

7 ON 7 BLOCKING RULE BOOK



The Game Highlights

Team Setup

- ✓ Men's League (7 on 7) **All 7 players are eligible.**
- ✓ Team Jersey's- Light vs. Dark (Home Team is designated dark jerseys but both teams MUST bring light & dark jerseys). Some sort of team jersey is required. Comeback Sports also provides affordable options to get your team looking organized.
- ✓ Sonic Boom-3 Part Flag Belts are provided by Comeback Sports. Flags must be evenly distributed on belt (no bunching). 1 on each hip and 1 flag in the back. Make Sure jersey is tucked in and belts are attached over jerseys (jersey should never cover flag belt).
- ✓ Ball must be snapped back to QB to start play. Ball must be snapped between the legs.
- ✓ Rushing the QB – Rushers are allowed to rush the quarterback immediately after the ball is snapped but CANNOT be lined up directly over O-Lineman (must be shaded to a side).
- ✓ Games will consist of two 20 minute halves (running clock).
- ✓ Mercy Rule- If a team is up by 35 points or more with 10 minutes or less left in the second half then the game will be called.
- ✓ 3 Timeouts for the ENTIRE game. You can only carry over 2 timeouts into the 2nd half.

Field Dimensions

- ✓ Length of High School regulation field played across. 67x35 yards
- ✓ First Down: 3 cones spaced 13 yards apart. Must pass 1 cone for a 1st down.

Scoring

- ✓ 6 point touchdowns. Chance to go for 1 or 2-point conversion.
- ✓ **Going for 1:** 5 yards from goal line. **Going for two:** 10 yards from goal line.
- ✓ **Interceptions on ANY point after Touchdown try can be returned for 2 points.**

Comeback flag football rules are primarily based off of High School football rules (NFHS). Here are a few rules that are flag football specific:

- ✓ First Downs: 4 downs are given to achieve a 1st down. Three cones are placed at 13 yard intervals. You must reach the next cone from where the ball is spotted with the exception of being within 1 cone of the end zone (then it's 1st and goal).
- ✓ Spotting the ball: The ball will be spotted based on where the BALL is when the ball carriers flag is pulled. On goal line situations, if any part of the ball breaks the plane of the goal line extended before a flag is pulled, a score will be awarded.
- ✓ Fumbles cannot be advanced. Once the ball hits the ground it is considered a "dead ball". (If a lateral is intercepted it remains a "live play"). A snap to the QB that hits the ground in front of the QB can be played ONLY by the QB. If the ball is snapped over the QB's head and then hits the ground it is considered a dead ball. You can also field a punt that hits the ground as long as it didn't first touch the returner and then contact the ground.
- ✓ Penalties that are flag football specific:
 - Offensive- Flag guarding, stiff arm, Illegal hurdle/dive, bull rush, box rule violation
 - Defensive- Intentional Stripping, early flag pull, illegal rush move, illegal defensive alignment, bull rush, clear path

COMEBACK SPORTS FLAG FOOTBALL- PLAYING THE GAME

Blocking (Contact Related Rules)

Blocking is legally obstructing an opponent via contact with hands or body. Blockers must be on their feet before, during and after contact is made with an opponent. A blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders and the blocker's hands or forearms must be in front or to the side of the player being blocked. (Exceptions: When the opponent turns his back to the blocker during the block or after the blocker is committed to his charge or if a blocker who loses personal body control due to an opponent's aggressiveness after contact shall not be penalized if he contacts an opponent other than as specified). This initial point of contact against an opponent must be with either open hands with palms contacting an opponent. Hands must always be in advance of the elbows and the arms must be flexed at the elbows. Players must block with hands within the frame of their body. Players are not allowed to cross their arms and thrust forward (flipper block).

Legal Blocks

- ✓ In blocking, a player may contact opponents with hands provided the technique is legal. The legal technique are as follows:
 - Hands must be inside the frame of the blocker's body; the frame of the blocker's body is the front of the body at or below the shoulders and above the waist (this is referred to as the "safe blocking area"). A downfield/line of scrimmage block must be made within this safe blocking area.

