



Oak Forest Flag Football (O. F. F. F.) OFFICIAL RULES

Revised: August, 2022

Sportsmanship

OFFF Football Rules Committee has made Sportsmanship a point of emphasis for the league and wants to extend the focus to include the cheerleaders and spectators who may have influence on the sporting atmosphere at all contests. In order for sports to serve its purpose as a recreational and educational activity, players must obtain positive educational benefits from participation in the game. Players, coaches, officials, cheerleaders, spectators all play a vital role in the promotion of good sportsmanship. Values such as respect for self and others, fairness, self-discipline and responsibility must be an integral part of the game. Everyone needs to take a part in developing and implementing these fundamental values by setting and reinforcing clear expectations at practice and on the playing field.

Acts that are intended to engender ill will toward individuals have no place in the educational activities. The rules clearly outline that unsportsmanlike conduct includes, but is not limited to:

Bringing attention to oneself through choreographed movements and displays of symbolic gestures and signs, standing with crossed arms on chest, strutting back and forth.

- acts such as diving into the end zone with no defender present
- excessive face painting or marking of equipment
- inappropriate language that attacks one's ethnicity, race, religion, sex or disability
- use of disconcerting gestures
- one or more back flips
- jump shooting a football as though it were a basketball
- interacting with spectators

These must be penalized immediately as unsporting acts per OFFF Football Rules Book. The rules also extend to any acts or excessive celebrations involving the entire team. Team rituals performed at any time including prior to and following games that are designed to intimidate, embarrass, ridicule or demean others should not be tolerated.

I - GENERAL

1. The game shall be played between 2 teams of players on a rectangular field with an official football.
2. Only registered players approved by the Flag Football Board will be allowed to practice or play on any team. Any violation of this rule will result in a forfeit.
 - a) Junior division - 11 (eleven) players/less agreed upon by both teams on the field.
 - b) Senior division - 11 (eleven) players/less agreed upon by both teams on the field.
 - c) Teams will be allowed to start a game with 10/9 Jr. (ten/eight Jr) players on the field, if necessary.
 - d) **Due to lack of enrollment, the OFFF Board may alter the number of players on the field.**
3. The ball for the:
 - a) **GST Peewee 6-9 Size 6**
 - b) **GST TDJ 9-12 Size 7**If the designated ball is unavailable for play, the Head Referee shall be the sole judge of any replacement ball.
4. Goal lines shall be established at opposite ends of the field and each team shall be allowed to advance the ball across their opponent's Goal line, into an end zone, by running or passing.
5. The teams shall be awarded points for scoring according to the rules. The team having the larger score at the end of the game shall be the winning team.
6. A forfeit:
 - a) If before the start of a game; will be a 2 to 0 win in favor of the offended team.

- b) If after the start of a game and the offended team is ahead, that score will stand as a win.
 - c) If after the start of a game, and the offended team is losing, the result will be a 2 to 0 win in favor of the offended team.
7. The game is officiated by a crew of at least 3 officials. One paid head referee and two paid referees.
8. The head referee has the authority to rule on any situation not specifically covered in the rules.
9. All players, substitutes, coaches, and team supporters are subject to the rules and shall be governed by the decisions of the officials.

10. Officials Authority

- a) **Begins at their arrival to the field.**
- b) **Ends when officials leave field at end of game.**
- c) **All players, coaches, assistant coaches, non-players, family members and spectators are subject to rules and authority of the Referee's.**

11. The OFFF will be governed by the rules established by the OFFF Board. This is an in-house league that is also a hybrid of both flag and tackle rules. They are written to provide the players a safe and competitive game.

