



CITY OF COLORADO SPRINGS

ADULT FLAG FOOTBALL RULEBOOK

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This rulebook is a guide to procedures, rules and responsibilities for playing and officiating for the City of Colorado Springs Parks, Recreation & Cultural Services (PR&CS) - Adult Flag Football Program. All programs offered by Recreation Services are strictly for recreational purposes and intended for the enjoyment of the sport with fellow participants. Safety, fair play and sportsmanship are our primary concerns.

This rulebook was developed to establish a uniform and comprehensive flag football program for every player and official. Please read this rulebook, and direct your questions to the staff at the Sports Office. We follow the guidelines of NIRSA Flag & Touch football, with the exception of the following rules. For more information on the rules of flag football, visit: www.nirsa.org

THE PROGRAM

PROGRAM GOAL

This program is intended as a recreational activity and its purpose is the enjoyment of the sport with fellow participants. The goals and objectives of all of our adult sports programs are to foster, develop, promote and regulate amateur adult sports in Colorado Springs. Safety, fair play and sportsmanship are the primary concerns. Please keep in mind that fair play and a recreational atmosphere are the results of good sportsmanship.

WARNING STATEMENT TO PARTICIPANTS, TEAMS & SPECTATORS:

Although participation in supervised athletics is normally very safe, all athletic activities carry some risk of injury. While it is impossible to entirely eliminate every risk, participants can and do have the responsibility to help reduce the potential for serious injury. Players must obey all safety rules, report all physical problems to their coaches follow a proper conditioning program and inspect their own equipment daily. By registering for this sport, you acknowledge that you have read and understand this warning. Those who do not wish to accept the risks described in this warning should not register or participate.

SAFETY

Blood on Uniforms

Team representatives and referees will remove a player from the game when blood is evident and flowing. The player will not be allowed to return to the game until the blood flow has stopped and has been cleaned up. Contaminated clothing and apparel must be replaced or removed before the player can return to the game.

Officials shall allow a "reasonable" amount of time for these requests to be completed. If a player(s) is unable to meet these demands, the player(s) must be removed from the game. As noted earlier, teams may continue the game with fewer players.

Jewelry

For the protection and safety of all participants, wearing jewelry is PROHIBITED and players will be asked to remove it. If the article can not be removed, it must be taped. All items that the official believes to present a danger to the player or other participants must be completely covered with tape.

Note the following:

- Wearing hard splints or other types of potentially dangerous protection on the arms or the hands will be PROHIBITED, regardless of the amount of padding.
- Wearing a soft bandage to cover a wound or to protect an injury shall be PERMITTED.
- Wearing an air filled cast on the lower extremities or a protective knee brace is PERMITTED, provided there are no exposed metal or hard, abrasive parts. Padding is required to cover any exposed areas.
- Headgear is interpreted to mean no hats. A sweatband of soft pliable material or a bandanna is PERMITTED.
- It is not the responsibility of the officials or the site supervisors to provide tape or padding. The teams and/or players must provide first-aid equipment. Coaches are responsible for ensuring that their players are properly equipped and ready to play, and that all jewelry is removed.

INFORMATION RELEASE POLICY

PR&CS will not release names, numbers, or addresses of players, coaches or officials. Information provided to the Sports Office is used strictly for administrative purposes and will not be released to any outside sources.

LIGHTENING SAFETY TIPS

Your safety is our highest priority. Lightning is dangerous because it is random and unpredictable. Safety precautions and an evacuation plan should be made in advance. Be prepared to act quickly. Please read, learn and teach others the following lightning safety tips.

When you first hear thunder, begin to plan your lightning defense. Can you get to a car or building quickly? Can you get 100 yards away from all metal objects? Lightning often precedes rain, so don't wait for the rain to start before suspending activities. Typically, the distance from Strike A to Strike B to Strike C can be .5 to 2.5 miles. You must clear the area if lightning is within six (6) miles of your location. Flash to bang at 30 seconds = 6 miles. Activities should remain suspended for 20-30 minutes after the last thunder is heard.

IF OUTDOORS...Avoid water. Avoid all metal objects including electric wires, fences, golf clubs, machinery, motors, power tools, etc. Unsafe places include golf carts, tents, open-sided rain shelters, small boats, or underneath isolated trees. Avoid high ground and open spaces. When possible, find shelter in a building or in a fully enclosed metal vehicle with the windows completely shut. If lightning strikes nearby, you should:

- a. Avoid direct contact with other people.
- b. Remove all metal objects from your person.
- c. Crouch down, with feet together and hands on knees.

