



FAIRFAX POLICE YOUTH CLUB (FPYC)
FLAG FOOTBALL RULES
5 on 5 / Non-Contact v3

2024



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Spirit of FPYC Flag Football

It is simple: BE A GOOD SPORT AND HAVE FUN!

Youth sports are supposed to be fun and for the children. Unfortunately, many parents, fans and coaches do not realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. This code of conduct has been developed as a reminder that everyone's conduct is expected to be in the Spirit of FPYC Football.

- a) Teams and spectators should demonstrate good sportsmanship! Players, coaches, and spectator comments should not be derogatory or demeaning towards opposing teams/players/coaches.
- b) Spectators and coaches will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice, or league event.
- c) Spectators, coaches, and players will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or spectator such as booing, taunting, and refusing to shake hands, or using profane language or gestures.
- d) Spectators, coaches, and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- e) Spectators and coaches should praise not only their team members for competing fairly, trying hard, but for their opponent also; making children feel like a winner every time, regardless of the score!
- f) The use of drugs, tobacco, and alcohol during youth sports is prohibited.
- g) Parents, remember that all coaches are volunteers! Respect the fact that they are willing to give their time to your child.
- h) Officials and league directors have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.



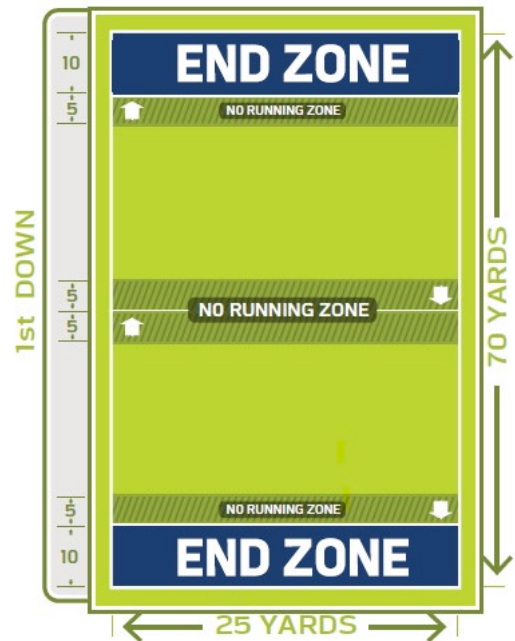
Terminology

Boundary lines	The outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
Line Of Scrimmage	An imaginary line running through the point of the football and across the width of the field.
Line-To-Gain/Midfield	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field 7 yards (into the defensive side) from the Line of Scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent them from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the Quarterback.
Rusher	The defensive player assigned to rush the Quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass.
Downs (1-2-3-4)	The offensive team has four attempts or “Downs” to advance the ball past midfield. They must cross the Line to Gain to get another set of 3 downs or to score.
Live Ball	The period of time that the play is in action. Generally used in regard to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	The period of time immediately before or after a play.
Whistle	The sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time, or the end of the game.
Inadvertent whistle	An official’s whistle that is performed in error.
Charging	The illegal movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, chest, or forearm.
Flag Guarding	An act by the ball carrier to prevent a defender from pulling the ball carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Lateral	An illegal action of a backwards or sideways toss of the ball.
Unsportsmanlike Conduct	Unacceptable rude, confrontational, or offensive behavior or language.



RULE 1 - Field

1. Field dimensions are 25 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No Run Zones precede each line-to-gain by 5 yards.
2. No-run zones (NRZ)are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff.
3. All plays in the NRZ must be a forward pass across the line of scrimmage, including shovel passes.
4. Stepping on the boundary line is considered out of bounds.
5. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).



RULE 2 – Game

1. League play is 5 vs 5. A Team consists of at least five (5) players. Teams must field a minimum of four (4) players at all times. A team will have 10 minutes to field a minimum of 4 of their rostered players to start the game. The opposing team can choose to play with 4 or 5 players. If less than 4 players are available, the game is forfeited by the side that is unable to field a team.
2. If a player gets injured causing an open wound or abrasion, they must leave the game until the wound or abrasion is attended to and properly covered.
3. The game shall be played under the supervision of 1 or more officials.
4. Each team shall designate to the referee no more than 2 players as its field captains and no more than 3 coaches on the sidelines.



