

5-YARD PENALTIES

Rule	Foul		Special
3.6.2	Delay of Game	DB	
4.7.1-3	Illegal Substitution	DB	
4.7.4-5	Illegal Substitution	LB	
7.1.1-7	Encroachment	DB	
7.1.2-3	Snap Infraction	DB	
7.1.8-9	False Start	DB	
7.1.11	Disconcerting Acts	DB	
7.2.1-2	Illegal Formation	LB	
7.2.3	Illegal Snap	DB	
7.2.4	Illegal Shift	LB	
7.2.5	Illegal Motion	LB	
7.3.2-3	Illegal Handing	SOF	LOD
7.5.2	Illegal Forward Pass	SOF	LOD
7.5.2d	Intentional Grounding	SOF	LOD
9.1	Helping Runner	SOF	

10-YARD PENALTIES

Rule	Foul		Special
6.1.1	Illegal Kick		
6.3.1	Kick-Catch Interference		PS Replay/SOF • AFD to R
7.5	Forward Pass Interference	PS	Loose Ball
9.2.1	Interlocked Blocking		
9.2.2	Flag Guarding	SOF	
9.2.1-3	Holding	SOF	
9.2.3	Illegal Use of Hands/Arms	SOF	Can be 1 st if PF
9.3.2	Illegal Contact		Can be 1 st if PF
9.4	Fighting		AFD if by B • D
9.4	PF – Personal Fouls		AFD if by B • DQ if Flagrant
9.5	UNS –		AFD if by B • DQ if Excessive
9.6	Illegal Participation		
9.7	Illegal Batting	SOF	
9.8	Non-Player UNS		AFD if by B
9.1	Unfair Acts		May Award Score

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4.7.4-5	Illegal Substitution	LB	
7.1.1-7	Encroachment	DB	
7.1.2-3	Snap Infraction	DB	
7.1.8-9	False Start	DB	
7.1.11	Disconcerting Acts	DB	
7.2.1-2	Illegal Formation	LB	
7.2.3	Illegal Snap	DB	
7.2.4	Illegal Shift	LB	
7.2.5	Illegal Motion	LB	
7.3.2-3	Illegal Handing	SOF	LOD
7.5.2	Illegal Forward Pass	SOF	LOD
7.5.2d	Intentional Grounding	SOF	LOD
9.1	Helping Runner	SOF	

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7.5	Forward Pass Interference	PS	Loose Ball
9.2.1	Interlocked Blocking		
9.2.2	Flag Guarding	SOF	
9.2.1-3	Holding	SOF	
9.2.3	Illegal Use of Hands/Arms	SOF	Can be 1 st if PF
9.3.2	Illegal Contact		Can be 1 st if PF
9.4	Fighting		AFD if by B • DQ
9.4	PF – Personal Fouls		AFD if by B • DQ if Flagrant
9.5	UNS –		AFD if by B • DQ if Excessive
9.6	Illegal Participation		
9.7	Illegal Batting	SOF	
9.8	Non-Player UNS		AFD if by B
9.1	Unfair Acts		May Award Score

5-YARD PENALTIES

Rule	Foul	Penalty	Administration
3.6.2	Delay of Game	5 DB	
4.7.1-3	Illegal Substitution	5 DB	
4.7.4-5	Illegal Substitution	5 LB	
7.1.1-7	Encroachment	5 DB	
7.1.2-3	Snap Infraction	5 DB	
7.1.8-9	False Start	5 DB	
7.1.11	Disconcerting Acts	5 DB	
7.2.1-2	Illegal Formation	5 LB	
7.2.3	Illegal Snap	5 DB	
7.2.4	Illegal Shift	5 DB	
7.2.5	Illegal Motion	5 LB	
7.3.2-3	Illegal Handing	5 SOF	LOD
7.5.2	Illegal Forward Pass	5 SOF	LOD
7.5.2d	Intentional Grounding	5 SOF	LOD
9.1	Helping Runner	5	
9.8.1k	Sideline Interference	5	

10-YARD PENALTIES

Rule	Foul	Penalty	Administration
6.1.1	Illegal Kick	10	
6.3.1	Kick-Catch Interference	10	PS Replay or SOF • AFD to R
7.5	Forward Pass Interference	10 PS	Loose Ball
9.2.1	Interlocked Blocking	10	
9.2.2	Flag Guarding	10	
9.2.1-3	Holding	10	
9.2.3	Illegal Use of Hands/Arms	10	
9.3.2	Illegal Contact	10	
9.4	Fighting	10	AFD if by B • DQ
9.4	PF – Personal Fouls	10	AFD if by B • DQ if Flagrant
9.5	UNS – Unsportsmanlike Conduct	10	AFD if by B • DQ if Excessive
9.6	Illegal Participation	10	
9.7	Illegal Batting	10 SOF	
9.8	Non-Player UNS	10	AFD if by B
9.1	Unfair Acts	Equitable	May Award Score

PF – PERSONAL FOULS (Rule 9.4)

Penalty: 10 Yards • Automatic First Down if by B • DQ if Flagrant

Includes:

- Hurdling
 - Lifting a teammate
 - Throwing equipment
 - Unnecessary contact
 - Excessive contact
 - Striking an opponent
 - Tripping
 - Charging into an opponent
 - Throwing an opponent to the ground
 - Roughing the passer
 - Intentionally contacting a game official
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LOSS OF DOWN

- Illegal Handing
 - Illegal Forward Pass
 - Intentional Grounding
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AUTOMATIC FIRST DOWN

- Kick-Catch Interference (to Team R)
 - Fighting
 - PF – Personal Fouls
 - UNS
 - Non-Player UNS
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BASIC ENFORCEMENT

- Team A foul behind the LOS → Previous Spot
 - Team A foul beyond the LOS → Spot of Foul or End of Play (whichever is closer to the Previous Spot)
 - B foul → End of Run or previous spot if behind the LOS
 - Loose-ball foul → Previous Spot
 - 10-yard foul by B on a touchdown → PAT or Subsequent Spot
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DECLARATION CHANGES

PAT • Punt • Retain Possession

K/A may change declaration after:

- Charged Team Timeout
 - Officials' Timeout
 - Change of Period
 - Penalty
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QUICK LEGEND

- **DB** = Dead Ball
- **LB** = Live Ball
- **PS** = Previous Spot
- **SOF** = Spot of Foul
- **EOP** = End of Play
- **EOR** = End of Run
- **LOD** = Loss of Down
- **AFD** = Automatic First Down
- **DQ** = Disqualification