please keep in mind our referees are human. Only the head coach can question a call. Advise your teams that any player can and will be ejected at the referees' discretion. *All ejected players/coaches and bench personnel and spectators will have a suspension as follows:*

UNSPORTSMANLIKE CONDUCT:

1ST Offense: one game suspension

2nd Offense: out for the season

- 3) As a team, you are responsible for having all your players in the same-colored jerseys that are numbered.
- 4) Schedules will be posted online at www.cnyfsc.com. The full schedule will be published by week 3 of the season.
- 5) All penalties in the CNYFSCFFL shall consist of 10-yard, 7-yard, or 3-yard infractions, ejection from the game, and monetary fines.

PLAYERS AND SUBSTITUTIONS

- 1) Each team shall have seven players, and all seven players shall be in the offensive huddle.
- 2) A team must field a minimum of six players to play the game. Anything less constitutes forfeiture. There shall be a grace period of 5 minutes from the scheduled game time. If a team cannot field six or more players at the end of the grace period, forfeiture results.
- 3) Any number of substitutions may be made when the ball is dead.
- 4) All 7 team members will be equipped with triple threat flag belt (MUST USE CNYFSC FLAGS). All will be eligible to receive passes and carry the ball.
- 5) Rosters **MUST** be turned in before week 1. Rosters can be changed or updated up to the team's third game; at that time, rosters are final. Players **CANNOT** be rostered on more than 1 team in the same age division.

DURATION OF GAME

- 1) A game will consist of two 20-minute halves (2 min halftime)
- 2) A team may take a total of one time-out per half (Time outs WILL carry over to the 2nd half). Time-outs are 30 or 60 seconds.
- 3) Once the ball is spotted, there will be a 30-second play clock (10U and 12U) and a 40-second (8U).

SCORING

- 1) A touchdown counts 6 points. XP-run, pass, kick-1pt from 5yds, 2pts from 8yds
- 2) Safety will count for 2 points for the defensive team.
- 3) There will be a 36-point mercy rule. Scoring will officially stop when a difference of 36 points occurs; the game will continue with a running clock and no score updates. The winning team MUST make every effort not to score and allow other teams to learn and have fun from the 36-point differential.
- 4) Field Goals are allowed. Count 3 points. If a kick hits the boards and goes in the net, KICK WILL BE GOOD!!

SCRIMMAGE

- 1) Four downs are given to advance the ball from one zone into the next to retain possession. A team can choose to punt on 4th down; the ball will be placed at the other team's start point. If a team decides to go for it on 4th down anywhere on the field and doesn't make a first down, it will be turnover on downs at the dead ball spot. To put the ball into play legally, it must be snapped by the center between the legs to a backfield man. The play must start with three players on the line of scrimmage.

SHIFT

- 1) In the snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least a full second before the snap of the ball. One player is allowed to motion without moving forward at the snap.

ENCROACHMENT

- 1) After the ball is ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or interfere with them. This includes standing in the neutral zone to defensive signals or shifting through the zone. After the snapper has made the final ball adjustment, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.

GUARDING THE FLAG BELT

- 1) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag. Flag guarding includes:
 - Swinging the hands or arms over the flag to prevent an opponent from de-flagging
 - Placing the ball in possession over the flag to prevent an opponent from de-flagging.
 - Lowering the shoulders in such a way or placing the arm over the flag to prevent an opponent from de-flagging.

PASSING

- 1) Any team member is eligible to pass and receive the ball. There can only be one forward pass attempt on each down. Any number of backward or lateral passes may be attempted at any time from any point on the field. There must be no interference with the pass receiver. If a lateral or backward pass is dropped or fumbled, the ball is dead at the spot where it hits the ground.
- 2) A defensive player can jam a receiver within 3 yards of the scrimmage line.
- 3) The center must have time to protect himself (stand up and face the defender).
- 4) Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he is considered out of the play pass.

- 5) Any defensive player rushing the passer and not contacting the ball (after being released by the passer) and then making significant contact with the passer violates the roughing of the passer rule.
- 6) Protection from roughing the passer ends if the forward pass is thrown from beyond the offensive team's line of scrimmage.
- 7) The offensive player shall not be interfered with while attempting to catch a thrown ball.
- 8) The defensive player has as much right as the offensive player to catch a ball thrown. The defensive player shall not be interfered with while attempting to catch a ball thrown.
- 9) When the receivers run passing routes, they may not intentionally interfere with the defender, such as setting a pick.