RULE 3 – Starting the Game

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. There are no kickoffs. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
4. If the offensive team fails to cross midfield, on 3 downs, and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
5. Offensive Teams **MUST** declare 4th down intent; "Play or Punt", when asked by the referee and prior to the 'Ready for Play'.
6. Teams may use a timeout only to change the declaration of "Play" at any time prior to the expiration of the play clock.
7. If the declaration is "Punt" the ball changes possession and will be placed at the opposing Team's 5-yard line, 1st down, with **NO** option to change the declaration.
8. If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line.
9. Interceptions are the only changes of possession that do not start on the 5-yard line unless it results in a touch back. An interception by a player in the end zone they are defending can be advanced. If the flag is pulled behind the goal line, it is a touchback. If the player advances the ball outside the goal line and runs back into their end zone and the flag is pulled, then it is a safety.
10. Teams change sides after the first half. Possession changes to the team that started out on defense.
11. Coaches may agree not to change ends of the field after each possession in order to maximize time.



RULE 4 - Balls

1. Wilson GST is the preferred football type. However, footballs may be obtained from various manufacturers as long as they meet the same dimensions of the standard Wilson GST football for K2, TDJ and TDY sizes. Football composition and construction may be either leather or composite leather and must contain the proper PSI for its size. Footballs must have a white stripe near each end of the ball. Rubber balls are not allowed.
2. Game Officials have the final word on whether a ball meets the standards, size, weight, and pressure with no alterations. Each team may use its own legal ball.
3. Football Sizes
 - a) 8U Division - K2 (Pee Wee)
 - b) 10U Division - K2 (Pee Wee)
 - c) 12U Division - TDJ (Junior)
 - d) 15U Division - TDY (Youth)

RULE 5 - Equipment

1. The league provides each player with a game jersey. An official FPYC jersey or a shirt of the same color must be worn during play. If the shirt is not an official FPYC jersey, the league director must approve before the player is allowed to participate. Players' jerseys must be tucked in their shorts at all times.
2. Black shorts are preferred. Shorts should not contain pockets. If a player has shorts with pockets, the pockets must be taped shut before the player is allowed to participate. Shorts with loops are not allowed to ensure the safety of players' hands/fingers. Players cannot wear shorts with stripes that are the same color as their flag belt.
3. Players must wear shoes.
4. Football cleats are encouraged; however, cleats with exposed metal or metal spikes are NOT allowed under any circumstance.
5. Teams must use flags provided by the league. Flag-A-Tag Sonic Boom Flag Belts are the only authorized flag belts.
6. Flags may not be black or the same color as the players' shorts.
7. Flags are to be worn on the outside of the hips. Example, if a player stands straight and put their arms at their sides, the flags should be in line with their arms.



8. Flag belts should be put on tight enough to prevent shifting during play.
9. Mouth guards are required.
10. Braces with exposed metal are not allowed.
11. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads.
12. Players must remove all jewelry (watches, earrings, spirit bands, etc.) and any other jewelry that the officials deem hazardous.
13. If a player wears eyewear, a strap must secure it. No sunglasses are allowed unless they are for prescription purposes and then a strap must secure them.
14. No hats or do-rags. Winter beanies are allowed.
15. No player is permitted to participate in any league practice or game with a hard cast, splint, brace, or any other protective appliance except when padded and protected.
16. Any player wishing to practice or play with such a device must first get permission from the league director.
17. During play, should the official or league director determine that a player is using their cast in a way that could cause harm to themselves or an opposing player, a ruling shall be made to determine continued eligibility of the player.



RULE 6 – Timing /Overtime

1. **Regular Season Games** are played on a 48-minute continuous clock with two 24-minute halves, unless one team gains a 35-point advantage which will end the game. The clock stops for halftime, injuries, and the Officials' discretion. However, the clock will stop on out of bounds, incomplete passes, and timeouts only in the last 2 minutes of the game/second half.
2. Halftime is 5 minutes.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two (30-second) timeouts per half. Unused timeouts do not carry over to the next half or overtime. The clock will stop on timeouts.
5. Officials can stop the clock at their discretion. Instances include resetting the 7-yard blitz marker to ensure proper placement and injuries.

Overtime format is as follows:

If the score is tied at the end of regulation play, an overtime period will be used to determine the winner.