- Both offense and defense are responsible for blocking legally. The block will take place with the blocker's arms extended and palms facing the opponent. The block must be initiated on the opponent's chest or either side. Contact that begins from behind, above the shoulders, or below the waist is illegal. If the person being blocked presents their back to the blocker after a legal block was initiated, and has not lost contact, no foul shall be called. During a block neither player may quickly with force extend their arms launching the other player. During a block neither player may grab the others clothing. The player must be on their feet before, during, and after blocking.
- Screening with your body (no hands/arms involved).

Illegal Blocks

- ✓ Any contact that is made outside of safe blocking zone. Blocks cannot be made above the shoulders or below the waist.
- ✓ Hooking, Hugging, Pulling, Tripping, laying on downed defenders.
- ✓ Contact made with elbows-No "Flipper Blocks"
- ✓ Crack Back Block. Contact must be made within the safe blocking frame.
- ✓ Lunging or leaving feet to enact a block.
- ✓ Any contact/blocking below the waist (i.e. clipping, chop block).
- ✓ Contact that begins from behind, above the shoulders, or below the waist is illegal.

Rushing

- ✓ Rushers are allowed to rush in on the quarterback immediately after the ball is snapped but MUST be shaded on either side of the offensive lineman (CANNOT be lined up directly over offensive lineman).
- ✓ Defense CANNOT be lined up in the neutral zone.

Legal Rushing Moves

- ✓ Spinning. Rip Moves. Dip Moves. Bull Rushing.

Illegal Rushing Moves

- ✓ Hold an offensive player- to create a combo rush or impede the offensive block.
- ✓ Tripping.
- ✓ Leaving feet into an offender.

- ✓ Tackling or pulling a player to the ground.
- ✓ Any move that places your hands above the shoulders (example: Swim move).
- ✓ No shoulder to shoulder rushing. When rushing you should be using your hands.

Flag Belts & Flag Pulling

- ✓ When properly worn all players should have 3 flags on their flag belt. One flag should be worn on each hip and another one in the very back.
- ✓ To down the ball carrier, the opponent must pull one of the flags.
- ✓ If the ball carrier is missing a flag, they are down by first touch/contact.
- ✓ If the ball carrier has all 3 flags on but is not properly wearing the flag belt, they can be called down by first touch/contact (referees discretion). This is most often seen when flags are bunched next to one another.
- ✓ It is illegal to pull a player's flag prior to having possession of the ball.
- ✓ You ARE allowed to push the ball carrier out of bounds as long as you are making an attempt to pull his flags and the push is at the hips of the ball carrier. If the push is deemed excessive, a personal foul will be administered.

Offensive Formations

- ✓ 3 players must be on the Line of Scrimmage at all times.
- ✓ All players are eligible to receive a pass.
- ✓ Ball must be snapped between the center's legs. No sideways snaps are allowed in 7 on 7 Flag Football Format.

The Kicking Game/Special Teams

- ✓ Kickoffs/ Kickoff Return: there are no kickoffs. Ball will be placed at 1st cone [1st Down and middle cone] at the start of each half & after scores.
- ✓ Field Goals: there are no field goals. **Going for 1:** 5 yards from goal line. **Going for two:** 10 yards from goal line.
- ✓ Punting: Offensive team must declare that they are punting (a punt can be completed on any down) Once a punt is declared to the official the offensive has a "free kick". Teams can leave ONLY when the ball is kicked. Punting-Defensive players cannot cross the Line of Scrimmage during a punt (defense is unable to rush or block the kick it is a "free kick"). Defense MUST have 4 players on line of scrimmage and may have 3 returners back to receive the punt. Once the ball is kicked the defense is allowed to block. NOTE* A punted ball that hits the ground may be advanced by the returners. If

a returner catches the punt and ball and goes through their body and hits the ground, it will be a dead ball from the spot where the ball hit.

First Downs

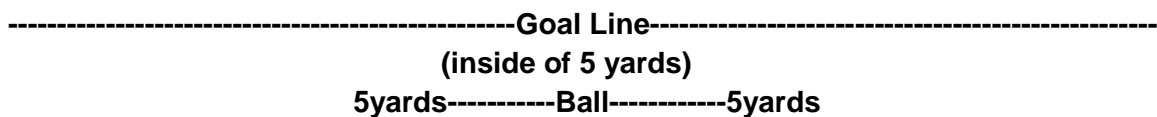
- ✓ 4 Downs are given to achieve a 1st Down. Three cones are placed at 13 yard intervals. You must reach the next cone from where the ball is spotted at the start of the offensive drive (Roughly 13 yards to achieve a 1st Down). A team can choose to punt at any time.