II PLAYER EQUIPMENT

1. Equipment supplied by the OFFF Association is the legal equipment. This will consist of a helmet, football pants, and a jersey. (Players only keep the pants until season's end. The Jersey is theirs to keep)
2. Each player is required to provide a mouthpiece that will attach to the helmet and soft pull-on knee pads. Players must have their mouthpiece in their mouth during live down.
3. a) Players shall wear shoes of a regular material.
 - b) They must be rubber cleats, must be rounded, and have no sharp edges.
 - c) Shoes with removable cleats or metal are prohibited.
 - d) Players cannot wear thigh pads or a 5 padded girdle
 - e) Player can wear the standard sliding shorts
5. Players wearing hooded sweatshirts must have their hoods and strings tucked securely inside their jersey. 6. Plain, NON-factified gloves are permitted.
7. Players may NOT wear illegal equipment
 - a) **Any jewelry; pertaining to but not limited to rings, necklace, earrings, chains, watches, or bracelets. Medical alert bracelets are allowed to be worn.**
 - b) **Any type of bracing that is hard and unyielding**
 - c) **Any type of padding other than knee pads**
 - d) **Shoes with removable metal, ceramic, or screw in style cleat.**
 - e) **Tinted visor.**
 - f) **Any slippery or foreign substance on any equipment or exposed part of the body.**
 - g) **Exposed metal on clothes or person**
 - h) **No towels of any kind.**
 - i) **No hand warmer worn around the waist.**
 - j) **No (LAN) Local Area Network phones and/or headsets may be used by coaches or players.**
 - k) **Thigh pads.**

-Penalty: Un-sportsman like conduct 10 yards and/or ejection, suspension, or dismissal of player or coach.
8. Equipment penalties:
 1. Major penalty
 - a) After the game starts, if a referee discovers any player using illegal equipment, that player must remove or repair the equipment immediately before continuing to participate may use a timeout to correct.
 - b) If a player fails to remove equipment before game play, this will be penalized as unsportsmanlike conduct.
 2. Minor penalty
 - a) Helmet must be worn at all times during game play.
 - b) Chin guards must have all snaps securely fastened to the helmet
 - c) Mouth guard secured to face mask of helmet and mouth guard must be in players mouth prior to ball being snapped.
 - d) Shoelaces must be always tied.
 - e) Jerseys must always remain tucked into pants.
 - f) Sweatshirts and hooded sweatshirts are allowed to be worn under the players jersey with the following exceptions:

- Drawstrings of the hood must be removed
 - No zipper of any kind
 - Hood must remain tucked inside jersey
- g) Excess belt material of the pant or flag belt must be tucked in the players waist.

A **violation** of 8-1) will be charged as unsportsmanlike conduct.

- a) If a player still does not remove or repair the illegal equipment, they will be assessed a major **penalty** for unsportsmanlike conduct, a 10-yard loss assessed and a disqualification from the game.

A **violation** of 8-2) will be penalized as an equipment infraction, 5 yard loss assessed to the players team.

9. Head Coaches are responsible for checking all of their player's equipment, but an official's timeout may be declared to repair equipment that has become defective through use.

III - PLAYING TIME & INTERMISSIONS

1. Playing time shall be 60 minutes long, divided into four 15-minute quarters with 1 minute between the 1st & 2nd and the 3rd & 4th quarters and 15 minutes between the 2nd & 3rd quarters.

2. At any time, playing time may be adjusted with the mutual consent of both Head Coaches and the Head Ref. 3. The play clock is 40 seconds from the time that the Head Referee signals the field ready-for-play.

4. The game clock is the playing time in the game and **is always under the total control of the Head Referee**. It shall start running after the opening kickoff is touched and shall run as follows:

- a) The 1st & 3rd quarters shall be non-stop except:
- 1) During a free time out, in which case time will restart when the ball is snapped by the offense.
 - 2) For an official's timeout:

In case, a) thru d), time restarts when the field is ready-for-play in the head referee's opinion.

b) The 2nd & 4th quarter time:

- 1) Shall be non-stop for the first 12 minutes, and played, as stated above, for the 1st & 3rd quarters.
- 2) Shall stop with 3 minutes remaining, giving each coach 1 minute to advise his team,
- 3) In the last 3 minutes will stop:
 - a) When any score occurs, in which case time will restart when the ball is first touched after the ensuing kickoff,
 - b) During a free timeout, in which case time will restart when the ball is next snapped by the offense,
 - c) After a change of possession, in which case time restarts when the ball is next snapped by the offense
 - d) For an official's timeout
 - e) An incomplete pass including a spiked ball, or an out of bounds ball carrier