IF INDOORS...Avoid water. Stay away from open doors and windows. Hang up the telephone and take off headsets; lightning can strike electric and phone lines and induce shocks. Turn off and stay away from appliances, computers, power tools, TV sets, etc. Remain inside until the storm has passed.

If lightning strikes a person, immediately administer first aid procedures, if you are qualified to do so. An injured person does not carry an electrical charge and can be handled safely. Call **911** immediately.

EQUIPMENT & FIELD

THE BALL

The football must meet the specifications for size and shape of a regulation football. PR&CS will provide the ball; an alternate ball may be used if agreed upon by both teams and approved by the referee. The ball used must be a regulation size football.

UNIFORMS

Players on the same team must have the same colored jerseys. No article of clothing may cover any portion of a flag at any time during the down.

SHOES

All-turf shoes are recommended. Shoes must have a one-piece molded bottom. Under no circumstances may metal tipped cleats be worn. Players may not participate if they are not wearing the proper footwear. A player who is **caught** wearing illegal shoes **during the game will be ejected.**

FLAGS

Each player on the field must wear a Triple Threat one-piece belt with three flags provided by PR&CS. The flag colors must contrast with the color of the player's pants. The flag belts may not be altered in any way. No article of clothing may cover any portion of a flag at any time during the down.

MISCELLANEOUS

Legal gear:

- Stocking hats, gloves
- Sweat bands for wrist and head, bandanna used as a head band
- Mouth piece
- Knee pads (*worn on knees only*)
- Knee braces shall be covered by a soft, yielding material not to exceed 3/8" thickness
- Athletic shorts or sweat pants

Illegal gear:

- The use of headgear of any nature, shoulder pads, body pads, or shoes with metal cleats, regardless of material is PROHIBITED
- Any unyielding or dangerous equipment is prohibited.
- Players may use an ace bandage, no more than two turns thick, in any given area. The bandage may be anchored at each end by tape not to exceed two turns.
- Jewelry (*see page 1 under Jewelry*).

THE FIELD

- **Size:** The field is a total of 100 yards: 80 yards long, 40 yards wide, with 10-yard end zones.
- **Markings:** The field will be lined at 20-yard intervals from goal line to goal line. There shall be two inbound hash marks dividing the field into thirds. The hash marks shall run parallel to each sideline.
- **Team Box:** On each side of the field, a team box (*or area*) is designated between the 20-yard lines for the teams, coaches and authorized team attendants. When the playing field is modified, the team box area will also be modified.
- **Lines:** The lines bounding the sidelines and the end zones are out-of-bounds in their ENTIRETY, and the inbound area is bound by the lines.

TEAM RESPONSIBILITIES & PLAYER CODE OF CONDUCT

TEAM CAPTAIN'S RESPONSIBILITY

It is the responsibility of the team representative, players, coach and/or manager of each team to know, understand and abide by the rules and regulations of flag football as they are carried out by the officials and site supervisors. All participants are subject to the rules of the game, and shall be governed by the decisions of the officials assigned to the game. A referee's decisions and judgments are final. Arguing will invoke additional, costly penalties. Players are cautioned to control their emotions.

Point of Emphasis: As a team representative AND/OR game official, you possess a '**sense**' and feeling for the game and for the '**atmosphere**' of the game. If you '**sense**' that a situation may occur between player(s), you have the responsibility to:

- Remove those players from the game from a period of time to 'cool' down.
- Advise ALL (teams/players) that continued displays of emotion and unsportsmanlike conduct shall result in ejections/forfeits/banishments from the league for players and/or teams.

PLAYERS CODE OF CONDUCT

- No team member shall lay a hand upon, shove, strike or verbally threaten or abuse an official, player, spectator, or staff person. Anyone who strikes at another will be banned from further participation in ALL adult sports programs for one year.
- No team member shall refuse to abide by an official's decision.
- No team member shall make obscene gestures or objectionable demonstrations of dissent at an official's decision
- No team member shall be guilty of using unnecessarily rough tactics against an opponent.
- No team member shall appear in the contest area acting in a way, which he/she appears to be under the influence of alcohol or drugs.
- No team member shall possess or consume alcoholic beverage while the team or player is participating in the game.