CARRYING THE BALL

- 1) Any member of a team is eligible to carry the ball. They must be handed off behind the line of scrimmage for a legal handoff.
- 2) A ball carrier falling to the ground without being legally stopped may resume its run until they are legally stopped. A player is legally stopped when any flags have been pulled from their belt or touched anywhere with one hand when on the ground.
- 3) At no time during a game may the ball carrier pass the ball to themselves to avoid being stopped. If they do, the ball will be ruled dead at that point.
- 4) If the ball carrier has lost their flags not due to any legal action of an opponent, they may continue to advance the ball until an opponent tags them. Example: A player loses a flag while blocking at the line of scrimmage, play continues, and they catch a pass. Since they have no flag, they need only be tagged anywhere. All players MUST start the play with flags on; if they purposefully remove flags before the play and receive the ball, they are down there.
- 5) The ball carrier may not use their hands, feet, or arms in any way to avoid having their flags pulled. This includes stiff-arming. The ball carrier may never leave the feet to prevent them from being de-flagged. This includes diving into the end zone. They may, however, leave feet to avoid a fallen player only.
- 6) The ball carrier must make every effort to avoid contact with the defender. The defender has the right to maintain position.

BLOCKING

- 1) A player attempting to block must be on their feet before, during, and after the block, and the block must be between the defender's waist and shoulders and to the front side.
- 2) THERE IS NO BLOCKING DOWNFIELD AT ALL!! (1-yard cushion at the line of scrimmage)
- 3) Offensive blockers may extend their hands to block but may not grasp or extend their arms past their shoulders to block a defender. Open hand only!

USE OF HANDS OR ARMS BY THE DEFENSE

- 1) The defensive player may not use hands to grab or hold an opponent.
- 2) The defensive player may not tackle or hold the ball carrier.
- 3) The defensive player cannot contact an opponent above the shoulders.

FUMBLES

- 1) Any fumble, the ball is dead at the spot it hits the ground.
- 2) If the snap goes over the head of the person receiving the snap and the ball goes out of the end zone before hitting the ground, the defensive team shall be awarded safety.

- 3) IF A FUMBLE IS IN THE AIR BEFORE TOUCHING THE GROUND, A DEFENSIVE PLAYER CAN RECOVER IT AND RETURN IT SIMILAR TO AN INTERCEPTION.

CONDUCT OF PLAYERS AND OTHERS

- 1) No player shall commit any of the following non-contact acts during a game:
- Abusive, insulting, or profane language
 - Any acts of unfair play
 - Using disconcerting acts or words before the snap to interfere with the offensive teams' signals or movements.
 - Intentionally kick at an opposing player
 - Intentionally kick at the ball
 - Intentionally swing an arm, hand, or fist at any opposing player
 - Leaving the field between downs to gain an advantage unless replaced or with the referee's permission.
- 2) When the ball becomes dead in possession of a player, they shall not:
- Intentionally kick the ball
 - Spike the ball into the ground
 - Throw the ball high into the air
 - Fail to return the ball to the huddle.
- 3) No unsportsmanlike conduct by substitutes, coaches, or others shall be subject to the rules. This includes:
- Attempting to influence a decision by an official
 - Disrespectfully addressing an official
 - Indicating objections to an official's decision
 - Holding an unauthorized conference or being on the field illegally
 - Using profanity, insulting, or vulgar language or gestures. These rules give a warning for profanity. The referees can and will eject any player or coach using profanity; no warning is necessary.
- 4) There shall be no unfair acts:
- A team must play within two minutes after being ordered by the referee.
 - Play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules.
 - A team repeatedly commits fouls, which can be penalized only by halving the distance to the goal line.
- 5) No player shall commit a personal foul during a period or an intermission. Any act prohibited there, or any other act of unnecessary roughness is a personal foul. No player shall:
- Steal, attempt to steal, or bat the ball from a player in possession.
 - Trip an opponent
 - Contact an opponent who is on the ground
 - Contact an opponent who is on the ground
 - Make any contact with an opponent deemed unnecessary, including, but not limited to, using fists, locked hands, elbows, or any part of the forearm or head except according to the rules.
 - Clip an opponent

- Position himself on the shoulders or body of a teammate or opponent to gain an advantage.

