

Saratoga Springs Recreation

Flag Football Rule booklet



SARATOGA
SPRINGS
RECREATION

Saratoga Springs Recreation
(801) 766-9793

Youth Flag Football Rules

LEAGUE CLASSIFICATIONS

- A. Grade levels for league classifications (i.e. 1st-2nd, 3rd-4th, 5th-6th, 7-9th) are for boys and girls according to their grade for fall of the current school year.

PLAYER SELECTION

- A. A team roster will consist of no more than 11 players. Players shall not be added by coaches! An official roster will be issued to each coach. Each player must be on the roster to be eligible for play.
- B. Each team is allowed one coach and one assistant coach. Other adults and parents may help with team practices and fill in at games during the absence of a coach or assistant coach.
- C. **In ALL grades, coaches are required to rotate offensive positions so that each child can play a variety of positions.**

THE GAME

- A. The game shall be played by a **seven-man team**. Unless participation is too low for 7v7.
- B. The ball carrier is downed when his/her flag belt is pulled completely off.
- C. The field is divided into three or more equal zones. The field distance will vary depending on age division. A team will be given four downs to move the ball across the next zone line. When the zone line is crossed, a new series of four downs will again be awarded. If the offensive team fails to advance the ball to the next zone in four downs, they shall lose possession of the ball to their opponents at the spot where the ball is declared dead after four downs. A zone line may be passed only once during a series of plays to constitute a first down.
- D. Coaches will be allowed on the field for the entire season in the 1st-2nd grade leagues. A 3rd/4th grade offensive coach is allowed to stay on the field for the season, but no 3rd/4th grade defensive coach is allowed on the field. In the 5th/6th grade league an offensive coach will only be allowed to coach on the

field of play for the first four games. Coaches will not be allowed on the field of play for the 7th-9th grade teams.

- E. Goal lines for each team shall be established at opposite ends of the field and each team shall be allowed opportunities to advance the ball across their opponent's goal line by running or passing.
- F. Each coach will designate to the referee a team captain. The captain will speak for his team in all dealings with the officials. A captain's first choice on any option shall stand.
- G. Players, substitutes, coaches, and other team representatives are subject to the rules and shall be governed by the decisions of the officials.

STARTING THE GAME

- A. Each half starts with a kickoff. Before game time, the referee shall toss a coin with the two team captains, after first designating which captain will call the toss.
 - B. The captain winning the toss shall choose one of the following options:
 - 1. To kickoff
 - 2. To receive
 - 3. To designate which goal their team will defend
- Teams will not be allowed to defer.**
- C. The loser of the toss shall make his choice of the remaining options. At the start of the second half, the options shall be reversed.

PLAYING TIME

- A. All Leagues - two, running, 20 minute halves.

For the 3rd - 6th grades, the clock is stopped only for time outs and emergencies. The clock will be stopped for all dead ball situations during the last **1 minute** of the game. **This does not apply to the 1st-2nd grade leagues.**
- B. A five minute halftime will be allowed. The referee will notify the coaches when two minutes remain before halftime and at

the end of the game.

- C. The official game time shall be kept on a stop watch operated by an official on the field.

TIME OUTS

- A. Two (2) timeouts are allowed per team, each half. After a team has used its allotted time outs, they cannot take any additional. Time outs cannot be carried-over.
- B. A requested time out by a team shall not exceed one minute. Emergency timeouts for injuries may extend longer if the referee deems it necessary.

ILLEGAL DELAY OF GAME

- A. For the 3rd - 6th grades, the ball must be put into play within **25 seconds** after it is declared ready for play by the referee. Any action or inaction by either team which tends to prevent this is an illegal delay of game. This includes:
 - Interrupting a 25 second count for any reason except calling a time out.
 - Using more than 25 seconds to put the ball into play.
 - Failing to remove an injured player for whose benefit a timeout has been granted.
 - Deliberately advancing the ball after it has been declared dead or ready for play.
 - The referee may order the game clock stopped or started if, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. ***In all cases, penalty: 5 yards***

For the 1st-2nd grades there will be a 60 second count. This will give coaches more time to call a quality play and to prepare the team to execute it.

