

Great Valley Flag Football General Rules 2024



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RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 2. A coin toss determines 1st possession. The team can elect to have offense, defense, or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 3. The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. On 4th down, teams will declare to go for it or punt. Once a team crosses mid-field they have **three plays*** to score. If the offensive team fails to cross mid-field, the ball changes possession.

- ***Modification** – for K and 1st Grade divisions, they will have four plays to score.

Article 5. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception or failed 4th down conversion, where defense takes over at the spot.

Article 6. No blocking is allowed. No intentional contact is allowed.

SECTION 3. EQUIPMENT

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

Article 2. Approved football sizes:

- Pee-wee, junior, and youth size footballs allowed

Article 3. Teams must wear league approved flag belts. Flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. Flags must be evenly distributed on the belt. Suction cups must face down and away from the body. Belts must be snug around the waist to avoid rotating.

Article 4. If a player chooses to wear a hand towel, or any other object, on their waist it will be treated as part of the flag belt.

Article 5. If a ball carrier starts the play wearing an incomplete, improperly worn, or improperly secured flag belt, or no flag belt at all, they may not advance the ball after taking possession of it and will be ruled down where they took possession of the ball. For example: They may catch a pass but not advance it.

Article 6. The person taking the snap is an exception to this rule, they may take the snap and advance the ball or otherwise participate in a play and will be downed by one-hand touch.

Article 7. If a player is legally or illegally deflagged during a play and then comes into possession of the football later during the same play, they must be downed by one-hand touch.

Article 8. All players on the field are eligible receivers at the snap regardless of possible uniform violations.

Article 9. A missing flag violation will not delay the game or stop a live play.

Article 10. Players must ensure their jerseys are long enough to remain tucked in during the entire play or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. (Jerseys should never cover the flag belt).

Article 11. When a shirt is untucked at the snap a hold will not be called on the defender that is making a fair and legal attempt at the ball carrier's flag. It is the player's responsibility to check their equipment before each snap.

Article 12. Jewelry that in the judgement of a game official might endanger other players must be removed before play.

Article 13. Players may wear knit or stocking-style caps. Hard-billed caps must be removed or turned around backward. Players may wear a headband made of non-abrasive material. Rubber or elastic bands may be used in hair. Soft-shelled helmets designed for flag football players may be worn.

Article 14. Players may tape forearms, hands and fingers. Players may wear soft gloves, elbow pads, shin guards, and knee pads. Unyielding items such as braces, casts, or anything with exposed metal are not allowed.

SECTION 4. COACHES

Article 1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.

Article 2. Coaches (1 Coach per Team) are permitted on the field to assist players with their position alignment and mentoring. At the snap, on-field coaches must be 5 yards behind the quarterback or defense and are not allowed to continue instructing or coaching until the play ends.

- Note – as players mature their abilities, coaches should look to move off the field and coach from the sidelines, specifically in 2nd grade divisions and above.

Article 3. ONLY THE HEAD COACH CAN ADDRESS THE GAME OFFICIALS.

SECTION 5. GAME CLOCK FORMAT

Article 1. Game length is 42 minutes long. Two 20 minute halves and 2-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 6. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 25 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning.

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 7. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 24 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest. When officials go to the 'stop clock' mechanic the clock will stop / start as listed below:

- Defense gains possession of the ball: on the following snap unless it is a PAT attempt
- Either side is awarded a first down after a punt / on the snap
- Inadvertent whistle / at the ready
- Incomplete passes / on the snap
- Intentional grounding / at the ready
- Offense achieves a first down / clocks stops till referee whistles the ready to play whistle
- Out-of-bounds plays with a player in possession of the ball / on the snap
- Intentional loose ball initiated beyond the line of scrimmage that goes out-of-bounds / on the ready (judgement call)
- Penalty administration (other than Delay of Game) / depends on previous play
- Delay of game / on the snap
- Referee timeout / at the Referee's discretion
- Safety / when the receiving team take possession of the ball to attempt a return
- Team timeout / on the snap
- Injury / when player is removed from field (depending on the status of clock on previous play)
- Touchback / on the snap
- Touchdown / on the next snap after the PAT attempt. PATs are untimed downs during 'stop/pro clock mechanics'.
- Onside Plays are untimed downs.