FLAG FOOTBALL RULES FOR SPECIAL EMPHASIS

- 1) One foot must be in bounds for a legal catch. The lines are out of bounds. END ZONE IS ALL FIELD OF PLAY!! Any player touching the back wall or using the back wall of the end zone as a springboard will be deemed AS AN INELIGIBLE RECIEVER! If a player is pushed out of bounds, they must return immediately in bounds or forfeit the right to return in bounds and be deemed as going out of bounds and returning into play. If a player jumps in the air and is pushed into the back wall and the referee judges that the receiver would have stayed in the field of play if not forced, they shall be given the reception and the touchdown.
- 2) Officials will keep the time on the field. The clock will only stop for time-outs and any severe injury.
- 3) The spot is by the ball, not the feet.
- 4) If the defensive player attempts to go after the ball and hits the quarterback, this will be a roughing of the passer penalty.
- 5) If a team takes too much time to put the ball in play in the last two minutes of the game, this will result in a 3-yard penalty.
- 6) When the whistle blows, the play is dead.
- 7) No jewelry.
- 8) The referees will always be protecting the quarterback and players near the boards.
- 9) Each player on the field will wear a flag belt, NO EXCEPTIONS!!
- 10) Fighting, abusive language, and intentional and flagrant fouls will result in a 10-yard penalty, and the player will be suspended for the season!
- 11) A player may never leave feet and be horizontal to the ground to de-flag an opponent.
- 12) Pushing an opponent into the boards with no attempt at the flags shall be prohibited.
 - **Penalty: 10 yards from the end of the play, automatic ejection (no warning is required), and will miss the next game.**
- 13) Flag guarding or any offensive penalty committed in the end zone will result in the awarding of a safety to the defensive team.
- 14) A safety will cause a change of possession, and the ball will be moved to the offensive team's Start Line.
- 15) Teams must remain in their respective team boxes. Players on the sidelines are considered part of the field of play; therefore, all rules apply to bench players, as do the field players (i.e., fighting, swearing, etc.) are grounds for ejection from the game.
- 16) Trash cans are provided for spitting and garbage beside the team benches...Please use them!
- 17) Fighting by both teams will result in an automatic loss for both teams.
- 18) Any player who comes off the bench while a fight, pushing contest, or ruckus is in progress, even if intentions are to help break up the melee, will be ejected from the game and assessed an unsportsmanlike conduct penalty.
- 19) In the event of successive incidents, the suspension becomes indefinite and may carry over into the following season.
- 20) Fighting or abusive language, as determined by the referee and based on game reports turned into CNYFSCIFF, will result in an automatic season suspension and forfeit.

PENALTIES

- 1) All penalties shall be the distances stated throughout these rules or half the distance to the goal line, whichever is applicable.
- 2) All decisions made by the referee will be final. There will be no protests allowed on judgment calls. The official has the authority to eject any player from the game and will stop it if, in their opinion, it

- becomes too rough. In the case of a terminated game, both teams will be given a forfeit loss.
- 3) No touchdown shall be scored on a penalty, except as noted by rule.
 - 4) If a penalty is committed after the touchdown is scored or the defensive team commits a penalty during the PAT (and the offensive team converts their PAT), the penalty will be assessed on the “Kick-off.”
 - 5) The opposing team will have an option on all penalties, whether to accept the penalty or the down.

3 Yard Penalties (Dead Ball)

Dead Ball Penalties: A “dead ball” is a ball not in play. When a player in possession of the ball gets one of his flags pulled (or down by touch if they are missing a flag), the ball immediately becomes DEAD. Any penalty called or assessed after the whistle has been blown to declare the play dead or before a ball becomes “live” from a legal snap or free kick is a dead ball.

Delay of Game - When the ball is spotted and placed for a down, the 40-second clock shall begin. The referee will warn the offensive team when there are “10 to snap” (10 seconds left on the play clock). Failure to snap or free kick within 30 seconds results in a delay of game penalty. *3-yard dead-ball penalty.*

False Start - After the ball is spotted and before the snap begins, any offensive player shall make no false start. Any act intended to cause the defense to encroach will also be considered a false start. (Note- if a false start causes the defense to encroach, only the false start is penalized.) *3-yard dead-ball penalty.*

Snap Infraction - After touching the ball, the snapper shall not make any movement that simulates a snap, fail to pause before the snap, or lift or move the ball other than in a legal snap. *3-yard dead-ball penalty.*

Contact Encroachment (Defense) / Offsides (Offense) - The snapper may be over the ball, but their feet must be behind the neutral zone, and no part of their body (other than hands(s) on the ball) may be beyond the foremost point of the ball. No player other than the snapper shall encroach on the neutral zone after the ball has been placed down and ready to play. Offsides occur when an offensive player is lined up in the neutral zone when the ball is snapped (FYI- this penalty is seldom called because players should communicate with referees to see if they are lined up in the neutral zone). Following the spot of the ball and after the snapper has placed hand(s) on the ball, contact encroachment (defensive penalty) occurs if any defensive player crosses the neutral zone and contacts an offensive player before the ball is snapped. *3-yard dead-ball penalty.*