SUBSTITUTIONS

- A. Free substitutions shall be used at all times. ***Every player must play a minimum of one half (50%) of every game.***

- B. No substitute shall enter during a down. Any number of eligible substitutes may replace players as long as it is done before the ball becomes live. Exiting players must be off the field.
- C. No substitute shall become a player and then withdraw and no player shall withdraw and then re-enter as a substitute until one play has expired.
- D. Each substitute shall be in uniform ready for play with flags in position as directed. **Penalty: 5 yards for substitution infractions.**

EQUIPMENT

- A. Teams should have jerseys of the same color worn by players. **Jerseys must be tucked-in** to the pants or shorts. Jewelry of any kind is not permitted.
- B. Players wearing glasses may wear protection shields.
- C. Use of all-purpose athletic shoes is optional. Said shoes must meet the following specifications:
 - 1. The cleat must be molded to the sole; detachable cleats are illegal.
 - 2. The sole must be constructed of rubber or plastic. No metal cleats. Tennis or gym shoes are okay.
 - 3. No open-toed shoes. Bare feet or stocking feet will not be allowed.
- D. Each player on the field will wear a belt with three (3) flags attached. These will be provided by Saratoga Springs City Recreation.
- E. Wrapping, tying, or in any way securing flag belts to the uniform other than the prescribed rule is illegal. **Penalty: 10 yards.**

DEFINITIONS AND RULES OF BALL CARRIER

- A. The ball carrier is a player in possession of a live ball trying to advance the ball towards the goal.
- B. The ball carrier shall not lower his head and deliberately drive or run into a defensive player. This is running over. The carrier

shall avoid this by agility rather than power.

Note: Officials, in judging “running over,” will keep in mind the charging rule as applied in basketball. A ball carrier shall not charge into nor contact an opponent in his path or attempt to run between two opponents or between an opponent and a boundary unless the space is such as to provide a reasonable chance for him to go through without contact. If a ball carrier passes an opponent to have his head and shoulders in advance of the opponent, the greater responsibility for contact is on the opponent. If a ball carrier in his progress has established a straight line path, the carrier must avoid contact by changing directions or ending his forward motion.

Penalty: 10 yards. Flagrant offenders may be disqualified.

- C. The ball carrier cannot protect his flags by blocking, guarding, hacking, or holding flags with arms or hands so his opponent cannot pull or remove his flag. **Penalty: 5 yards from point.**
- D. A player may jump over a player who is lying on the ground.

SPINNING

- A. The ball carrier **may** spin for unlimited number of times.

REMOVING THE FLAG

- A. When the flag is cleanly taken from a ball carrier, the down shall end and the ball is dead. Upon removing the flag, the defender shall hold the flag above his head to assist the referee in locating the spot of capture.
- B. In an attempt to remove a flag from the ball carrier, a defensive player **may** use his hands on the body and shoulders of an opponent but not on his face or head. A defender **may not** hold, push, or knock down the ball carrier to get his flag. **Penalty: 10 yards from spot and automatic 1st down.**
- C. The flag may be dropped at the spot of capture without a penalty.
- D. **All player uniforms must be tucked inside their pants** so the belt holding the flags can be worn at the waist and can be clearly seen by the opponents and referee. Failure to comply after one warning will result in a **5 yard penalty.**

NOTE: If an infraction is noticed before a snap, the referee shall warn

or penalize the offending team as stated above. When a down is in progress, if for any reason (loose clothing, lost flag, etc.) it becomes difficult or impossible to pull the flags, a tag on the ball carrier anywhere with two hands shall take the place of a pulled flag.

LIVE BALL

- A. A live ball is a term which indicates that the ball is in play.
- B. After being declared ready for play by the referee, the ball becomes a live ball when it is snapped or free kicked, legally or illegally.