RULE 2. OFFENSE

SECTION 1. GENERAL OFFENSE

Article 1. Offensive players must come to a complete stop for one second before the ball is snapped unless they are the only player in motion.

Article 2. No offensive player may begin a play closer than five yards from a sideline unless they were momentarily at least 9-yards from a sideline (this is sometimes referred to as "inside the numbers" or "checking in"). 3) All players must substitute from their sideline only. This allows the defense to be aware of their presence and avoids deceptive plays by the offense.

Article 3. The ball must be snapped between the center's legs.

Article 4. It is a false start if any player on offense enters the neutral zone before the snap.

Article 5. The offense may not act or move in a manner that, in the judgement of the covering official, is clearly intended to cause the defense to encroach. Verbalizing play-calls or snap counts alone are not acts or moves that should be considered unless they are in conjunction with other acts or moves. The speed, abruptness, down and distance and if any player pretends to have the ball or otherwise simulate action at the snap will be considerations.

Article 6. Direct snaps are legal to any player not on the line-of-scrimmage.

Article 7. The ball will be declared dead if any portion of the ball carrier's body other than their hands and feet (knee, elbow, buttocks, ball-in-hand, etc.) touches the ground.

Article 8. The offense is responsible for retrieving the ball and returning it an official or to the line of scrimmage at the end of each play.

Article 9. A legal formation consists of 3 players on the line and no more than 2 players (including the Quarterback) in the backfield. All players are eligible to receive a pass.

SECTION 2. FUMBLES AND MUFFS

Article 1. Unintentional fumbles and intentional laterals end the play when they hit the ground or go out of bounds and remain with the team that initiated the act. If a lateral, muffed or fumbled ball is intercepted before hitting the ground or going out of bounds it remains live.

Article 2. Forward fumbles that hit the ground will be marked where the ball carrier's feet were when he/she lost control and not the spot where the ball hit the ground.

Article 3. Muffed snaps will be marked where the ball hit the ground.

Article 4. Fumbles and laterals that hit the ground do not stop the clock.

SECTION 3. RUNNING / JUMPING / DIVING

Article 1. Ball carriers are allowed to leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk. Not every insignificant jump or small hop constitutes a safety issue and player safety risk is at the discretion of each official. Jump cuts or leaping between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player's safety at risk.

Article 2. Ball carriers may not hurdle over another player. Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call by the game officials.

Article 3. Ball carriers may extend the ball out in front of them to gain additional yardage.

Article 4. Diving by the defense to capture a ball carrier's flag is legal.

Article 5. Ball carriers must make every effort to avoid a defender who has established a stationary position.

Article 6. Runners may leave their feet to avoid collision or falling on another player.

Article 7. Passers may jump vertically to throw the ball over a defender.

SECTION 4. FLAG GUARDING INCLUDING STIFF-ARMING

Article 1. The ball carrier's flags must be accessible to the defense throughout the play. Flags may not be tucked in pants, tucked under jerseys, worn improperly, looped around the waist belt, or knotted.

Article 2. Flag guarding is the act of a ball carrier denying a defender the opportunity to capture their flag in any physical way. The ball carrier shall not flag guard by flailing of arms, using their hands, arms, elbows or extremely dipped shoulders to deny the opportunity of an opponent to remove a flag.

Article 3. The ball carrier may not swat a defender's hands away nor pin the flag against their body using the ball or hands. An official may call flag guarding if they feel that a ball carrier's natural running motion gave the ball carrier a decisive advantage over the defender and the running motion caused part of the ball carrier's body to block a de-flagging attempt.

Article 4. What constitutes flag guarding is up to the official's judgment. We recommend you carry the ball with your hands held high on the body to avoid flag guarding. This is one of the most difficult transitions for traditional football players. Flag guarding shall not be called if there is no defensive player within reasonable distance to capture the flag.

Article 5. The ball carrier may bend at the knees to dip low, side cut, skip, or take short hops. Extreme low dips (sometimes called a "duck-walk") are legal and do not constitute flag guarding in themselves, as long as the flag carrier's flags are still exposed and the defensive player isn't physically impeded (i.e. the ball carrier isn't using his arms, hands, shoulder, ball, etc. to impede the defender. Normally flag guarding can be avoided while "duck-walking" when the ball carrier keeps his hands and elbows high on the body (ex: at shoulder-level). Examples of flag guarding:

- stiff arming
- pinning the flag
- swatting

- using the ball as a stiff arm

Article 6. No penalty will be called if a ball carrier simultaneously flag guards as the defender pulls the flag.