- No team member shall use tobacco on the playing surface, in the team area or inside any PR&CS facility/site.
- Only the designated team representative may discuss, in a polite manner, calls or rules with the official(s). Only clarifications will be discussed. Complaints regarding judgment calls will result in an ejection.
- No player will intentionally attempt to defy the rules or procedures outlined in this rulebook.
- Spectators, who, in the opinion of the official or site supervisor, are detrimental to the goals of the program, will be expelled from the contest area. The team, for which the spectator is associated, will be penalized if there are any further problems. Grounds for such action include, but are not limited to: obscene language or gestures, inciting players to fight, alcoholic beverages in the stands, and extreme verbal abuse against the official(s).

UNFAIR TACTICS

If, in the opinion of the referee, a team is displaying unsportsmanlike tactics and/or conduct that are detrimental to the players and game, the referee has the authority to end the game at any time, regardless of the score.

PROFANITY

Use of profanity is unsportsmanlike and will not be tolerated. Players that use profanity toward themselves, opponents, teammates, spectators and/or game officials will be assessed a 10-yard penalty. If the conduct is excessive, taunting or threatening, the player/players will be ejected. Language ejections are at the discretion of the officials.

ALCOHOL AND DRUG POLICY

- Colorado Springs City Code, 18-5-411: It shall be unlawful for any person to bring into, possess or drink in any facility or park, alcoholic liquor or beer.
- Participants and spectators are not allowed to bring alcoholic beverages into any facility/site.
- No player or coach shall appear at the contest area under the influence of alcohol or drugs.

If a player(s) is found to be under the influence of alcohol and/or drugs, the following penalties may be enforced:

- As a minimum, the player will be immediately suspended from further play.
- The maximum penalty is suspension of the player and/or the team from further league play as determined by the League Director.

BLOOD ON UNIFORMS

Team representatives and umpires shall remove a player from the game when blood is evident and flowing. The player will not be allowed to return to the game until the blood flow has stopped and has been cleaned up. Contaminated clothing and apparel must be replaced or removed before the player can return to the game.

Officials shall allow a reasonable amount of time for these requests to be completed. If a player is unable to meet these requests, the he/she must be removed from the game. As noted earlier, teams may continue the game with fewer players.

THE GAME: 8-ON-8 RULES

PRE-GAME

Three minutes before the start of the game, the referee will designate which captain shall call the coin toss, and then toss the coin in the presence of the captains. The captain winning the toss has the option to choose:

- Offense or Defense
- Goal to defend
- Defer the options to the second half, other team accepts the remaining options to choose from

Teams are to begin the game with a maximum of eight (8) players; however, a MINIMUM of five (5) players may start and finish. If a team cannot field at least five players before or during the game it will FORFEIT. At game time, any team not ready to play (*either with or without the minimum number of players*) will forfeit.

ADVANCING THE BALL

The game begins with the team on offense starting from its own 14-yard line. The team in possession of the ball shall have four (4) consecutive attempts to advance the ball to the next zone line-to gain (every 20 yards on the field of play). There are no kick-offs. Should the team not advance to the next zone in four downs, the ball is turned over to the opponent to begin its offensive series where the ball was last "downed." Or after the third down, the offensive team may choose to punt (kick) to the opposing team. *See rules on scrimmage kicks.

PLAYING TIME

Playing time shall consist of two (2) twenty-minute running clock halves with a three (3) minute half time. A stop clock is implemented in the last two (2) minutes of the second half. If one team is ahead by 18 points at the two-minute mark of the second half, the game will be terminated.

During the final two minutes of the second half, the clock stops for:

- Incomplete pass: clock starts at snap
- Out-of-bounds: clock starts at snap
- Score: touchdown or safety: clock starts at snap
- Team time-out: clock starts at snap
- Penalty: depending upon previous play
- Referee's time-out: starts at referee's discretion
- Touch back: clock starts at snap
- First down: clock starts depending on previous play.
- Fair catch: clock starts at snap

TIME-OUTS

Each team is entitled to three (3) time-outs during each half. A charged time-out shall not exceed one (1) minute. Teams may call successive time outs. Time-outs do not carry-over into the next half or into any overtime periods. If the game goes into overtime, each team will receive one time-out per overtime.

LEGAL FORWARD PASS

During a scrimmage down, and before a team possession has changed, a forward pass may be thrown, provided the ball, when it leaves the passer's hand, is on the offensive side of the line of scrimmage. All players are eligible to touch or catch a pass.