DEAD BALL

- A. A live ball becomes dead and the referee sounds his whistle under the following incidences:
 - 1. When it goes out of bounds or when it touches the goal line (vertical plane) or the ball carrier's opponents.
 - 2. When any part of the ball carrier's person **other than his hand or foot** touches the ground.
 - 3. When a touchdown, a touchback, safety, or successful try for point is made.
 - 4. When, during a try for point, the defending team obtains possession of the ball or it becomes certain the try will not score a point.
 - 5. When a player of the kicking team catches or touches any kick, or when the kicked ball comes to rest on the ground without any player touching it.
 - 6. When a forward pass hits the ground or is caught simultaneously by opposing players.
 - 7. When a lateral pass, backward pass, or a fumble hits the ground.

NOTE: Any fumbled ball that touches the ground is dead and possession of the ball belongs to the team which had it at the time of the snap, unless it is lost on number of downs.

- 8. When a legal forward pass is caught by the offensive team on or behind his opponent's goal line. It is also dead if a defender catches a pass in the end zone and elects not to run it out.
- 9. When a ball carrier has a flag removed legally by a defensive player.
- 10. Any type of kicked ball in the end zone will be a dead ball.
- 11. **Exceptions to the dead ball rule are:**
 - a. When the ball touches the ground behind the line of scrimmage, **if dropped only once by the quarterback**, the offense may pick the ball up and continue play.
 - b. On a scrimmage kick, if the ball touches the ground before a punt attempt, the ball may be picked up and punted.
- B. If a penalty involves a loss of down, the down shall count as one of the series of four.
- C. Offsetting penalties are penalties committed by both teams on a said play. If such penalties are reported by the referee while the ball is ready for play or during the down, the penalties cancel each other and the down is replayed.
- D. When team possession changes during a down (interception, punt) and neither team committed a penalty prior to but after exchanged possession, the down and distance established by that penalty shall be a first down with zone to gain by the team which established last possession.
- E. If a penalty occurs before a change of team possession, the ball belongs to Team A (offense) and the down repeated unless the ball rests beyond the line-to-gain. Exception: If offense commits the penalty, the defense may refuse and keep the ball or have offense replay the down.
- F. During a try for an extra point, if a distance penalty occurs by team B (defense) on a successful try, team A (offense) shall

have the option of declining the score and repeat the try following enforcement of penalty or accepting the score with enforcement of penalty from the spot of the next kick off. If offense commits the penalty, the down is repeated.

LINE BUCKS

- A. A line buck is handing the ball off within one yard of the center. No running plays within one yard of either side of the center will be permitted unless it has been preceded by a distinct lateral pass. A hand-off is not a pass. **Penalty: 10 yards.**

SCORING

- A. A touchdown will be worth six points. The ball must completely cross the plane of the end zone while still in-bounds to be counted as a touchdown.
- B. After a touchdown is scored the team who just scored will have the option to go for one or two points. If a team chooses to go for **one point** they will begin at the **5 yard line** (half-way between the front of the end zone and the first 10 yard line). If a team chooses to go for **two points** they will begin at the **10 yard line** (the first line after the front of the end zone).
- C. No official score will be kept.

HIDEOUTS

- A. A hideout is a player who is trying to conceal himself or be concealed by teammates on or off the field. **No** hideouts (sleepers) will be permitted.
- B. All players not in the game must be behind the sideline in their proper zone.
- C. **Penalty for hideouts: 10 yards from scrimmage and play called back.**

SAFETY

- A. A safety is worth two points and happens when the ball becomes dead in the offensive team's own end zone by cause of the defense.
- B. If during a scrimmage play, the ball becomes dead in the offen-

sive team's end zone (pulled flag, fumble, out of bounds, or any manner or part of the play), a safety shall be called.

- C. After a safety is scored, the offensive team will kick off from the 15 yard line (1st-2nd) or the 20 yard line (3rd-9th). This can be from the ground, a tee, or a punt.