IV - TIMEOUTS

1. An official's timeout is called:

- a) Whenever the head referee suspends play.
- b) **For an injury timeout, after which the injured player must leave the game for 1 play, a TEAM TIMEOUT may NOT be used**
- c) If under 3 minutes a timeout must be used, if no team timeouts are left it will be an official's timeout,

2. Each team gets 3 free timeouts per half.

- a) Free timeouts do not carry over if unused.
- b) Each free timeout shall last for 1 minute.
- c) During a free timeout:

One coach may go to the team's huddle, on the field.

V - START OF GAME & QUARTERS

1. The Head Referee shall have a coin toss between opposing team Captains at mid-field prior to the game.

2. The visiting team Captain shall call heads or tails.

3. The winner shall select.

- a) To kickoff /Receive

- b) To designate which goal his team will defend, or
 - c) To defer (choose a) or b) at the start of the 2nd half.)
4. The loser shall select the remaining options.
 5. Prior to the 2nd half, the choice of options is reversed unless c) was selected.
 6. The 1st and 3rd quarters shall begin with a kickoff.
 7. Between the 1st & 2nd quarter and the 3rd & 4th quarter. The teams shall exchange goals and the ball shall be relocated in a spot corresponding to its location at the end of the previous quarter. Possession, down, distance to be gained shall all remain the same.

VI - SHIFTS AND MOTION

1. A legal shift is a simultaneous change of position by any offensive player after a huddle, or after taking a set position, and before the snap. Those players must come to a set position for at least 1-second before the snap.
2. Legal motion is 1 player moving in any direction except toward the opponent's goal line. All other offensive players must be set at the snap. A **violation** of 1 or 2 is a minor penalty for a false start - 5-yard loss.

VII – SPOTS

1. A previous spot is where the ball was last put in play.
2. A dead ball spot is where the ball last became dead.
3. The spot of foul:
 - a. If a live ball foul, is where the foul occurred during a LIVE BALL.
 - b. If a dead ball foul:
 - 1 Is the previous spot, or
 - 2 The spot where the foul occurred.
4. For penalty assessments see the penalty section. **2.**

VIII - DEFLAGGING

1. Deflagging is the legal removal of a flag of a player who is in possession of the ball.
2. The deflagger must:
 - a. Have one foot touching the ground throughout the deflagging.
 - b. Not intentionally deflag a player without the ball.

A **violation** of 2a or 2b is a major penalty for illegal deflagging – 10-yard loss.

 - c. Only touch the ball carrier from the shoulders down.
 - d. Only touch the ball carrier with his hands.
 - e. Not hold, push, or knock the ball carrier down **or out of bounds (unsportsman like conduct penalty).**

A **violation** of 2c thru 2e is a major penalty for illegal contact during deflagging – 10-yard loss.

 - f. After legally deflagging the ball carrier, stop and hold the flag high above his head and wait for the referee, or drop the flag at the point of deflagging.

A **violation** of 2f is a major penalty for unsportsmanlike conduct –15-yard loss Senior / -10 yard loss Junior.
3. The Player (ball carrier) being deflagged must not:
 - a) Push, strike, hold, stiff-arm, or slap away the deflagger's hand.

A **violation** of 3 is an Automatic Whistle & penalty for flag guarding -5-yard loss, and loss of down
4. If a flag falls off a ball carrier during a down, play stops immediately & is dead at the spot of the fallen flag.
5. **Any illegal deflagging of a ball carrier that has a clear, unimpeded path (referee's discretion) to the end zone will be awarded with a touchdown. NO YARDAGE LIMITATION CAN OCCUR, THIS CAN OCCUR AT ANY SPOT ON THE FIELD. (Clarified 8/20/2018)**

IX - FUMBLES

Once the ball touches the ground it is a dead ball and cannot be recovered by either team. If during the fumble, the ball is recovered by the defense before touching the ground, the ball is spotted dead at the point of the recovery and the defense takes possession of the ball.