Game Length

- ✓ The game time is split into Two 20 minute halves. Running clock during the 1st half unless a timeout or play is stopped by a referee. Clock will stop for the 2-minute warning and from then on until the game is completed (as long as score is within 16 points).
- ✓ Play Clock: After the ball is spotted, each team has a 25 second play clock to snap ball before a delay of game penalty is assessed.
- ✓ Running clock except for under 2 minutes remaining in second half and the score is within 16 points (Clock stops for 2 min. warning). The clock will stop in the final two minutes on penalties, out of bounds play, incomplete pass, time outs and scores. The clock will not stop if a team is ahead by more than 16 points with two minutes remaining or if a team is up by more than 8 points with 1-minute remaining.
- ✓ 3 Timeouts per team for ENTIRE GAME. Timeouts DO NOT reset after 1st half.

Goal Line Situations

- ✓ **5 yard Red Zone Box: When a team is within 5 yards of the goal line (going in to score): The QB or any ball carrier CANNOT run up the middle. Running plays must be made outside of tackle box. (or five-yard box if offensive line is spread out)**



Safeties Will Occur When:

- ✓ There is a fumble/dead ball in the end zone.
- ✓ Player flag is pulled and the ball is spotted inside the plane of the end zone.
- ✓ Going out of bounds in the end zone/ ball is snapped into end zone. (Fumbles/botched snaps inside of end zone)
- ✓ Offensive Penalties inside of end zone (flag guarding, holding, intentional grounding, etc.)

5 Yard Penalties (Dead Ball)

Dead Ball Penalties: A “dead ball” is a ball not in play. When a player in possession of the ball gets one of his flags pulled (or down by touch if they are missing a flag) the ball

immediately becomes DEAD. Any penalty that is called or assessed after the whistle has been blown to declare the play dead or before a ball becomes “live” from a legal snap or free kick is a dead ball.

- ✓ **Delay of Game-** When the “penny” is spotted and has been placed for a down the 25 second clock shall begin. Referee will warn offensive team when there is “10 to snap” (10 seconds left on play clock). Failure to snap or free kick within 25 seconds results in a delay of game penalty. *5-yard dead ball penalty.*
- ✓ **False Start-** After the penny is spotted and before the snap begins, no false start shall be made by any offensive player. It is a false start if a shift or feigned charge simulates action at the snap. Any act that is clearly intended to cause the defense to encroach will also be considered a false start. (Note- if a false start causes the defense to encroach, only the false start is penalized). *5-yard dead ball penalty.*
- ✓ **Snap Infraction-** After touching the ball, the snapper shall not: make any movement that simulates a snap, fail to clearly pause before the snap, lift or move the ball other than in a legal snap. *5-yard dead ball penalty.*
- ✓ **Contact Encroachment (Defense) / Offsides (Offense)-** The snapper may be over the ball, but his feet must be behind the neutral zone and no part of his body (other than hands(s) on the ball) may be beyond the foremost point of the ball. No player, other than the snapper, shall encroach on the neutral zone after the penny is spotted and the ball has been placed down and ready to play. Offsides occurs when an offensive player is lined up in the neutral zone when the ball is snapped (FYI- this penalty is seldom called because players should be communicating with referees to see if they are lined up in the neutral zone). Following the spot of the penny and after the snapper has placed his hand(s) on the ball, contact encroachment (defensive penalty) occurs if any defensive player crosses the neutral zone and makes contact with an offensive player before the ball is snapped. *5-yard dead ball penalty.*

5 Yard Loss of Down Penalties (Live Ball)

LOSS OF DOWN means down will NOT be replayed (team loses opportunity to re-try the down)

