

Penalties

Summary of Fouls and Penalties:

- Delay of game. // not snapping within 30 second clock // 5yds from previous spot // dead ball.
- Illegal substitution. // a player not coming off the field when replaced a teammate. // 5yds previous spot // dead ball.
- Encroachment // crossing the first marker // 5yds previous spot,
- False start // Offense moves forward prior to snap // 5yd previous spot // dead ball
- Illegal motion // moves forward while in motion // 5yds previous spot // dead ball
- Illegal forward pass // forward lateral or Qb passed LOS. // 5yds spot of infraction, loss of down // live ball
- Intentional grounding // throwing a ball into the ground to avoid a sack // 5yds spot of infraction, loss of down // live ball
- Punt interference // not allowing receiver to catch a punt // 10yds spot of infraction or 10yds and a replay // live ball
- Offensive pass interference // Offense pushing off for separation // 10yds previous spot and loss of down // live ball
- Defensive pass interference // Defense contacts receiver while the ball is in flight // Spot infraction and first down // live ball
- Illegally secured flag belt // officials pull // 10yd previous spot and loss of down // live or dead ball
- Unsportsmanlike conduct // failure to abide rules // 10yds from spot of ball // live or dead ball
- Stripping of ball // knocks the ball out of receivers hands while the ball is not near the belt // 5yds from spot of infraction // live ball
- Illegal contact // any player not avoiding contact // 10yds penalty, could add to end of run. // live ball
- Holding // player grasping shirt or pants // 10 Yards , or given a touchdown within 5 yards // live ball

- Defensive Holding // Non-Ball Carrier // 5 Yds automatic first down // live ball
- Contacting the passer // anything other than attempting to deflag passer // 10yds and a first down. Add to end of play if pass was completed. // live ball
- Flag guarding // any attempt to deny opponent to remove flag // 5yds from infraction and loss of down // live ball
- Illegal block // any extension of body part // 5yds from previous spot // live ball
- Illegal participation // a player going out of bounds, then becoming the first to touch a live ball // 5 yds from the previous spot // live ball
- Forward Lateral: 5yd penalty from spot of the foul & Loss of Down