3 Yard Loss of Down Penalties (Live Ball)

LOSS OF DOWN means the down will NOT be replayed (the team loses an opportunity to re-try the down)

Illegal Handing Ball Forward - No player may hand the ball forward to a teammate unless both players are in or behind the neutral zone. *3-yard live ball penalty & loss of down.*

An illegal Forward Pass is a forward pass from beyond the neutral zone or a second and subsequent forward pass(es) thrown during a down. *3-yard live ball penalty & loss of down.*

Intentional Grounding - A pass intentionally thrown into an area behind the line of scrimmage that an offensive player does not occupy. A pass intentionally thrown incomplete to save a loss of yardage is a typical scenario for intentional grounding. (Note- As long as the ball is thrown past the line of scrimmage or if an offensive player is in the area behind the LOS where the ball was thrown incomplete, intentional grounding will NOT be called). *3-yard live ball penalty & loss of down.*

3 Yard Penalties (Live Ball)

No Contact Encroachment (Defense) - Defensive player is lined up in the neutral zone when the ball is snapped. 3-yard live ball penalty.

Illegal Substitution/Participation - Anytime there are more than seven players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the down, returns to the field, intentionally touches the ball, influences the play, or otherwise participates, Illegal participation will be called. (Note- if an opponent blocks a player out of bounds and returns to the field during the down, they shall return at the first opportunity. This is not considered illegal participation.) 3-yard live ball penalty.

Illegal Formation - At the snap, at least three offensive players must be on the line of scrimmage. 3-yard live ball penalty

Illegal Shift/Motion - Multiple players in motion at one time (Once offensive players are set, only one player is allowed to go into motion legally). Forward motion (Player running towards the line of scrimmage before the snap of the ball). 3-yard live ball penalty

Intentional Stripping of Ball Carrier - This will be called once possession of the ball has been retained by a player. A penalty will be assessed if a defender intentionally attempts to strip the ball. (If a ball is being received and has yet to be retained as a possession, offensive and defensive players have an equal right to the ball and contest the catch.) 3-yard live ball penalty.

Incidental Holding (Defense) - When a defender holds the ball carrier in any way to impede the ball carrier's progress and pull their flag. Incidental holding can occur when a defender attempts to pull a flag, and the flag is NOT pulled. Incidental holding will be called if the defender prevents the runner from advancing or uses his grip for leverage to get the flag. You cannot hold someone's jersey, shorts, or body part to help you get to the flag. Incidental holding will not be called when an "instance release" from a defender attempting to pull a flag and no advantage is gained. (Note- The offensive player's shirt must be tucked in, and nothing can be hanging over or in the way of the flag belt). 3-yard live ball penalty.

Illegal Hurdle/Dive (Ball Carrier) - Ball carrier CANNOT dive/leap/hurdle to advance the ball. "Hurdling" is the runner jumping so both feet leave the ground simultaneously. The runner may not hurdle to avoid being de-flagged. The runner may step over an opponent who is lying prone. "Diving" is the runner jumping such that both feet leave the ground simultaneously and the runner does not land on his feet. The runner may not dive to avoid being de-flagged. (Note- diving to catch or de-flag is legal, provided normal contact rules apply, i.e., diving into a player to de-flag the player is a personal foul). 3-yard live ball penalty.

Illegal Contact - When any player beyond the neutral zone intentionally obstructs an opponent's opportunity to move freely about the field on a pass play. For the offense, the restriction begins when the ball is snapped. For the defense, the restriction starts after 3 yards and before the ball is in the air. Examples of illegal contact for the offense pushing off to create space picks made through crossing routes. Defensive examples: contact made before the ball is in the air and after the ball has been snapped. (Note- defense is allowed to jam/press receivers within the first 3 yards from the line of scrimmage; if this occurs, the receiver is allowed to contact the defense and "fight off" the contact initiated by the defender). 3-yard live ball penalty, automatic 1st down

Early Flag Pull (Defense) - The defense can only pull the ball carrier's flag after possessing the ball. 3-yard live ball penalty

Illegal Rush Move (Defensive line) - Defensive linemen are prohibited from using any rush move involving their arms or hands above their shoulders (Note- this rule is to help prevent any contact made to the opponent's head). 3-yard live ball penalty