- ✓ **Illegal Handing Ball Forward-** No player may hand the ball forward to a teammate unless both players are in or behind the neutral zone. *5-yard live ball penalty & loss of down.*
- ✓ **Illegal Forward Pass-** Is a forward pass from beyond the neutral zone or a second and subsequent forward pass(es) thrown during a down. *5-yard live ball penalty & loss of down.*
- ✓ **Intentional Grounding-** A pass that is intentionally thrown into an area behind the line of scrimmage that is not occupied by an offensive player. A pass that that is intentionally

thrown incomplete to save loss of yardage or to conserve time are typical scenarios for intentional grounding. (Note- As long as the ball is thrown past the line of scrimmage or if an offensive player is in the area behind the LOS where the ball was thrown incomplete, intentional grounding will NOT be called). *5-yard live ball penalty & loss of down.*

- ✓ **Flag Guarding/Stiff Arm-** The ball carrier shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove a flag. All flags must be accessible. Stiff arm and flag pull guards can be incidental and are up to the referee's judgment. *5-yard live ball penalty & loss of down.*
- ✓ **Pass Interference (Offensive)-** Blocking downfield before the ball has been touched (commonly seen through "pick plays"). Shoving or pushing off, and creating separation (most common type of OPI). Driving through a defender who had established position. *5-yard live ball penalty & loss of down.*
- ✓ **Box Rule Violation-** When a team is within 5 yards of the goal line (going in to score): The QB or any ball carrier CANNOT run up the middle (5-yard Red Zone Box: the box area is 5 yards and each side of the ball when the offensive team is 5 yards or closer to the goal line). Running plays must be made outside of the box area. *5-yard live ball penalty & loss of down.*

5 Yard Penalties (Live Ball)

- ✓ **No Contact Encroachment (Defense)-** Defensive player is lined up in the neutral zone when the ball is snapped. *5-yard live ball penalty*
- ✓ **Illegal Substitution/Participation-** Anytime there are more than 7 players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the down and; return to the field, intentionally touch the ball, influence the play, or otherwise participate, Illegal participation will be called. (Note- if a player is blocked out of bounds by an opponent and returns to the field during the down, he shall return at the first opportunity. This is not considered illegal participation) *5-yard live ball penalty*
- ✓ **Illegal Formation-** At the snap, at least 3 offensive players must be on the line of scrimmage. *5-yard live ball penalty*
- ✓ **Illegal Shift/Motion-** Multiple players in motion at one time (Once offensive players are set only 1 player is allowed to go into motion legally). Forward motion (Player running towards the line of scrimmage prior to the snap of the ball). *5-yard live ball penalty*
- ✓ **Intentional Stripping of Ball Carrier-** Will be called once possession of the ball has been retained by a player. At this time if a defender makes an intentional attempt to strip the ball a penalty will be assessed. (If a ball is being received and has not yet been retained as a possession; both offensive and defensive players have an equal right to the ball and to contest the catch.) *5-yard live ball penalty*

- ✓ **Incidental Holding (Defense)-** When a defender holds the ball carrier in any way to impede the ball carriers progress and pulling their flag. Incidental holding can occur when a defender is attempting to pull a flag and the flag is NOT pulled. If the defender prevents the runner from advancing or uses his grip for leverage to get the flag, incidental holding will be called. You cannot hold someone's jersey, shorts, or body part to help you get to the flag. Incidental holding will not be called when there is "instance release" from a defender attempting to pull a flag and no advantage is gained. (Note- Offensive player's shirt must be tucked in and nothing can be hanging over or in the way of the flag belt). *5-yard live ball penalty*
- ✓ **Illegal Hurdle/Dive (Ball Carrier)-** Ball carrier CANNOT dive/leap/hurdle to advance the ball. "Hurdling" is the runner jumping so that both feet leave the ground at the same time. The runner may not hurdle to avoid being deflagged. The runner may step over an opponent who is lying prone. "Diving" is the runner jumping such that both feet leave the ground at the same time and runner does not land on his feet. The runner may not dive to avoid being deflagged. (Note- diving to catch or deflag is legal provided normal contact rules apply, i.e. diving into a player to deflag the player is a personal foul). *5-yard live ball penalty*
- ✓ **Illegal Contact-** It is illegal contact when any player who is beyond the neutral zone intentionally obstructs an opponent's opportunity to move freely about the field on a pass play. For the offense, the restriction begins when the ball is snapped. For the defense, the restriction begins after 5 yards and before the ball is in the air. Examples of illegal contact for the offense: pushing off to create space, picks made through crossing routes. Defensive examples: contact made before the ball is in the air and after the ball has been snapped. (Note- defense is allowed to jam/press receivers within the first 5 yards from line of scrimmage, if this occurs the receiver is allowed to contact the defense and "fight off" the contact initiated by the defender). *5-yard live ball penalty*
- ✓ **Early Flag Pull (Defense)-** The defense is not allowed to pull the ball carriers flag prior to having possession of the ball. *5-yard live ball penalty*
- ✓ **Illegal Rush Move (Defensive line)-** Defensive linemen are prohibited from using any rush move that involves their arms or hands going above their own shoulders (Note- this rule is to help prevent any contact made to opponent's head. A "swim" move is an example of an illegal defensive rush move). *5-yard live ball penalty*
- ✓ **Illegal Alignment (Defensive line)-** Defensive linemen are prohibited from lining head up on offensive linemen. The D-line must be shaded on either side of offensive player prior to the snap. (Note- this is to prevent any head-to-head contact, once the ball is snapped the defensive line can adjust into a rush with head up positioning). *5-yard live ball penalty*