6. The home team calls the toss to determine the team that chooses to be on offense or defense first.
 - a. *If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.*
 - b. *The referee will determine which end of the field the overtime will take place on.*
7. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - a. *Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.*
 - b. *If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.*



8. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
9. Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
10. Final Score will be recorded to include all points scored for each team.
11. All regulation period rules and penalties are in effect.
12. There are no timeouts.
13. Interceptions are returnable in OT, and worth 2 points.
 - a. *Interceptions returned for a score in the first or second overtime period.*
 - b. *Interceptions advanced from the possession point in the third overtime period.*

RULE 7 – Scoring

1. Touchdown: 6 points
2. PAT (Point after Touchdown) 1 point (5-yard line) or 2 points (10-yard line) - *Note: 1-point PAT is pass only, 2-point PAT can be run or pass.*
3. Safety: 2 points and the ball changes possession
 - a. *Note: A Safety occurs when the ball carrier is declared down in their own end zone.*
 - b. *An offensive player is considered down when their flag is pulled by a defensive player, they step out of bounds, or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.*
4. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty.
5. Interceptions on conversions can be returned by the defense. A defensive score on a conversion play is 2 points.
6. After one team is winning by 35 points or more, the game is over. Once a 35 or more-point advantage is gained, no PAT will be attempted. TEAMS may elect to continue but no additional points scored will be added.



RULE 8 - Coaches

1. Coaches must adhere to FPYC FLAG philosophies, coaching guidelines, and code of conduct.
2. Only registered and rostered coaches are allowed to communicate with the officials, opposing coaches and league director. It is the head coach's responsibility to control their sideline and parents.
3. One coach is permitted on the field at 8U to direct players according to need. These coaches may remain on the field at their discretion as long as they do not impede the play.
4. Coaches are not permitted on the field for the older divisions.
5. Coaches are reminded of the 30-second play clock while directing players on the field.

RULE 9 – Offense

The offense has **5 seconds to advance the ball across the LOS**, by either run or pass. If it is not, the ball is ruled dead with a loss of down and returned to last line of scrimmage (LOS) spot.

Running

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
4. Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off, in front, behind or to the side of the quarterback, the five-second passing clock is eliminated, and all defensive players are eligible to rush.



7. On a direct snap, the Quarterback cannot run with the ball, even when blitzed. However, once the ball is handed off, any player who receives a handoff can throw the ball from behind the line of scrimmage or run (except for when ball is spotted in a no run zone).

Note: 1. Once the ball has been handed off all defensive players are eligible to rush.

2. A team may not blitz when they are ahead by 25 points or more.

8. Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive play to another.
9. Absolutely NO pitches or laterals of any kind.
10. No run zones located 5-yards from each end zone and 5-yards on either side of midfield are designed to avoid short-yardage, power-running situations. **Note: All pass plays in the no run zone must be a forward pass across the line of scrimmage, including shovel passes.**
11. While in possession of the ball, if a ball carriers’ flag(s) falls off the player must be touched with at least one hand by the defender to be declared tackled.
12. Ballcarriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official
13. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
14. Flags Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructing flags will be considered flag guarding.
15. No blocking or “screening” is allowed at any time. Offensive players in close proximity to the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.



Receiving

16. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
17. Only one player is allowed in motion at a time. All motion must be lateral to the line of scrimmage and no motion is permitted toward the line of scrimmage.
18. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.
19. In the case of simultaneous catch, possession is awarded to the offense.
20. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.

Passing

21. **The offense has a five-second “pass clock.”** If a pass is not thrown within five seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage.
22. If the QB is standing in the end zone at the end of the 5-second clock, the ball is returned to the line of scrimmage (LOS).
23. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.
24. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.
25. There is no intentional grounding. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
26. Shovel passes are allowed however, they must cross the LOS.



RULE 10 – Defense

Flag Pulling

1. A flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
3. If a player's flag inadvertently falls off during a play while that player has possession, the player must be touched with at least one hand by the defender to be declared down.
4. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
5. No flag guarding. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff-arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey.
6. When a defender pulls a flag, they should stop immediately and hold the flag up so the official can easily see that it has been pulled. For good sportsmanship, players will hand the pulled flag to the ball carrier, and not drop it on the ground.
7. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.

Rushing the Passer

8. Players who rush the passer must be a minimum of 7-yards from the line of scrimmage when the ball is snapped. Any number of players can rush.