***NOTE:** Only one forward pass can be thrown per down. A forward pass is a thrown ball that goes forward that may or may not cross the line of scrimmage. Teams may throw the ball forward behind the line of scrimmage. This does constitute ONE FORWARD PASS PER DOWN. The ONE FORWARD PASS PER DOWN refers to all forward passes in, behind or beyond the line of scrimmage.*

ILLEGAL FORWARD PASS

A forward pass is illegal if:

- The passer's whole body is beyond the plane of his scrimmage line.
- The ball is thrown after a team possession has changed during the down.
- The ball is thrown to the ground or out-of-bounds intentionally to save loss of yardage.
- There is more than one forward pass per down.
- The passer catches his untouched forward pass.

BACKWARD PASS OR FUMBLE

- A ball in-flight may be caught or intercepted and advanced by ANY player inbounds.
- A backward pass shall NOT be batted forward by the passing team.
- A backward pass or fumble is dead at the spot it goes out-of-bounds, touches the ground or the goal line. The ball belongs to the team last in possession, unless lost on downs.
- A player may not throw an untouched backward pass to himself.

SCRIMMAGE KICKS (8-ON-8 ONLY)

Team A captain may declare a punt on any down.

In a fourth down situation prior to play:

- Referee will ask Team A captain if they will punt.
- Referee will announce decision to Team A & B players and game officials.
- After such announcement the ball MUST be punted.

Exceptions: 1) If a time out is called by either team; 2) the period ends, or 3) a foul occurs anytime prior to or during the down after the decision to kick has been made. In the event of exception #3, the kicking team may repeat the down. The referee must repeat the questions to Team A's captain and announce the decision to all.

Quick Kicks are Illegal.

FORMATIONS FOR A SCRIMMAGE KICK:

Neither team may advance beyond the neutral zone until the ball is kicked.

- Kicker should be at least five yards behind the line of scrimmage.
- Kicker may take a direct snap from center.
- If after the snap and before the kick, the ball touches the ground, play shall continue. The ball will be picked up and kicked.

BLOCKING OF A PUNT

Once the ball is punted, any receiver may block the kick, but only from their side of the scrimmage line.

To block a punt, receiving players:

- Must be on their side of the scrimmage line.
- May jump straight up to block or deflect punt.
- **May Not** jump on or be elevated by another team mate to gain an advantage in height to block or deflect punt.

If the Punt is Blocked

- If a blocked punt hits the ground, the ball becomes dead at that spot.
- If the punt is blocked and caught by either team behind the kicking team's scrimmage line before it hits the ground, it may be advanced.

Advancing a Punt

- When a scrimmage kick crosses the neutral zone and touches a player from EITHER team, then hits the ground, the ball is dead and belongs to the receiving team.
- When a scrimmage kick crosses the neutral zone and is caught in the AIR by the receiving team, it can be advanced.
- When a scrimmage kick crosses the neutral zone and hits the ground untouched by players it can be returned by the receiving team only.
- If the punted ball touches anything while it is in or behind the receiving team's goal line (*plane*) it can be downed by the receiving team as a touchback or may be returned out of the end zone.

SNAPPING THE FOOTBALL

- The snapper will bring the ball from the huddle to the scrimmage line in first down snaps/spots. ***To assist with the speed and timing of games, offensive players are asked to retrieve the ball after a down.***
- The snapper shall have his feet behind his scrimmage line.
- The snapper, after assuming position for the snap and adjusting the ball, **may not** move or change the position of the ball in a manner simulating the beginning of the play.
- The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s).
- The ball must be snapped within 25 seconds after ball is declared ready for play.
- The player who receives the snap must be at least two or more yards behind the offensive line of scrimmage.

TEAMS MAY NOT TAKE A DIRECT SNAP

Due to the nature of the game, a direct snap gives the offense an advantage in short yardage situations and are illegal.

SERIES OF DOWNS AND ZONE LINE-TO-GAIN (8-ON-8 ONLY)

A team in possession of the ball shall have four (4) consecutive downs to advance to the next zone. The zone line-to-gain in any series shall be the zone in advance of the ball. A new series of downs shall be awarded when a team moves the ball into the next zone. The zone line-to-gain does not change due to loss of yardage or penalty.

STANCE

Players may only use a 2-point stance; 3 and 4-point stances ARE NOT ALLOWED.