X - SPINNING

1. The ball carrier may spin to avoid the defensive deflaggers. (The ball carrier may not leave their feet during the spin “jump”)

XI - BLOCKING

1. Blocking is legally obstructing an opponent by contacting the opponent's body.
2. Blockers must:
 - a) Be on their feet when the block is made,
 - b) Contact their opponent between the waist & shoulder only.
 - c) Keep their arms at a 45-degree angle throughout the block,
 - d) Keep their hands open. (Changed Aug 2002)

3. Blockers may NOT.
 - a) Leave their feet to execute a block,
 - b) Make any attempt to execute a high-low or rolling block,
 - c) Contact any opponent on the ground,
 - d) Lock their hands together in any manner.
 - e) Swing, flip, or throw their forearm or elbow.
 - f) Grab or hold any part of their opponent's equipment,
 - g) Help the ball carriers by grasping and pulling them.

Any **violation** of 2 or 3 is a major penalty for illegal blocking 10-yard loss.

XII - PUNTING

1. A Punt is a legal kick by a player who drops it & kicks it before it hits the ground.
2. All 4th down decisions must be declared.
 - a) Going for the 1st Down
 - b) Punting
 - c) A team may call Time-out and then re-declare its decision.
3. A Punt is the only legal kick after a safety and must be kicked from the 15-yard line. There is a 10-yard Neutral Zone between restraining lines.
4. Until the Punt is ~~actually~~ kicked:
 - a) There **MUST** be 7 players on the Line of scrimmage when a playing strength is 11, 5 in the junior division when playing with 9.
 - b) All players must:
 - 1) Be square to the line,
 - 2) Be still until the ball is punted, except for the Center & Punter.
 - c) **NO** receiving team player may raise their arms or make **ANY** attempt to block the punt or distract the punter.
5. A punt
 - a) That fails to cross the line of scrimmage is a dead ball where it stops and belongs to the receiving team.
 - b) That hits a lineman directly after being punted is a dead ball where it hit and belongs to the receiving team.
 - c) That crosses the Line of Scrimmage
 - 1) And goes into the end zone is a dead ball
 - 2) And is first touched by the punting team is a dead ball at the spot where it was first touched and belongs to the receiving team.
 - d) And is first touched by the receiving team:
 - a) If touched in the end zone, a touchback occurs.
 - b) If in the field of play except the end zone, and is caught, can be run back.
 - c) If fumbled or muffed and the ball hits the ground in the end zone, is a Touchback.
 - d) If fumbled, and the ball hits the ground in the field-of-play, it becomes a dead ball at that spot.

Junior League Rule

Once the punt touches the ground, it is a dead ball at the spot of impact with the ground.

*******Senior League Rule Addendum******* (effective Aug 19th, 2016) Modified (Aug 2019)

In the Senior League, once a punt is declared by the offensive team. They must snap the ball a minimum of 5yds, to their punter. (Shotgun Snap)

- A) If the snap is muff/dropped, they can pick up the ball and snap from the dropped spot.**
- B) If the snap is caught cleanly, then the punter can move to any spot behind his/her line of scrimmage.**
- C) If the snap is caught, cleanly but takes the punter forward inside the minimum of 5yds, the punter can still move to any spot behind their (LOS) and kick the ball. No penalty will be assessed.**
- D) If the punter falls and contacts the ground while in possession of the ball, the ball is down and a turnover on downs occurs at the spot of contact.**