TOUCHBACK

- A. A touchback is a result of the ball crossing the end zone line because of a kick off, punt or intercepted pass in which the receiver elects to not run out of the end zone.
- B. After a touchback is declared, the ball shall belong to the defending team (team of defense prior to play) at its own 15 yard line (1st-2nd) or its own 20 yard line (3rd-9th).

PENALTY CLARIFICATION

- A. A penalty is completed when it is accepted, declined, or canceled according to rule. **Any penalty may be declined;** however, a disqualified player on such penalty, if enforced, must leave the game.
- B. A penalty which occurs simultaneously with a snap or free kick (punt or kick off) is considered as occurring during that down.
- C. When two or more penalties by the same team occur on one play, the referee will explain the penalties to the captain of the offended team who may elect only one of these penalties.
- D. After a penalty that leaves the ball in possession of the offense beyond its line-to-gain, the down and distance established by that penalty shall be a first down.

SCRIMMAGE LINE

- A. All plays from scrimmage must be started by a legal snap. The ball **must be** passed from the center to a teammate.

For the 1st-2nd grades, the quarterback **may** begin the play with the ball in his/her hand. The quarterback may choose where to stand in the backfield. When the quarterback is ready, he/she will yell hike or hut. The play will begin on the **first sound** from the quarterback's mouth (i.e. no ready, hike or hut, hut, hut). This will help eliminate any

muffed snaps and will give the quarterback more time. The quarterback can hand the ball off, run the ball, or pass the ball. A dropped snap will result in a loss of down.

C. Before the ball is snapped:

1. After taking the hiking position, the center cannot move or change position of the ball in a manner simulating the beginning of a play until he snaps the ball. An infraction of this may be called whether or not the ball is snapped. Any contact by a defensive player on such will be nullified.
2. No defensive player can touch the ball or contact an offensive player.
3. No offensive player shall make a false start. An infraction of such will be treated the same as faking a snap (Refer to #1).
4. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and hold stationary for one full second before the ball is snapped. This means feet, hands, arms, legs, body, and head. **Penalty: 5 yards, down remains the same.**

D. When the ball is snapped:

1. At least four offensive players must be on their line of scrimmage. The ball may be snapped to any one of the remaining three backfield men as long as the signal caller is between two backfield players.
2. All players must be in bounds. Only the center may be crouched on the neutral zone over the ball. The rest of the line must be at least 12 inches behind the ball.
3. One offensive backfield player may be in motion but not toward his opponent's goal line. All other offensive players must be set before this player may go in motion.
4. No offensive player while on his scrimmage line may receive a snap. **Penalty: 5 yards, down remains the**

same.

5. **Designated Rushers – An Official will stand 10 yards from the line of scrimmage into the defense and act as a marker for all defensive players who want to rush the quarterback. NO defensive player can rush the quarterback unless he/she starts behind the official at 10 yards down field.**

Any defensive player can rush the ball when the ball is handed off and in possession of an offensive player who did not receive the ball from the center. (1st-2nd-follow rule the best you can)

HANDLING THE BALL FORWARD AND BACKWARD

A. No player may hand the ball forward except as follows:

1. An offensive player who is behind his scrimmage line may hand the ball forward to a backfield teammate who is also behind that line.
2. To a teammate who was on his scrimmage line when the ball was snapped provided that teammate left his line position and was at least one yard behind his scrimmage line when he received the ball. **Penalty: 5 yards and loss of down.**

B. A ball carrier may hand the ball backward at any time.

FORWARD PASS

- A. A forward pass is a live ball thrown toward the opponent's line.
- B. All offensive players are eligible to receive a pass.
Only one forward pass beyond the line of scrimmage is allowed. The passer must be behind the line of scrimmage when the ball is thrown. **Penalty: 5 yards from the spot and loss of down.**

ILLEGAL FORWARD PASS

A. A forward pass is illegal:

1. If a passer is beyond the line of scrimmage when the ball is thrown.

2. If thrown after team possession has changed during a down.
3. If more than one forward pass beyond the line of scrimmage is made.
4. A ball intentionally thrown to the ground or out of bounds. **Penalty: 5 yards from spot and loss of down.**
5. **Spiking the ball is not allowed and will not stop the clock.**