Article 7. Tampering with the flag in any way to gain advantage is illegal.

SECTION 5. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff unlimited times in the backfield. Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 3. Lateral rules:

- Teams may lateral once behind the line of scrimmage per play, but may not lateral or pitch at any time past the line of scrimmage.
- Any player who receives a handoff, pitch or lateral behind the line of scrimmage may throw the ball as long as he or she is not fully beyond the line of scrimmage.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 6. Players may NOT block down field in any form.

SECTION 6. PASSING

Article 1. The quarterback has 7 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 7 second count stops. If the defensive team rushes, then there is no 7 second count.

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 6. If ANY part of the players body is behind the LOS it is a legal pass

Article 7. Only one forward pass per play. Once the ball has passed the line-of-scrimmage it cannot be returned to behind the line-of-scrimmage and thrown forward legally.

Article 8. Intentional grounding is allowed.

SECTION 7. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. A pass is completed when an offensive player simultaneously places at least one foot inbounds and momentarily maintains possession of the ball.

Article 3. Simultaneous catches between a defensive and offensive player go to the offense.

Article 4. All players are eligible to receive a pass unless they have stepped out-of-bounds of their own accord. Players may re-establish themselves in the field of play and catch the ball if another player has touched the ball first. If a receiver steps out-of-bounds of their own accord and is the first to touch a pass, it is illegal touching. The play will be allowed to continue to a dead ball situation (5-yards from previous and a loss of down, if accepted).

Article 5. In the event of a bobbled catch, i.e., the ball is batted about by the receiver in an attempt to catch it, and the intended receiver is de-flagged before taking full possession there is no penalty for early flag pull.

Article 6. A receiver must “survive the ground” if falling while attempting to make a catch.

Article 7. Receiver cannot intentionally redirect the ball in the direction of their end zone to further advance the ball.

RULE 3. DEFENSE

SECTION 1. GENERAL DEFENSE

Article 1. Stripping or attempting to strip the ball from a player’s hand, including the quarterback, is illegal.

Article 2. Defensive teams may not simulate the offensive team’s signals or cadence.
(Unsportsmanlike)

Article 3. There are no “free plays” for the offense. After the head official blows the ready-for-play whistle and the snapper puts their hand(s) on the ball, no player may enter the neutral zone until the ball is moved to start the snap. Entering the neutral zone before the snap is known as “offside” or encroachment which causes the play to be immediately blown dead and the offending team is penalized five yards.

Article 4. If a defensive team intentionally commits a penalty in order to achieve a specific goal and the penalty is declined, any subsequent attempts to continue committing the penalty will result in a 15 yard unsportsmanlike penalty and automatic first down for the offense.

Article 5. A player that is not at the legal distance to rush in applicable styles, without entering the neutral zone, is allowed to “reset” to the appropriate distance during a live ball and become an eligible rusher.

SECTION 2. RUSHING THE QUARTERBACK

Article 1. Rushing is ONLY allowed for 2nd grade divisions and up and is NOT allowed for 1st grade and below.

Article 2. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 3. The 7 yards will be measured off by a referee.

Article 4. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 5. The blitzer/rusher is allowed a direct lane to the line of scrimmage as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane.

Article 6. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 3. PASS COVERAGE

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. In the event of an interception, the intercepting team must secure the ball with “clean hands,” i.e., they must not have committed a foul before or simultaneous to the interception. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line. Fouls by the intercepting team after an interception will be assessed from the spot of the foul. Fouls by the intercepted team after the interception will be assessed at the end of the run.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

SECTION 4. ROUGHING

Article 1. Defensive players must make a concerted effort to avoid charging into the quarterback.

Article 2. In general, defensive players may not “crash” the quarterback’s throwing arm, shoulder or body even if the ball is touched first.

Article 3. It is a quarterbacks right to step into a throw, and the rushers duty to avoid contact. If contact is significant and forceful at the discretion of the officials, whether attempting to go for the flag or not, it may be deemed roughing the passer.

Article 4. An insignificant “brush-by” may be allowed by the referee but is not guaranteed.