HANDING THE BALL

Any player may hand the ball forward or backward at any time, except when he intentionally throws out-of-bounds to conserve time or avoid being de-flagged.

PENALTY: 5 yards

FLAG REMOVAL "DEFLAGGING"

Offensive players must have possession of the ball before they can be legally de-flagged. A flag removed inadvertently (*not removed by grabbing or pulling*) does not cause the play to stop; play should continue as if the flag had not been removed. In all situations, where a play is in progress and a ball carrier loses his flags, either accidentally or inadvertently, the de-flagging reverts to a ONE-HAND TOUCH of the ball carrier between the shoulders and knees.

CAPTURE

When the flag belt is clearly removed from the ball carrier, the down shall end and the ball declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the officials in locating the spot where the capture occurred. If a flag inadvertently falls to the ground, a ONE-HAND touch between the shoulders and knees constitutes capture.

FLAG GUARDING

Ball carriers shall not protect their flags (*flag guard*) by using their hands, arms or the ball to deny the opponent from pulling or removing the flag belt.

Examples of flag guarding:

- Placing or swinging the hand or arm over the flag belt.
- Placing the ball over the flag belt.
- Lowering the shoulders in a manner that places the arm(s) over the flag belt.
- Ball carriers (*runners*) are NOT allowed to dive into the end zone or across first down lines to avoid being deflagged.

PENALTY: 10 yards

ILLEGAL OR UNFAIR ACTS

A player shall not:

- Hold, grasp or obstruct the forward progress of a runner in the act of removing the flag belt or making a legal tag.
- Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.
- Use excessive contact against an opponent in any situation (blocking or deflagging).
- Strip or attempt to strip the ball from the runner.
- Dive to deflag the runner.
- Hurdle any other players.
- Dive, push or run into an opponent.
- Use excessive force as in bull rushing (offensive or defensive).

PENALTY: 10 yards

THE BLOCKING RULES

Initial Point of Attack

- Use of the hands and/or forearms to block is LEGAL.
- The blockers may only use their hands and/or forearms to block.
- The blocker must maintain contact without holding or grasping.
Penalty: Holding, 10 yards
- The blocker MAY NOT block behind the back.
Penalty: Block in the back, 10 yards
The blocker should not be penalized if the opponent spins at the point of contact.
- The blocker MAY NOT chop block.
Penalty: Chop Block, 15 yards. Player is ejected, team fines and player suspensions apply.
- The blocker MAY NOT blindside block.
Penalty: Blind-Side block, 15 yards. Player is ejected, team fines and player suspensions apply.
- No Shoulder Blocks or Blocks to the face and/or neck.
Penalty: 10 yards personal foul, at the spot of the foul. Repeated offenses by players may result in a player ejection. Team fines and player suspensions apply.
- Interlocked blocking is prohibited.
Penalty: 10 yards from the spot of the block.

Allow 2-1 Blocking

NOTE: *Blocking is an added element to the game of Flag Football. Do not attempt to injure or hurt another player. Any act(s) deemed malicious or with intent to injure will be punished by the officials. The judgment of the officials is considered final.*

MODIFIED BLOCKING TECHNIQUES/OFFENSIVE CONTACT:

- Blockers may move laterally or backwards to maintain contact with opponent.
- Blockers **may not** move forward to drive opponents off or displace them from an established base.
- Blockers may move in the same direction and path of an opponent to maintain screening action.
- Blockers actions are to **guide or occupy an opponent** (*i.e., screen*) and not drive them off their base.
- Blockers **may not** take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing directions.

MODIFIED BLOCKING TECHNIQUES/DEFENSIVE CONTACT:

- The opponent(s) of the blocker(s) must go around and not drive through or run over blockers at the initial point of attack/contact.
- The opponent(s) of the blocker(s) **may not** use a "swim stroke" to break the contact of a blocker.
- The opponent(s) of the blocker(s) is allowed to spin to move around blocker.
- The opponent(s) are to move around blockers using open space, finesse and quickness.

PENALTY: 10 yards from the spot of the foul.

SCREEN BLOCKING FUNDAMENTALS

All blocking away (*i.e.*, *downfield*) from the line of scrimmage will be **screen blocking**. Screen blockers shall have their hands at their sides or behind their backs. The use of arms and hands are highly restricted. They may move with the following restrictions.