BACKWARD PASS

- A. A backward pass is a live ball thrown toward one's own end zone or parallel to the passer's line of scrimmage.
- B. The ball may be passed backward at any time by the ball carrier except if intentionally thrown out of bounds. **Penalty: 5 yards from spot and loss of down.**

COMPLETED PASS

- A. A forward and backward pass is completed when caught by any player of the passing team who is inbounds with **one** foot. The ball is live and play continues by advancing the ball.
- B. If the pass is caught simultaneously by opponents, the ball is dead and belongs to the passing team at the spot of the catch.

INCOMPLETE PASS

- A. A forward and backward pass is incomplete when the ball touches the ground or goes out of bounds.
- B. It is incomplete also when a player jumps from inbounds and catches the pass but lands on or outside a boundary line.
- C. An incomplete forward pass belongs to the passing team at the previous line of scrimmage.
- D. An incomplete backwards pass belongs to the passing team **at the spot** the ball hits the ground.

INELIGIBLE RECEIVER

- A. A player who goes out of bounds during a passing down loses his eligibility until the ball has been touched by an opponent.

Penalty: Loss of down at previous spot.

PASS INTERFERENCE

- A. Contact by a player which interferes with an eligible receiver, who is beyond the line of scrimmage, during a legal forward pass is pass interference unless it occurs:
 1. When two or more players are making a simultaneous attempt to reach, catch, or bat the pass.
 2. When a defender contacts an opponent before the pass is thrown.
- B. Forward pass interference regulations are effective whether or not the pass crosses the scrimmage line.
- C. Interference beyond the line of scrimmage is prohibited by the offensive team from the time the ball is snapped until the pass is touched by any player.
- D. Interference by the defensive team is prohibited from the time the pass is thrown until it is touched by any player. **Penalty: Interference by offense - 10 yards from scrimmage and loss of down. Interference by defense - point of foul and automatic first down.**

INTERCEPTION

- A. A catch of an opponent's pass before it hits the ground is an interception and may be advanced.

FUMBLE

- A. A fumble which touches the ground between goal lines is dead and belongs to the offensive team unless lost on downs. A centered ball is dead as soon as it touches the ground.
- B. On a punt or kick off that has been touched and then touches the ground, the ball is dead at the point it touches the ground. Player's may have one muff, but the ball is dead the second time it hits the ground.
- C. A fumble may be caught in flight before hitting the ground and can be advanced.

KICK OFF

- A. A kick off is a free kick which starts each half. Punting on kick-off is not permitted.
- B. Kick offs shall be from the kicking team's 15 yard line (1st-2nd) or team's 20 yard line (3rd-9th). No on-side kicks are allowed: If the ball is touched by the kicking team before the receiving team, the ball is dead and will be played from that point by the receiving team.
- C. The receiving team must have five players within 5 yards of their own 15 yard line (1st-2nd) or 20 yard line (3rd-9th). The remaining players must remain behind the midfield line.
- D. If the ball goes out of bounds on a kick off, one re-kick will be given. If the re-kick also goes out of bounds the ball will be placed at midfield. A kick off going into the end zone will be put in play from the receiving team's 15 yard line (1st-2nd) or 20 yard line (3rd-9th).

PUNTING

- A. A punt is kicking the ball by the player who drops the ball and kicks it before it strikes the ground.
- B. There are no quick kicks. If a team desires to punt, they must announce the kick before the ball is ready for play. **Penalty: 5 yards.**
- C. Both teams must maintain four players on the line of scrimmage. All players must remain frozen until the ball is kicked. **Penalty: 5 yards.**
- D. The punter may be at least 5 yards behind the line of scrimmage when receiving the center snap or he may take a direct snap from the center. He must then kick the ball immediately in a continuous motion from behind the center.
- E. If penalties during a kick cause the ball to go over a first down line, the ball remains to the offensive team with a first down.
- F. On a replay of a kick due to penalties, the offensive team must re-announce their intention to kick.