*Note: 1. Once the ball has been handed off all defensive players are eligible to rush.
2. A team may not blitz when they are ahead by 25 points or more.*

9. Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go cross the line of scrimmage.
10. The referees will use a special marker to designate 7-yards from the line of scrimmage. Remember, no blocking or tackling is allowed.
11. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If a moving offensive player occupies the path, then it is the offense's responsibility to avoid the rusher. ANY intentional



disruption to the rusher's path and/or contact will result in an **Impeding the Rusher** penalty. IF THE OFFENSIVE PLAYER DOES NOT MOVE AFTER THE SNAP, IT IS THE RUSHER'S RESPONSIBILITY TO AVOID CONTACT.

12. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is spotted where possession of the ball is once the flag is pulled.
13. A safety is awarded if the sack occurs in the offensive team's end zone.
14. A penalty may be called if:
 - a. *The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (5-yards from the line of scrimmage and first down).*
 - b. *Any defensive player crosses the line of scrimmage before the ball is snapped offsides (5-yards from line of scrimmage and first down).*
 - c. *Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down).*
 - d. *If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.*
15. Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.
16. Jamming a receiver is not allowed. Defenders must give free releases off the line of scrimmage to offensive players.

RULE 11 – Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
2. Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
3. One player at a time may go in motion at least 1 yard behind the line of scrimmage.



4. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
5. The center must snap the ball with a rapid and continuous motion preferably between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. Snapping from the side is allowed but discouraged.

RULE 12 - Dead Balls

1. Play is ruled “dead” when:
 - a. *Ball hits the ground (Exception on QB Center exchange; the ball remains live. If the QB drops the ball after a clean exchange, the ball becomes dead).*
 - b. *The ball carrier’s flag is pulled, or they are touched if the flag falls out.*
 - c. *Ball carrier steps out of bounds.*
 - d. *Touchdown or safety is scored.*
 - e. *Ball carrier’s knee or elbow/forearm hits the ground.*
 - f. *5-second clock expires.*
 - g. *Inadvertent whistle.*
2. There are no fumbles. The ball is spotted at the spot where the player fumbled. If the fumble is caught in the air without hitting the ground first, it will be treated like an interception.
3. In the case of the inadvertent whistle, the down is replayed.

RULE 13 – Unsportsmanlike Conduct

1. If the referee or league director witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, acts that are deemed to be intentional, the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED. NO ON FIELD APPEALS WILL BE CONSIDERED.
2. Players MAY NOT physically or verbally abuse any teammate, opponent, coach or official. Bad conduct, trash talking and taunting is illegal and will result in an unsportsmanlike conduct penalty.
3. Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking or taunting occurs, the referee will give one warning, followed by a 4-play “cool down” period. If it continues, the player or players will be ejected from the game.
4. Players MAY NOT mimic the offensive team’s signal to confuse the Offensive players.
5. Defenders must give free releases off the line of scrimmage to offensive players.



6. Ball carriers MUST make an effort to avoid defenders with an established position. Defenders WILL NOT run through the ball carrier when pulling flags or to knock a player out of bounds. These actions will NOT BE TOLERATED AND WILL RESULT IN AN **UNSPORTSMANLIKE /UNNECESSARY ROUGHNESS** penalty.
7. Fans are expected to adhere to the Spirit of FPYC Code of Conduct as well as the players and are expected to adhere to good sportsmanship practices. Here are some additional guidelines to follow:
 - a. *Yell to cheer your team or a great play, not to harass opponents or officials.*
 - b. *Keep comments clean and profanity free.*
 - c. *Compliment ALL players, not just one child or team.*
8. Fans are required to keep fields safe and kid friendly and adhere to league requirements for seating. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area. Dispose of ALL trash in designated trash cans.
9. Unruly fans will result in an Unsportsmanlike penalty to the associated team's bench.
10. Unsportsmanlike conduct penalties:
 - a. *Defense +10 yards from line of scrimmage and automatic first down*
 - b. *Offense -10 yards from line of scrimmage and loss of down*

RULE 14 - Penalties

1. The referee will call all penalties.
2. Referees will determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.



8. Games cannot end on a defensive penalty unless the offense declines it.

Defensive Spot Fouls:

Defensive pass interference	Automatic first down
Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

Offensive Spot Fouls:

Screening, blocking, or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

Defensive Penalties:

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

Offensive Penalties:

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside/ False Start	-5 yards from line of scrimmage and loss of down
Illegal forward pass	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion	-5 yards from line of scrimmage and loss of down
Delay of Game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down

*Two Unsportsmanlike Fouls will cause ejection from the game, the game field, and a one game suspension.