XIII – KICK-OFFS

1. A place kick is kicking the ball from a fixed position on the ground or a tee. Any kicking team member may hold the ball.
 2. A kickoff is a free kick that is also a place kick, which puts the ball in play at the start of each half and after each touchdown and try of extra point attempt. (A Punt must be used after a Safety!)
 3. The restraining line for all kickoffs is the 35-yard line. There is a 10-yard neutral zone in between restraining lines.
 4. Players on the kick-off team must line up with the ball and may not take a running start with the kicker.
 5. The kicking team must have a minimum of **3** players on one side of the kicker.
- A **violation** of 6 is a minor penalty for offside - automatic whistle & 5-yard loss.
7. A legally kicked ball that:
 - a) Fails to go 10 yards and is not touched by the receiving team. or
 - b) Fails to go 10 yards and is touched by the kicking team, or
 - c) Goes out of bounds untouched.
 - a. the receiving team can elect to take the ball at the spot of the infraction or force the kicking team to go back 5yds and re-kick.
 8. A legally kicked ball that goes 10 yards and is first touched by the receiving team:
 - a) If in the End Zone due to Force or because that's where the ball was kicked to, is a touchback.
 - b) If in the field of play and caught can be run back.
 - c) If fumbled or muffed and the ball hits the ground in the end zone, is a touchback.
 - d) If fumbled, and the ball hits the ground in the field of play, it becomes a dead ball at that spot.
 - e) If muffed, and the ball hits the ground in the Field-of-Play, the ball may be advanced by either team.
 9. An on-sides kick is an attempt by the kicking team to recover its own kickoff. All regular kickoff rules apply.
 - a) The kick must travel a minimum of 10 yards before the kicking team touches it.
 - b) The kicking team must gain full possession.

If a) & b) occur successfully, the kicking team will get the ball - 1st down

10. Kick-Off Return Team

- a) The receiving team can line up in any pattern with the closest players to the kicking team within 10 yards of the kicking team. During the kick, the receiving team can set up 7 blockers who can use unlocked hands and arms to block the kicking team. Any member of the receiving team can receive the kick and try to advance the ball. The receiving player, however, can use a fair catch signal by waving his arm over his head before catching and securing the ball. A fair catch marks the player down at the location of the catch.

XIV - FAIR CATCH

1. A fair catch is the catch of an untouched kick or punt, beyond the neutral zone, by a player of the receiving team who has clearly signaled his intentions by waving his fully extended arm from side to side at least one full time.
- A **violation** of 1 is a minor **penalty** for illegal fair catch signal - 5-yard loss.
2. After a fair catch is signaled, the ball:
 - a) If caught, is a dead ball and may NOT be advanced.
 - b) If untouched, is a dead ball at its final resting spot.
 - c) If muffed, may be advanced by either team.
 3. After a fair catch is signaled, the signaling receiver may NOT block.
- A **violation** of 3 is a minor **penalty** for illegal fair catch contact - 5-yard loss.

XV - TOUCHBACKS

1. A Touchback is a Kick that enters the End Zone legally, in-possession of the receiving team and will be next put into play at the 15-yard line by that same receiving team.

XVI - SCORING

1. A TOUCHDOWN:
 - a) Is when the Ball Carrier advances the ball into the end zone, or
 - b) Is when a pass is caught in the end zone and is worth 6 points.
2. A try for extra point(s) is an attempt by a team that has scored a touchdown, to score 1 point if by run (as stated in 1a. above) or 2 points if by pass (as stated in 1b. above), while time is out. This try for the extra point is a down that