- G. A punt that goes out of bounds is dead and will be put into play in the center of the field parallel to where it went out.
- H. A punt that comes to rest untouched in fair territory is dead and will be put into play at that point by the receiving team.

KICK OFF AND PUNT RECEPTION

- A. If a kick off or a punt is caught by a player of the receiving team, or picked up cleanly after hitting the ground, being untouched, the ball continues in play and can be advanced.
- B. A player of the receiving team who has an opportunity to catch a kick off or punt in flight must be given an unencumbered opportunity to catch said kick. At the point of touching the ball, then the defense may grab flags. **Penalty: 10 yards from point of infraction and receiving team's ball.**

OFFSIDE

- A. Offside denotes the position of a player, offense or defense, which has any part of his person beyond the scrimmage line at the time the ball is put into play.
- B. If the kicking or the receiving team is offside, the ball is kicked over if accepted.

BLOCKING (Screen)

- A. Screen blocking is defined as obstructing the rusher's path to the QB or ball carrier. Screen blocking is the only legal form of blocking and it can only occur at or behind the line of scrimmage, NOT downfield
- B. In all instances, a blocker must be on his feet during a block. If after the block, the blocker's body momentum causes him to fall or leave his feet, the referee, at his discretion, may rule it incidental to the block and not illegal.
- C. Hands, arms and elbows must be next to the body, either above or below the waist. The hands and forearms must be kept below the shoulders of the opponent during the entire block.
- D. No blocking is allowed downfield, during an offensive play and a returned punt; a penalty will be called on any offensive play-

er moving along with the ball carrier. **Penalty: 10 yards.**

DEFENSIVE USE OF HANDS

- A. **Defensive players may not use their hands to push or pull an opponent to the side in an attempt to get at the ball carrier. They must avoid contact!** They may use their hands for protection in warding off an opponent or to keep their balance.

OFFENSIVE USE OF HANDS

- A. The ball carrier shall not grasp a teammate or be grasped, pulled or lifted from the ground by a teammate. **Penalty: 10 yards from spot and loss of down.**
- B. The offensive team shall be prohibited from obstructing an opponent with extended hands or arms. This includes "stiff arm." **Penalty: 10 yards from spot and loss of down.**
- C. There shall be no interlocking interference or blocking. **Penalty: 10 yards from spot and loss of down.**

CONDUCT OF PLAYERS

FLAGRANT FOULS

- A. Whenever, in the referee's judgment, the following acts are deliberate or flagrant, the players involved will be suspended from the game:
1. Using fists, kicking, or kneeling.
 2. Using locked hands, elbows, forearm or hands except according to rule.
 3. Tackling or tripping the ball carrier.
 4. Any other deliberate or flagrant act that could cause injury.

UNSPORTSMANLIKE CONDUCT

- A. The referee may bar a player, manager, or coach for the entire game for unsportsmanlike conduct, abusive language, profanity, or talking back at any time. **Penalty: half the distance to goal from the line of scrimmage.**
- B. Unsportsmanlike conduct by players, substitutes, and coaches or others subject to rules is prohibited. Unsportsmanlike conduct includes:
1. Acts of unfair play.
 2. Managers, coaches, or others on the field of play at any time without permission.
 3. Interference of coaches, players, or others of any nature with the progress of the game.
 4. Using a hide-out play.
 5. The punter delaying his kick.
 6. Attempting to substitute a suspended player.
 7. Pulling or removing a flag of an offensive player by a defender as the ball is snapped with the intent of making the offensive player ineligible to become a pass receiver or ball carrier. **Penalty: 10 yards; offender may be disqualified.**

PERSONAL FOUL

- A. Any act prohibited hereunder or any act of unnecessary roughness is a personal foul.
1. No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground.
 2. No high-low blocking.

TRIPPING

- A. Tripping is using the lower leg or foot to obstruct or trip an opponent. This includes the ball carrier. **Penalty: 10 yards from spot and 1st down.**
1. No tripping or clipping.
 2. No hurdling.
 3. No unnecessary roughness of any nature.
 4. No running over by the ball carrier.