10 Yard Penalties (Live Ball)

- ✓ **Illegal Blocking Technique/Illegal use of hands or arms-** Any technique where the blocker is not using his arms or screening with his body to block. Any block that is made outside of the safe blocking area (between the shoulders, above the waist, and in front of the opponent). Grasping or encircling any teammate to form interlocked blocking. *10-yard live ball penalty*
- ✓ **Holding-** Use of hand or arms to hook, lock, clamp, grasp, encircle or hold, in an effort to restrain an opponent. *10-yard live ball penalty*
- ✓ **Illegal Block in the Back-** Use of hands, arms, or body, to contact an opponent in the back. *10-yard live ball penalty*
- ✓ **Bull Rush-** When contact is initiated by the ball carrier or defender by lowering their shoulder(s) or intentionally creating contact to be used as an advantage to gain yards (offense) or impede the runner (defense). Ball carriers cannot go through defenders to gain yards and defenders cannot intentionally engage the ball carrier to slow down their forward progress. *10-yard live ball penalty*
- ✓ **Roughing the Passer-** Defensive players must make a definite effort to avoid charging into a passer, who has or is attempting to throw the ball from in or behind the neutral zone. (Note- If a defensive player blocks a pass and initiates contact with the passer, roughing may not be called depending on the severity of the contact). *10-yard live ball penalty and automatic 1st down*
- ✓ **Pass Interference** *10-yard live ball penalty and automatic 1st down*

Pass Interference:

There are two indicators that make a player “suspect” for pass interference:

- ✓ **Bite-** When a player “bites” on a move and then has to try to recover, such as when a receiver does a hook ‘n’ go. If he bites on the hook, he will frequently try to recover by grabbing the receiver as he goes by, etc., which can turn into pass interference.
- ✓ **Chase-** When a player is chasing an opponent, either by design or because he is beaten, he will tend to commit pass interference.

There are 6 categories of Pass Interference:

- ✓ **Arm Bar-** An arm across the body restricting the opponent from moving where he wants to go. An arm across the body is not enough, there must be a restriction of movement.
- ✓ **Hold-** Actually grasping an opponent, particularly the arm, restricting him from being able to reach a pass. Classically, grabbing an arm, keeping the opponent from raising it to catch the pass.

- ✓ **Not playing the ball-** The player is not making a bona fide effort to reach the pass (usually not looking back for the ball), and contacts the opponent (usually body to body) restricting him from moving where he wants to go, or knocking him off his path to the ball.
- ✓ **Playing through the back-** Even if making an effort to touch the pass, contacting an opponent through the back, restricting his ability to touch the pass.
- ✓ **Hook and twist-** Hooking the arm around the waist or shoulders, AND twisting the opponent, restricting him from his effort to touch the pass. An arm around the body is not enough- there must be a twist or turn
- ✓ **Cutoff-** Even if looking back for the ball, a player cannot position himself to restrict or prevent an opponent from moving toward a pass.

There are 3 categories of Offensive Pass Interference:

- ✓ Blocking downfield before the ball has been touched (commonly seen through “pick plays”).
- ✓ Shoving or pushing off, and creating separation (most common type of OPI)
- ✓ Driving through a defender who had established position.