- begins with a legal snap at the 2 - 1/2-yard line and ends with a successful score or when the ball becomes in possession of the defense.
3. After a touchdown and try for an extra point is completed, the team that scored must put the ball into play from its own 35-yard line by a kickoff.
 4. A safety, which is worth 2 points, is awarded to the opponents of:
 - a) A ball carrier who is in his own end zone when the ball becomes dead except due to receiving a kick, punt, or interception. (See those sections for further explanation, if necessary.)
 - b) An offensive player that:
 - 1) Commits any penalty in the end zone that is accepted.
 - 2) Forces a loose ball into their own end zone by any means, where it becomes a Dead Ball.
 5. After a safety occurs, the team scored upon must put the ball into play at its own 15-yard line by a free kick, which must be a punt.
 6. **The 28 POINT RULE (waived during playoffs)** is to eliminate excessive scoring and will be administered as follows: After a team leads by 28 points or more:
 - a) The trailing team will be allowed an extra player on the field for offense and defense until the lead is less than 28 points.
 - b) The leading team will not be allowed to score a touchdown until the difference in the score falls below 28 points.
 - c) The leading team will receive punts/kicks by fair catch only and not advance the football, until the difference in the score falls below 28 points.
 - d) The leading team will be required to remove their starting quarterback, tailback, fullback & wingback from the field or place in different offensive positions until the difference in the score falls below 28 points.
 - e) The leading team will not be allowed to pass or punt the football until the difference in the score falls below 28 points.
 - f) The leading team will not advance the ball past the opponent's 15-yard line until the difference in the score falls below 28 points.
 - g) When the 15-yard line is reached the ball will automatically change possession to the defense.
 - 1) If a live play reaches the 15-yard line the Referee should blow the whistle, stopping the play.
 - g) The referee will advise both teams when this rule goes into effect.
 - h) After two attempts the losing team of 28 or more points does not succeed past their own 25-yard line, the ball will be spotted at the opposing team's 25-yard line, and the opposing team will take over possession.

OVERTIME is used in PLAYOFFS ONLY!

1. Overtime is only in the playoffs.
2. Coin flip determines who gets the ball first.
 - a. Team winning coin flip can decide if they want to start on offense or defense.
3. Each team gets 4 plays from the 10-yard line.
 - a. Then the other team has 4 downs from the 10-yard line to score.
 - b. This continues until a winner is determined.
 - c. Extra points will be attempted after each score.

REMEMBER: This is not SUDDEN DEATH. If the score is still tied after both teams have their 4 downs from the 10-yard line. Each team gets another set of downs, the team that lost the coin flip will decide first if they want to start the second set of downs on offense or defense. This repeats till a winner is determined.

XVII---Game Penalties and Yardage

ENCROACHMENT - FALSE STARTS – OFFSIDES

1. Encroachment is an illegal entry of the neutral zone, by the defense, after the offensive line is set, and before the ball has been snapped.
 2. A false start is an illegal movement, by the offense, after they are set, and before the ball has been snapped.
 - a. “Set Position” Players from Tight End position to Tight End Position must be set with their hand on their knees
 3. Offside is an illegal entry of the neutral zone prior to the ball being put into play (i.e. kick, punt, or a regular down).
- All of the above are a minor **penalty** automatic whistle & 5-yard loss from the dead ball spot.

TRIPPING

10-yard loss. **Automatic 1st down**

TACKLING

- The defensive player shall NOT tackle, push, or knock any ball carrier or quarterback to the ground
 - ~~in any~~ **10-yard loss, & automatic 1st down.**
- If a player with the ball has a clear unheeded path to the end zone and is tackled / pushed / or knocked out of bounds, that player will be awarded a touchdown.

HURDLING – A player with the ball cannot leave their feet to avoid de-flagging or to gain additional yardage, this will be at the discretion of the referee, play will be blown dead, and the ball is spotted at spot of infraction.

5-yard loss and loss of down. Automatic 1st down.

CHARGING

The ball carrier may not charge into or over another set defensive player that is set outside of either offensive tackle. (A set player is one who is NOT moving and has both feet planted on the ground.) (The runner must try to avoid contact)

10-yard loss & loss of down. Automatic 1st down.

HOLDING

Players may NOT grasp or hold any part of their opponent’s body, clothing, or equipment.

10-yard loss.

UNSPORTSMANLIKE CONDUCT – THE PLAYER MUST SIT OUT ONE PLAY MINIMUM

1. Unsportsmanlike conduct will NOT be tolerated and will be dealt with accordingly.

This will include but not limited to:

 - a) **Non-contact acts: bad language, verbal abuse, swearing, verbal threats, offensive gestures, taunting or any form thereof toward any player, team, coach, referee or spectator.**
 - b) **Dead ball fouls: A penalty that occur after the referee declares the ball is dead.**
 - c) **Rotation failure: Coaches must rotate each player to play a minimum of 50% of the game time.**
 - d) Any other flagrant act not already covered.
 - e) **Coaches/ Parents & Players will abide by the Oak Forest Park District Code of Conduct**
2. All offenses will be given only one (1) warning. The second offense will be punished with ejection, Suspension, forfeit, or dismissal from the program.

