

YARDS	Off/Def	PENALTY	DESCRIPTION
5 YARD PENALTIES			
5	O	Delay of Game	The punter delaying the kick, PUNTER HAS 5 SECONDS TO KICK
5	O	Off sides	On declared punts - Offense Leaving Line of Scrimmage Prior to Punt - 5 yards
5	O	Illegal Formation	You must have at least ONE PLAYER on each side of the ball (QB does not count) [NEW]
5	O	Off sides	Off sides
5	D	Illegal Contact	Only one bump within the first 5 yards, not a heavy chuck or an attempt to knock receiver down. No contact before a catch other than both players going for the ball. On tipped passes both players must play the ball. You cannot knock down, go through, punch, strike a player attempting to recover a tipped pass. NOTE: MUST PLAY THE BALL
FIRST DOWN			
5	D	Un-natural Movement	No player of the defensive team within one yard of the line of scrimmage may make an abrupt movement in an attempt to cause the offense to false start. [NEW]
5	O-D	Delay of Game	Delay of Game - 5 yards - play over
10 YARD PENALTIES			
10	D	Center Interference	YOU CANNOT BULL RUSH THE CENTER
10	D	Center Interference	You cannot line up directly over the center. minimum 1 yard buffer
10	D	Center Interference	If you line up in the guard-center gap, you cannot cross over the centers path and rush through the other gap
10	D	Center Interference	No Stunting across the path of the center
10	D	Center Interference	If you line up IN the guard-center gap, you must set, and remain set
10	D	Center Interference	You cannot bump the center going out for a pass until he is 1 yard off the line of scrimmage
10	D	Defensive Holding	Holding Ball Carrier To Get Flag - 10 yards at end of run
10	D	Illegal Contact	BULL RUSHING FROM THE LINE IS LEGAL: In all other cases, the defender must not directly collide with the blocker or run through the blocker
10	D	Illegal Contact	Illegal Rush (BULL rushing beyond 5 yards of line of scrimmage/rushing on declared punts)
10	D	Illegal De-flag	Players must have possession of the ball before they can legally be deflagged
10	D	Pushing	Flagrant Pushing out Of Bounds by defense on ball carrier - 10 yards at spot of foul
10	D	Roughing the Passer	Defensive players must make a definite effort to avoid charging into a passer [or anyone acting as the 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 after the pass.
10	D	Roughing the Passer	PENALTY: Roughing the passer: Incomplete pass: 10 yards, automatic first down. Completed pass: automatic 1st down, plus gained yardage from the pass completed and 10 extra yards added on. YOU CANNOT TOUCH THE PASSERS ARM UNDER ANY CIRCUMSTANCES.
10	O	Center Interference	The center CANNOT go forward with his head down
10	O	Charging	The ball carrier shall not deliberately drive or run into a defensive player
10	O	Hurdling	There shall be no hurdling to advance the ball Hurdling to avoid injury is acceptable
10	O	Illegal Block	Illegal Block Down Field
10	O	Illegal Block	No player shall block in a manner that would cause his or her feet, knees, or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground
10	O	Illegal Block	There shall be no high-low blocking
10	O	Illegal Block	There shall be no contact with an opponent who is on the ground
10	O	Illegal Block	There shall be no tripping
10	O	Illegal Block	There shall be no clipping
10	O	Illegal Block	The blocker's hands may not be locked
10	O	Illegal Block	The palms must be facing the opponent being blocked
10	O	Illegal Block	Blocking below the waist is illegal
10	O	Illegal Block	ALL Down field Blocking must be: Open handed, arms extended
10	O	Offensive Holding	HOLDING: Offensive Holding, Illegal Use of Hands will be enforced from the spot of foul.
10	O-D	Illegal Contact	Neither the offensive or defensive team may make contact with the other players' head or neck
10	O-D	Jewelry	No jewelry
HEAD OFFICIALS DISCRETION: 10 Yards AND / OR 10 plays off, Game ejection, 10 push-ups at spot of foul.			