TACKLING

- A. Tackling is grasping or encircling an opponent with the hand or arm. **Penalty: 10 yards from spot and first down.**
- B. It is illegal to tackle, trip, push, hold, hack, stiff arm, or rough another player.
- NOTE:** Referee will enforce pushing the ball carrier out of bounds. **Penalty: 10 yards from spot and 1st down.**
- C. If a defensive player tackles or trips a ball carrier who, in the judgment of the referee had an open field for a touchdown, a **touchdown will be awarded** the ball carrier.

The official, the site supervisor, and the League Director reserve the right to expel any coach, manager, or player from further participation in the program for any action that they deem not in keeping with the rules or the philosophy of the department.

Penalty Summary

<u>INFRACTION</u>	<u>Penalty</u>
1. Delay of Game	5 yds.
2. Substitution Infraction	5 yds.
3. Illegally wearing flags	10 yds.
4. Running Over	10 yds.-spot
5. Protecting Flags	5 yds.- spot
6. Illegal Use of Hands	10 yds.-spot
7. Untucked Uniform	First offense- warning. Second- 5 yds.
8. Line Bucks	10 yds.– spot
9. Hideouts	10 yds. from scrimmage
10. Illegal Motion	5 yds.
11. Illegal Snap	5 yds.
12. Handoff to Lineman	5 yds.– from scrimmage loss of down
13. Illegal Forward Pass	5 yds.– spot, loss of down
14. Intentional Grounding	5 yds.– spot, loss of down
15. Player Out of Bounds	Loss of down previous spot
16. Offensive Pass Interference	10 yds.- from scrimmage, loss of down
17. Defensive Pass Interference	Point of foul, automatic first down
18. Quick Kick	5 yds.
19. Opportunity to Catch Kick	10 yds.- from point of infraction
20. Stiff Arm	10 yds.- spot, loss of down
21. Offensive Holding	10 yds.– spot, loss of down
22. Unsportsmanlike Conduct	10 yds.– spot, automatic first down

QUICK GUIDE TO PENALTIES

DEAD BALL FOULS (WHISTLE)

1. ENCROACHMENT DEFENSE.....5 YD.
2. PROCEDURE - OFFENSE.....5 YD.
3. DELAY - EITHER.....5 YD.
4. PERSONAL FOULS.....10 YD.

LOSS OF DOWN

1. INTENTIONAL GROUNDING..... 5 YD. - SPOT
2. OFFENSIVE PASS INTERFERENCE.....10YD. - PREVIOUS SPOT
3. ILLEGAL FORWARD PASS.....5 YD. - SPOT
4. HAND OFF TO LINEMAN.....5YD. - PREVIOUS SPOT
5. PLAYER OUT OF BOUNDS.....10YD. - PREVIOUS SPOT
6. ILLEGAL USE OF HANDS.....10YD. - SPOT
7. CLIPPING.....10YD. - SPOT
8. JUMPING AND HURDLING.....10YD. - SPOT
9. RUNNING OVER.....10YD. - SPOT

AUTOMATIC FIRST DOWN

1. DEFENSIVE PASS INTERFERENCE.....10YD. - PREVIOUS SPOT
2. DEFENSIVE HOLDING.....10YD. - PREVIOUS SPOT
3. TRIPPING.....10YD. - SPOT
4. DEFENSIVE TACKLING.....10YD. -SPOT
5. DEFENSIVE PUSH OUT OF BOUNDS.....10YD. - SPOT

PERSONAL FOULS

1. ILLEGAL BLOCK.....10YD. - SPOT
2. HIDEOUTS.....10YD. -PREVIOUS SPOT
3. LINE BLOCK.....10YD. - SPOT
4. UNSPORTSMANLIKE CONDUCT.....15YD. - PREVIOUS SPOT
5. PROTECTING FLAGS.....5 YD. - SPOT