Penalties

LOS - - - - Line of Scrimmage

POI - - - - Point of Infraction

PENALTIES

	Senior Division	Junior Division
Offside-LOS	5 yards	5 yards
False Start-LOS	5 yards	5 yards
Illegal Formation-LOS (SR. 7/JR. 5 on LOS)	5 yards	5 yards
Delay of Game-LOS	5 yards	5 yards
Too many players on the field-LOS	5 yards	5 yards
Defensive Holding-LOS	5 yards	5 yards
	(Automatic 1 st Down)	*****
Equipment-Infraction-POI	5 yards	5 yards
-defined differences between equipment infraction and illegal equipment-so we would like to keep as is 5 yards both. (8-1 and 8-2)		
Offensive Holding-LOS	10 yards	5 yards
Defensive Pass Interference-POI	(1 st Down)	(1 st Down)
Offensive Pass Interference-LOS	10 yards	5 yards
Roughing the Passer-LOS	10 yards (1 st Down)	5 yards
Illegal Block-LOS	10 yards	5 yards
Charging-POI	10 yards	5 yards
Illegal Pass-LOS	Loss of Down	Loss of
Down		
Illegal Motion-LOS	5 yards Replay Down	Replay
Down		
Illegal Use of Helmet-POI	15 yards	10 yards
Unsportsmanlike Conduct-POI	15 yards	10 yards
Intentional Grounding-LOS	5 yards	5 yards
Violation of Punt Rules-LOS	5 yards	5 yards
Illegal Procedure-LOS	5 yards	5 yards
Sideline Restriction-LOS	5 yards	5 yards
(20-20/3 yards off sideline)		
Blocking a Punt-LOS	10 yards	5 yards
Illegal Substitution-LOS	5 yards	Replay
Down		
Encroachment-LOS	5 yards	5 yards
Flag Guarding-POI/LOD	5 yards	5 yards
Ball Carrier Diving or Lunging-POI/LOD	5 yards	5 yards

Sleeper Play-LOS	10 yards	5 yards
Tackling-POI/LOS	1st Down/Awarded Touchdown	1st Down/Awarded
Touchdown		
(Whichever is more severe)		
Unnecessary Roughness-LOS	10 yards (1st Down)	10 yards (1st
Down)		
Intentional Running into ball	10 yards/Touchdown	10
yards/Touchdown		
Carrier to pull flag. This is		
Impending ball carrier progress-POI		
Ball Carrier intentionally running	10 yards	5 yards
Over defensive player (charging)-LOS		
Flying Block-LOS	10 yards	5 yards
Stiff Arm-POI	10 yards	5 yards
Roughing the Passer-LOS	10 yards	5 yards
(Any contact other than flag	(Auto 1st Down-added at end of	(Auto 1st Down-
added at end of		
pulling)	positive yard play)	positive yard play)
	Warning, Ejection,	Warning,
Ejection,		
	Dismissal, Forfeit game,	Dismissal,
Forfeit game,		
	TD awarded to offended team	TD awarded to
offended team		

PENALTY/SPECIAL ENFORCEMENTS

1. OFFSETTING FOULS result in replaying the PREVIOUS DOWN from the PREVIOUS SPOT. (NOTE: UNSPORTSMANLIKE CONDUCT PENALTIES WILL BE ASSESSED, REGARDLESS OF SITUATION.)
2. MULTIPLE FOULS are when the same team commits 2 or more LIVE BALL FOULS. Only 1 of the FOULS may be used for penalty assessment.
3. A FOUL on the TRY FOR EXTRA POINT results in:
 - a) ACCEPTING THE PLAY as is and a 5-YARD LOSS, on the offended team, on the ensuing kickoff, or b) RE-play of the DOWN.
4. A FOUL, committed by the DEFENSE on an OFFENSIVE SCORE, results in an assessment on the ensuing kickoff.