Illegal Alignment (Defensive line) - Defensive linemen are prohibited from lining their heads up on the center. The D-line must be on either side of the center before the snap. *3-yard live ball penalty.*

7 Yard Penalties (Live Ball)

Flag Guarding/Stiff Arm - The ball carrier shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove a flag. All flags must be accessible. Stiff arm and flag guards can be incidental and are up to the referee's judgment. *7-yard live ball penalty & loss of down.*

Illegal Blocking Technique/Illegal use of hands or arms - Any technique where the blocker is not using open hands. Any block made outside the safe blocking area (between the shoulders, above the waist, and in front of the opponent). Grasping or encircling any teammate to form interlocked blocking. *7-yard live ball penalty*

Holding - Use of hand or arms to hook, lock, clamp, grasp, encircle, or hold to restrain an opponent. *7-yard live ball penalty*

Illegal Block in the Back - Use of hands, arms, or body to contact an opponent in the back. *7-yard live ball penalty*

Charging - When the ball carrier or defender initiates contact by lowering their shoulder(s) or intentionally creating contact to be used as an advantage to gain yards (offense) or impede the runner (defense). Ball carriers cannot go through defenders to gain yards, and defenders cannot intentionally engage the ball carrier to slow down their forward progress. *7-yard live ball penalty*

Roughing the Passer - Defensive players must make a definite effort to avoid charging into a passer who has or is attempting to throw the ball from in or behind the neutral zone. (Note- If a defensive player blocks a pass and initiates contact with the passer, roughing may not be called depending on the severity of the contact). *7-yard live ball penalty and automatic 1st down*

Pass Interference *7-yard live ball penalty, and an automatic 1st down.*

Pass Interference (Offensive) - Blocking downfield before the ball has been touched (commonly seen through "pick plays"). Shoving or pushing off and creating separation (the most common type of OPI). Driving through a defender who had established a position. *7-yard live ball penalty & loss of down.*

There are three categories of Offensive Pass Interference:

Blocking downfield before the ball has been touched (commonly seen through "pick plays").

Shoving or pushing off and creating separation (the most common type of OPI)

Driving through a defender who had established a position.

Other notes on pass interference:

Defensive pass interference is a 7-yard penalty AND an automatic 1st down.

Offensive pass interference is a 3-yard penalty AND a loss of down.

Face-guarding is allowed by the defender as long as no contact is made.

Pass interference will not be called if a pass is considered uncatchable.

Unsportsmanlike Conduct *10-yard penalty (can be both live & dead ball fouls) automatic 1st down.*

Unsportsmanlike Conduct (By Players) - No player shall act unsportsmanlike. Examples are, but not limited to:

Baiting or taunting acts or words. Any taunting intended or designed to embarrass, ridicule, or demean another player will be considered unsportsmanlike.

Using profanity towards an opponent, insulting or vulgar language, or gestures.

Using disconcerting acts or words before the snap to interfere with the offense's signals or movements.

Kicking at the ball, other than during a legal free kick.

Refusing to comply with a game official's request

Unsportsmanlike Conduct (By Non-players) - No coach, substitute, or fan shall act unsportsmanlike. Examples are, but not limited to:

Using profanity, insulting, or vulgar language or gestures.

Attempting to influence a decision by a game official.

Disrespectfully addressing a game official.

Indicating objections to a game official's decision

Being on the field except as a substitute or replaced player.

Not ready to start at the scheduled game time.

Personal Foul / Unnecessary Roughness 10-yard penalty (can be both live & dead ball fouls) automatic 1st down

Any contact that is excessive or flagrant.

Any contact made to the opponent's neck/head.

Any block below the waist (i.e., clipping, chop block, tripping)

Charging into an opponent is obviously out of the play.

Unfair Acts The referee enforces any penalty he considers equitable, including the award of a score. automatic 1st down

A player, non-player, or person(s) not subject to the rules shall not hinder play by an unfair act with no specific rule coverage.

No team shall repeatedly commit fouls that halve the distance to the goal line.

No player shall hide the ball under a jersey.

Neither team shall commit any act which, in the referee's opinion, tends to make a travesty of the game.

Clear Path to End Zone: If a defensive player holds up/ tackles/ intentionally obstructs the ball carrier from a clear path to the end zone or downfield without attempting to pull the flag, the offensive team will be awarded 7 yards and an automatic 1st down from the spot. This assessment can also result in a TD. (Clear path to end zone assessment made by game official's professional judgment)

Disqualification 10-yard penalty, and player or non-player must leave the facility.