10+	D	Unsportsmanlike	The runner shall not be thrown to the ground
10+	D	Unsportsmanlike	Tackling
10+	O	Unsportsmanlike	Tampering With the flag in any way to gain an advantage including tying or using foreign materials, or other such acts is illegal
10+	O-D	Unsportsmanlike	No player shall contact an opponent obviously out of the play either before or after the ball is declared dead
10+	O-D	Unsportsmanlike	Player entering the field to participate in a fight
10+	O-D	Unsportsmanlike	Intentionally contacting a game official physically during the game by persons subject to the rules
10+	O-D	Unsportsmanlike	Tackling the ball carrier as in regulation football
10+	O-D	Unsportsmanlike	Using fists, kicking and fighting
10+	O-D	Unsportsmanlike	Using locked hands, elbows or any part of the forearm or hand, The blocker may not swing, throw, or flip the elbow or forearm
10+	O-D	Unsportsmanlike	Any other deliberate or flagrant act
10+	O-D	Unsportsmanlike	Any acts of unfair play
10+	O-D	Unsportsmanlike	Intentionally kicking at the ball other than during a legal kick
10+	O-D	Unsportsmanlike	Using disconcerting acts or words prior to the snap in an attempt to interfere with Team A's signals or movements
10+	O-D	Unsportsmanlike	Spiking ball, taunting opponent or other similar theatrics before or after a touchdown
10+	O-D	Unsportsmanlike	Using profanity, abusive, insulting, or vulgar language or gesture
10+	O-D	Unsportsmanlike	Indicating objections to an official's decision
10+	O-D	Unsportsmanlike	Intentionally kick the ball
10+	O-D	Unsportsmanlike	Spike the ball into the ground
10+	O-D	Unsportsmanlike	A substitute or any other person interfering with a player or any play while the ball is alive
10+	O-D	Unsportsmanlike	Using a "hide-out play" by placing a player or players near the side line who were not within 5 yards of the sideline from the time of the ready-for-play signal to the snap
10+	O-D	Unsportsmanlike	Pulling or removing a flag from an offensive player without the ball by a defensive player intentionally
10+	O-D	Unsportsmanlike	There shall be no unnecessary roughness of any nature
10+	O-D	Unsportsmanlike	Using fists
10+	O-D	Unsportsmanlike	Trash Talkers Rule-Bating/Taunting - unsportsmanlike conduct: when a player's is continually and belligerently lashing out with derogatory remarks to an opposing team player or players that team will receive an unsportsmanlike conduct penalty of 10 yards and a warning to the player. If the actions continue the player's involved will receive an immediate ejection from the game and the player's will serve a one game suspension in the following week's game. OFFICIALS DISCRETION IS APPLIED HERE.
10+	O-D	Unsportsmanlike	Swearing abusive language or taunting directed at any player or at an official.
10+	O-D	Unsportsmanlike	All other unnecessary roughness, unsportsmanlike conduct or illegal play as determined by the officials
SPOT FOULS			
Spot	D	Pass Interference	Spot of foul, automatic first down (in end zone, on one yard line)
Spot	O	Running between the guards	Running plays between the guards must originate at least 3 YARDS BEHIND THE LINE OF SCRIMMAGE . The QB cannot line up under center and run directly forward. The QB cannot line up under center and transfer the ball back to the center. THERE ARE NO CENTER SNEAKS . Ball returns to the line of scrimmage. Loss of down.
Spot	D	Stripping the ball	Punch strike, strip, steal, or attempt to steal the ball from a player in possession
Spot - 10	O	Diving	Diving to advance ball is an illegal advancement
Spot - 10	O	Flag Guard	Runners shall not flag guard by using their hands, arms, or fail to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
Spot - 10	O	Flag Guard	Swinging the hand or arm over the flag belt to prevent an opponent from deflagging
Spot - 10	O	Flag Guard	Place the ball in possession over the flag belt to prevent an opponent from deflagging
Spot - 10	O	Flag Guard	Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging
Spot - 10	O	Flag Guard	The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag
Spot - 10	O	Illegal Pass	Illegal Forward Pass - 10 yards from spot of pass and loss of down
Spot + 10	D	Defensive Holding	The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag
Spot + 10	O-D	Tripping	Tripping of a Player (including the ball carrier) - Tripping includes any sliding with your feet out in front of you.
TD	D	Unsportsmanlike	If a trip or tackle to save a touchdown occurs it will be an automatic touchdown