Other notes on pass interference:

- ✓ Defensive pass interference is a 10-yard penalty AND an automatic 1st down.
- ✓ Offensive pass interference is a 5-yard penalty AND a loss of down.
- ✓ Face guarding is allowed by the defender as long as no contact is made
- ✓ Pass interference will not be called if a pass is considered uncatchable
- ✓ If pass interference is intentional an additional 15 yards can be added on

Unsportsmanlike Conduct 15-yard penalty (can be both live & dead ball fouls)

- ✓ **Unsportsmanlike Conduct (By Players)-** No player shall act in an unsportsmanlike manner. Examples are, but not limited to:
 - Baiting or taunting acts or words. Any form of taunting which is intended or designed to embarrass, ridicule or demean another player will be considered unsportsmanlike conduct.
 - Using profanity towards an opponent, insulting or vulgar language or gestures.
 - Using disconcerting acts or words prior to the snap in an attempt to interfere with the offenses signals or movements.

- Kicking at the ball, other than during a legal free kick.
- Refusing to comply with a game official's request
- ✓ **Unsportsmanlike Conduct (By Nonplayers)-** No coach, substitute, or fan shall act in an unsportsmanlike manner. Examples are, but not limited to:
 - Using profanity, insulting or vulgar language or gestures.
 - Attempting to influence a decision by a game official.
 - Disrespectfully addressing a game official.
 - Indicating objections to a game official's decision
 - Being on the field except as a substitute or replaced player.
 - Not ready to start at scheduled game time.

Personal Foul / Unnecessary Roughness *15-yard penalty (can be both live & dead ball fouls)*

- ✓ Any contact that is excessive or flagrant.
- ✓ Any contact made to opponent's neck/head.
- ✓ Any block below the waist (i.e. clipping, chop block, tripping)
- ✓ Charging into an opponent obviously out of the play

Unfair Acts *The referee enforces any penalty he considers equitable, including the award of a score*

- ✓ A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act, which has no specific rule coverage
- ✓ No team shall repeatedly commit fouls which halve the distance to the goal line
- ✓ No player shall hide the ball under a jersey
- ✓ Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game.
- ✓ **Clear Path to End Zone:** If a defensive player holds up/ tackles/ intentionally obstructs ball carrier from a clear path to end zone or down field without making an attempt to pull the flag, the offensive team will be awarded at least a 1 cone distance from spot of foul and automatic 1st down. This assessment can also result in a TD. (Clear path to end zone assessment made by game officials professional judgment)

Disqualification 15-yard penalty and player or nonplayer must leave the facility

- ✓ *Fighting by player or nonplayer*
- ✓ *Intentionally contacting a game official*
- ✓ *Striking, kicking, kneeling*
- ✓ *Any act if unduly rough or flagrant*
- ✓ *A second unsportsmanlike foul by player or nonplayer*

FOULS BY BOTH TEAMS

- ✓ If offsetting fouls occur during a down, that down will be repeated. Exception: If each team fouls during a down in which there is a change of possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty of its opponents foul. When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

FOUL BETWEEN DOWNS

- ✓ The penalty for a foul between downs is enforced from the succeeding spot. Any foul following a penalty incurred after a series ends and before the next series begins will be first down, but the zone line-to-gain will be established after the penalty is enforced.

PENALTY TABLE AND ASSESSMENTS ON NEXT PAGES

Loss of Down Penalties:

Note* LOSS OF DOWN means down will NOT be replayed (team loses opportunity to re-try the down).
Loss of down penalties are live ball penalties.

| Loss of Down Penalties | Yardage | Where is the Penalty Assessed? | Loss of Down? |
|-------------------------------------|---------|--------------------------------|---------------|
| Illegally handing ball forward | 5 | Spot of Foul | Yes |
| Illegal Forward Pass | 5 | Spot of Foul | Yes |
| Intentional grounding | 5 | Spot of Foul | Yes |
| Flag Guarding | 5 | Spot of Foul | Yes |
| Stiff Arm | 5 | Spot of Foul | Yes |
| Forward Pass Interference (Offense) | 5 | Previous Spot | Yes |
| Box rule violation | 5 | Previous Spot | Yes |