Fighting by player or non-player

Intentionally contacting a game official.

Striking, kicking, kneeling

Any act if unduly rough or flagrant

A second unsportsmanlike foul by a player or non-player

FOULS BY BOTH TEAMS

If offsetting fouls occur during a down, that down will be repeated. Exception: If each team fouls during a down in which there is a change of possession, the team last gaining possession may retain the ball, provided its foul was not before the final change of possession and it declined the penalty of its opponent's foul. When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

FOUL BETWEEN DOWNS

The penalty for a foul between downs is enforced from the succeeding spot. Any foul following a penalty incurred after a series ends and before the next series begins will be first down, but the zone line-to-gain will be established after the penalty is enforced.

LET'S HAVE SOME FUN AND PLAY SOME FOOTBALL!!

Brandon Paul

CNYESC

DIRECTOR OF FOOTBALL

PENALTY TABLE AND ASSESSMENTS

Loss of Down Penalties	Yardage	Where is the Penalty Assessed?	Result
Illegal Handoff	3	Spot of Foul	Loss of Down
Illegal Forward Pass	3	Spot of Foul	Loss of Down
Intentional grounding	3	Spot of Foul	Loss of Down
Flag Guarding/Stiff Arm	7	Spot of Foul	Loss of Down
Pass Interference (Offense)	7	Previous Spot	Loss of Down
Automatic 1st Down Penalties	Yardage	Where is the Penalty Assessed?	Result
Roughing the Passer	7	Previous Spot	Automatic 1 st
Pass Interference (Defense)	7	Previous Spot	Automatic 1 st
Clear Path	7	Spot	Automatic 1 st
Incidental Holding (Defense)	3	End of Run	Automatic 1 st
Illegal Contact	3	Previous Spot	Automatic 1 st
Dead Ball Penalties 3 Yards	Yardage	Where is the Penalty Assessed?	Result
Delay of Game	3	Previous Spot	Replay Down
False Start	3	Previous Spot	Replay Down
Snap Infraction	3	Previous Spot	Replay Down
(Offense/Defense) / Offsides / Encroachment	3	Previous Spot	Replay Down
Dead Ball Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Result
Personal Foul (after the play is dead)	10	End of Play / Succeeding Spot	Automatic 1 st
Personal Foul (before ball is snapped)	10	Previous Spot	Automatic 1 st
Unsportsmanlike Conduct by player or non-player (after the play is dead)	10	End of Play / Succeeding Spot	Automatic 1 st
Live Ball Penalties 3 Yards	Yardage	Where is the Penalty Assessed?	Result
Illegal substitution/participation	3	Previous Spot	Replay Down
Illegal formation (less than 3 players on the line of scrimmage- Offensive penalty)	3	Previous Spot	Replay Down
Illegal Shift or Illegal Motion	3	Previous Spot	Replay Down
Intentional Stripping of Ball Carrier	3	End of the run or spot of the foul.	Play Counts
Illegal hurdle/dive by ball carrier	3	Spot of foul	Play Counts
Early flag pull	3	End of Run	Play Counts
Illegal Defensive Rush Move	3	Previous Spot	Play Counts
Illegal alignment (defensive lineman head up against center)	3	Previous Spot	Play Counts
Live Ball Penalties 7 Yards	Yardage	Where is the Penalty Assessed?	Result
Illegal blocking technique / Illegal use of hands or arms	7	Spot of foul	Replay Down
Holding	7	Spot of foul	Replay Down
Illegal block in the back	7	Spot of foul	Replay Down
Bull Rush/Charging	7	Spot of foul	Loss of Down
Live Ball Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Result
Unsportsmanlike Conduct by player or non-player	10	Succeeding Spot	Automatic 1 st
Personal Foul / Unnecessary roughness.	10	End of the run	Automatic 1 st
Blocks below the waist, Clipping, Chop Blocks	10	Spot of foul.	Automatic 1 st
Unfair acts	10	End of the Run	Automatic 1 st
DQ Penalties 10 Yards	Yardage	Where is the Penalty Assessed?	Result
Fighting by player / non player	10	End of Run / Succeeding Spot	Automatic 1 st
Intentionally Contacting a game official	10	End of run or succeeding spot	Automatic 1 st
Striking, kicking, kneeling	10	End of Run	Automatic 1 st
Any act if unduly rough or flagrant	10	End of Run	Automatic 1 st
A second unsportsmanlike foul by player / non player	10	End of Run / Succeeding Spot	Automatic 1 st