Article 5. Making contact with the quarterback while blocking a pass or attempting to block a pass may result in a roughing the passer penalty.

Article 6. Whether or not a ball is tipped in the air has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.).

Article 7. A roughing penalty will not be enforced if a quarterback initiates contact with a defensive player while in the throwing motion; for example, during the passer’s follow through the player’s arm makes contact with an opponent’s hand, arm, or shoulder. In this instance the impetus of the contact is the action of the quarterback and not the defender. This is a judgment call.

SECTION 5. FLAG PULLING MECHANICS

Article 1. Flag football is a finesse game versus the brute strength game of traditional tackle football.

Article 2. Flag pulling is the legal removal of a flag from an opponent in possession of the ball. Legal flag pulls must begin with the hands leading toward the opponent’s hips and flags.

Article 3. No player shall make any contact with an opponent which is deemed unnecessary or excessive and which incites roughness. (This is a judgement call IAW NFHS rule 9-4-3g, Illegal Personal Contact)

Article 4. No player has the right to over-aggressively ‘body up’, ‘wrap up’, ‘play through’, ‘bull rush’, charge, spear or lead with a shoulder against an opponent even to capture a flag. Players must play to capture the flag, not to commit Illegal Personal Contact.

Article 5. Pushing out on the sidelines is not permitted unless the defense was making a fair, legal, and reasonable attempt to pull the ball carrier’s flags, i.e. the defender’s hands were aimed low at the ball carrier’s hips and flags and not high up on the body.

Article 6. Pushing, striking, holding, slapping or tripping while attempting to pull a flag is not permitted.

Article 7. A defensive player may not pull the flag of a player who is not in possession of the ball.

Article 8. Any defensive player who removes the flag from an offensive ball carrier is encouraged to show good sportsmanship and hold the flag above their head to assist the officials in locating the spot where the capture occurred.

Article 9. Players may be penalized for unsportsmanlike conduct for throwing, spiking, obscuring, or delaying the ball carrier in recovering their pulled flag.

Article 10. If a player’s flag inadvertently falls off during the play the de-flagging reverts to a one-hand touch of the runner between the shoulder and the knees.

Article 11. When a ball carrier flag guards and a defensive player pulls the ball carrier’s flag simultaneously, no penalty will be called for flag guarding.

Article 12. If a defensive player physically contains, tackles, or attempts to tackle the ball carrier (e.g., bear hugs, holds, wrestles with, obstructs, pushes the ball carrier out-of-bounds, tackles, or attempts to tackle, etc.) without making a clear, legal attempt to pull the ball carrier’s flag, the offensive team will be awarded at least one line-zone-to-gain or fifteen-yards (offended team’s choice) from the spot of foul and an automatic first down.

Article 13. This type of action can result in a score awarded if the foul occurred inside the final line-zone-to-gain or the covering official reasonably believes the foul is the only thing that prevented the ball carrier from scoring. (Teaching point: Play the flag not the ball carrier’s body or ball as in traditional tackle football).

RULE 4. SCORING

SECTION 1. POINTS

- Touchdown: 6 points
- Point After Touchdown:
 - (PAT) 1 point from the 5-yard line
 - 2 points from the 10-yard line
 - Interceptions returned on PAT’s are worth 2 points
- Safety: 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. Interceptions on any PAT can be returned by the defense for two points regardless of PAT point attempted.

Article 10. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier’s flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. Winner will be determined once the value of the extra point exceeds the other team’s attempt.

Article 5. Each team is allowed one timeout per each overtime period.

Article 6. Interceptions are returnable in overtime for two points in extra point shootouts.

Article 7. Overtime penalties will be assessed as during the regular game.

Article 8. The goal line shall always be the line-to-gain in overtime, regardless of the number of overtimes played.

SECTION 4. MERCY RULE

Article 1. If a team is up by 28 points or more during play at any time, the game will be over for scoring purposes. The game will continue to be played on the field, but the team leading by 28 can no longer lose the game. Coaches should use common sense in this moment and work to keep the play fair and not “run up the score”, as the score no longer matters.

RULE 5. PENALTIES

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down

Penalty	Yardage	Penalty Assessment	Result
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball – Previous spot	Replay down**
False Start	5	Dead ball – Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down**
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

** LOD, if 2 min or less in either half