A player who screen blocks shall not:

- Make contact with a stationary opponent.
- Take a position closer than a normal step when behind a stationary opponent.
- Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction.
- After assuming a legal screening position move to maintain it, unless the move is in the same direction and path as their opponent.

Screen blocking is typically used beyond the line of scrimmage after a pass and catch or after the runner has moved downfield (beyond the line of scrimmage). In addition, screen blocking is to be used in a punting situation, after the kick ends and during a return by a runner. In these most common cases, players may use screen blocking to move with the play, eliminating the use of hands and arms by keeping them behind or to their sides. Teammates may screen block, but may not interfere by grasping or encircling one another in any manner.

PENALTY: Personal foul 10 yards

SCORING

Each team shall be allowed the opportunity to advance the ball across the opponent's goal line by running or passing.

Points will be awarded as follows:

- Touchdown: 6 points
- Safety: 2 points
- Forfeited game: 12 points per half for a total of 24 points in the game for a 24-0 official score.
- Sudden Death (*tie game*): 1 point
- At the two-minute mark of the second half, any team that is 18 points ahead will be declared the winner and the game will end.
- A "Try" (*see below*) that is intercepted and returned to the endzone is awarded 3 points.

A Try is worth 1, 2 or 3 points depending upon where the ball is marked. The referee shall ask the team captain of the scoring team where to mark the ball for the try attempt, *i.e.*, at the 3, 10 or 20 yard line and where they would like the ball placed on or between the inbounds lines (hash marks). Enforcement of a penalty does not change the value of the try.

- **Try from 3 yard line: 1 point**
- **Try from 10 yard line: 2 points**
- **Try from 20 yard line: 3 points**

Once Team A captain makes the choice, he may only change his decision if a time-out is taken by either team. The decision can not be changed once either team commits a foul.

***NOTE on Try attempt:** If Team B intercepts a pass or fumble (**loose ball that does not touch the ground**) during the Try and returns it for a touchdown, Team B scores 3 points.

OVERTIME PROCEDURES

- A coin toss between captains will decide who will choose offense/defense or direction. The loser will choose from the remaining options.
- During overtime, play will not switch ends of the field unless additional overtime periods are necessary. If additional overtime periods are needed, teams will alternate the first choice.
- Each team will have four (4) downs to score from the 20-yard line, unless moved by a penalty.
- A team that scores will have the opportunity to go for 1 or 2 points. (PAT).
- If the team awarded the ball first scores, the opponent stills has a chance to win the game.
- The opponent (*unless moved by penalty*) will also start on the 20-yard line.
- If during the overtime period, the defense intercepts a pass or there is a fumble (*loose ball that does not touch the ground*) and the ball is returned for a touchdown:
 1. They win if the opponent has not scored – OR
 2. If the interception occurred during a Try, they score 3 points and start on offense from the 20-yard line.
- If the game is still tied after two (2) overtime rotations, teams must go for two points on the PAT. Team also has the option to go for 3 points on the PAT at this point.
- If Team B scores 6 points and Team A does not score, Team B will **NOT** be provided the opportunity for a PAT.
- Each team is entitled to only one time-out during each over time period.
- NO first downs will be awarded except in the case of a penalty.

SUMMARY OF PENALTIES

Minor Penalty: loss of 5 yards

- Delay of game

Major Penalty: loss of 10 yards

- Holding

- Illegal substitution
- False start
- Illegal act by the snapper
- Encroachment
- Less than four players on offensive line at snap
- Illegal shift
- Illegal pass – spot foul plus loss of down if by Team A
- Illegal handing ball forward
- Intentional Grounding
- Article of clothing covering portion of player's flag

15 Yard Personal Foul Penalties

- Chop Block(Also Player Ejection)
- Blind Side Block(Also Player Ejection)
- Striking, Kicking, Kneeing(Also Player Ejection)

- Illegal block(Block in the back, shoulder block, interlocking block)
- Delaying start of either half
- Unsportsmanlike player and/or coach conduct
- Offensive pass-interference (the down counts)
- Illegal use of hands
- Pushing the ball carrier/assisting the runner
- Illegal participation
- Illegal forward pass by offense or defense (if by offense, down counts)
- Roughing the passer or center (automatic first down)
- Striking head
- Fighting (players ejected)
- Impeding runner, spot of foul, with 10 yards added
- Defensive pass-interference, 10 yards from the previous spot, automatic first down