Penalties that result in an Automatic 1st Down:

| Automatic 1 st Down Penalties | Yardage | Where is the Penalty Assessed? | Loss of Down? |
|--|---------|--------------------------------|---------------------------|
| Roughing the Passer | 10 | Previous Spot | Automatic 1 st |
| Forward Pass Interference (Defense) | 10 | Previous Spot | Automatic 1 st |
| Clear Path | 1 Cone | Spot | Automatic 1 st |

Dead Ball Penalties: A “dead ball” is a ball not in play. When a player in possession of the ball gets one of his flags pulled (or down by touch if they are missing a flag) the ball immediately becomes DEAD. Any penalty that is called or assessed after the whistle has been blown to declare the play dead or before a ball becomes “live” from a legal snap or free kick is a dead ball.

| Dead Ball Penalties 5 Yards | Yardage | Where is the Penalty Assessed? | Loss of Down? |
|--|---------|--------------------------------|---------------|
| Delay of Game | 5 | Previous Spot | No |
| False Start | 5 | Previous Spot | No |
| Snap Infraction | 5 | Previous Spot | No |
| Contact Encroachment (Defense) / Offsides | 5 | Previous Spot | No |
| Dead Ball Penalties 15 Yards | Yardage | Where is the Penalty Assessed? | Loss of Down? |
| Personal Foul (after the play is dead) | 15 | End of Play / Succeeding Spot | No |
| Personal Foul (before ball is snapped) | 15 | Previous Spot | No |
| Unsportsmanlike Conduct by player or Non Player (before ball is snapped) | 15 | Previous Spot | No |
| Unsportsmanlike Conduct by player or Non Player (after the play is dead) | 15 | End of Play / Succeeding Spot | No |

Live Ball Penalties: A “live ball” is a ball in play. A ball becomes live when the ball has been legally snapped or free kicked and a down is in progress.

| Live Ball Penalties 5 Yards | Yardage | Where is the Penalty Assessed? | Loss of Down? |
|---|--------------------------|--|----------------------|
| Illegal substitution/participation | 5 | Previous Spot | No |
| Illegal formation (less than 3 players on line of scrimmage- Offensive penalty) | 5 | Previous Spot | No |
| Illegal Shift or Illegal Motion | 5 | Previous Spot | No |
| No Contact Encroachment (Defense) | 5 | Previous Spot | No |
| Intentional Stripping of Ball Carrier | 5 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Incidental Holding (Defense) | 5 | End of Run | No |
| Illegal hurdle/dive by ball carrier | 5 | Spot of foul | No |
| Illegal Contact | 5 | Previous Spot | No |
| Early flag pull | 5 | End of Run | No |
| Illegal Defensive Rush Move | 5 | Previous Spot | No |
| Illegal alignment (defensive lineman head up against offensive lineman) | 5 | Previous Spot | No |
| Live Ball Penalties 10 Yards | Yardage | Where is the Penalty Assessed? | Loss of Down? |
| Illegal blocking technique / Illegal use of hands or arms | 10 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Holding | 10 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Illegal block in the back | 10 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Bull Rush | 10 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Live Ball Penalties 15 Yards | Yardage | Where is the Penalty Assessed? | Loss of Down? |
| Unsportsmanlike Conduct by player or Non Player (During live ball) | 15 | Succeeding Spot | No |
| Personal Foul / Unnecessary roughness. | 15 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Blocks below the waist, Clipping, Chop Blocks | 15 | End of the run or spot of the foul. Whichever penalizes the offender worse | No |
| Unfair acts | 15 / referees discretion | End of the Run | No |

Disqualification Associated With Certain 15-Yard Penalties. (These penalties can be live or dead ball penalties, depending on when they occur)

| 15 yard DQ Penalties | Yardage | Where is the Penalty Assessed? | Loss of Down? |
|--|----------------|---------------------------------------|----------------------|
| Fighting by player / non player | 15 | End of Run / Succeeding Spot | No |
| Intentionally Contacting a game official | 15 | End of run or succeeding spot | No |
| Striking, kicking, kneeling | 15 | End of Run | No |
| Any act if unduly rough or flagrant | 15 | End of Run | No |
| A second unsportsmanlike foul by player / non player | 15 | End of Run / Succeeding Spot | No |
| A second personal foul / unnecessary roughness by player | 15 | End of Run | No |