



Cornerstone Sports League

Flag Football - Revised 7.26.10



Rules & Handbook

As Adapted From The National Federation Rule Book.

RULE 1 -- THE GAME, FIELD, PLAYERS AND EQUIPMENT

Section 1. General Supervision

Article 1. The game shall be played under the supervision of two officials: Referee & Umpire.

Team Captains

Article 2. Each team manager or coach shall designate to the Referee a team captain. He or his designated representative will speak for his team in all dealings with the game officials.

Section 2. The Field Dimensions

Article 1. The field shall be a rectangular area, 80 yards by 40 yards, with 10-yard end-zones, and shall be divided into 4 zones, each 20 yards.

Section 3. The Ball

Article 1. The official ball shall be either leather, synthetic leather, or rubber covered, and shall meet the recommendations for size, weight, and shape for regulation football.

Article 2. CSL will provide a game ball. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion. If for some reason the referee feels a better ball is available that ball may be used provided both teams agree, otherwise, the CSL ball will be used. Ball must be properly inflated.

Section 4. Uniform and Equipment

Article 1. All players are encouraged to wear mouthpieces to protect the teeth.

Article 2. Like colored jerseys are required, numbers are not. Jerseys or shirts must be tucked in. No article of clothing may cover any portion of a player's flags. (5 yard penalty for someone who gains possession of the football from point of possession). Officials may warn violators of this between plays. No jewelry may be worn.

Shoes

Article 3. Shoes shall be tennis/basketball shoes or a rubber-cleated shoe which have cleats or ripples which are an integral part of the shoe's construction. No bare feet shall be allowed and no hard-soled street shoes may be worn. Any shoe which has metal or steel tips is prohibited. No long football cleats excess of ½ inch will be allowed.

Section 4. Uniform and Equipment – Cont.

Flags

Article 4. Triple threat flags will be worn at the waist-one on each side and to the back of every player. The belt will be worn snug around a player's waist to eliminate movement of the flags while de-flagging is attempted. Players lower uniform (pants or shorts) must be of a different color than the flags. If flags, inadvertently falls without being pulled, than a one-handed touch anywhere will "down" that player in possession of the ball.

Prohibited equipment

Article 5. No player wearing illegal equipment shall be permitted to play. The Official will decide the legality of all equipment. Illegal equipment shall include: helmets, padded uniforms, sole leather or other hard or unyielding substance on the hands, wrist, forearms or elbows, no matter how covered or padded. No forearm pads or other pads except for elbow or kneepads made of a soft pliable substance.

Section 5. Length of Game and Time Outs

The Start of Each Half

Article 1. Each half shall start with the ball being placed on the 20yard line. Just prior to the start of the game the Referee shall toss a coin in the presence of the opposing Field Captains, after first designating which Captain shall call the fall of the coin.

a. The Captain winning the toss shall choose one of the following options:

1. To defer choice to the 2nd half.
2. To receive the ball on offense.
3. To be on defense - To designate which goal his team will defend

b. The loser of the toss shall make his choice of the remaining option.

c. Before the start of the second half the choosing of options will be reversed.

Playing Time & Intermissions

Article 2. Each half will be played with 20 minute running clock.

a. Three one-minute time-outs will be allowed per team per game.

b. Five minute intermission (half time).

c. 25 seconds between plays.

d. Injuries - an official's time-out is called for an assumed injured player, he must sit out for at least one down.

Tie Game

Article 3. If a tie exists at the end of regulation play, each team shall have four plays from the 20 yard line. If a team scores the extra point rule is in effect, 1 from 5 yards, 2 from 10 yards, and 3 from 15 yards. Each team shall have only one time out in the overtime.

Delaying the Start of a Half

Article 4. Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half. Penalty: 5 yards.

Illegal Delay of the Game

Article 5. The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is illegal delay of the game.

Forfeits

Article 6. Games will be officially forfeited by a team that is unable to field at least (6) players, 5 minutes from the scheduled game time.

Section 6. Scoring

Article 1. The following methods shall be used in scoring a game:

- a. Touchdown 6 points
- b. Safety 2 points
- c. Successful try for point from 5 yds1 point
- d. Successful try for point from 10 yds2 points
- e. Successful try for point from 15 yds3 points
- f. Forfeited game.....7 points
- g. Winner of Tie Breaker.....1 point
- h. Return of a try for point by defensive team.....3 points

Article 2. Mercy Rule: Any team winning by 28 or more points in the 2nd half of the ball game shall be declared the winner. Note: any team ahead by a significant margin in the 2nd half that attempts to prolong the game in an unsportsmanlike manner thereby making a mockery of the game shall lose by forfeit. The referee is under no obligation to issue a warning prior to announcing the forfeit (however he may at his discretion issue such a warning).

Try for Point

Article 3. An opportunity to score points after touchdown shall be granted. There shall be one scrimmage play from a point between the in-bounds line. A successful attempt of an extra point will result in one point from 5 yards, 2 points from 10 yards, 3 points from 15. Interceptions returned by the defense will be worth 3 points for the defensive team.

Play After Safety

Article 4. After a safety is scored the ball shall belong to the defending team at its own 20-yard line and that team shall put the ball in play by a snap.

Section 7. Players

Article 1. Seven (7) man; everybody is eligible. A team must field at least six (6) players in order to start or continue a game.

Article 2. All substitutes shall be on the field and in position prior to the snap of the ball. No player may line up closer than 5 yards from the sideline, unless he came out of the huddle, or unless he was on the field during the previous play, didn't leave the field, and his team does not call a huddle. Penalty: 10 yards from L.O.S. and if flagrant, offender shall be disqualified.

Article 3. Rosters are limited to a maximum of 15 players. Roster changes (additions) will be limited to five per season maximum. Any team found using an ineligible player shall forfeit that game. If violations are deemed to be excessive or premeditated a team may be dropped from the league. Rosters become LOCKED for the season after the 4th game of the regular season.

RULE 2 -- PLAYER, COACHES, AND SPECTATOR CONDUCT

Article 1. Whenever, in the judgment of any game officials, the following acts are deliberate or flagrant, the players involved shall be suspended from the game and/or expelled from the league:

- a. Using fists, kicking or kneeling
- b. Using locked hands, elbows or any part of the forearm or hand and forearm shivers are all illegal.
- c. Tackling the ball-carrier as in regulation football
- d. Any other deliberate or flagrant act

Article 2. There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules.

- a. Using any act of unsportsmanlike conduct includes:
 - 1. Abusive or insulting language including taunting.

2. Any acts of unfair play.
3. Managers, coaches or others on the field of play at any time without permission, or their interference of nature with the progress of the game.
4. Players leaving the field of play other than during the intermission at half time
5. A substitute or any other person interfering with a player or any play while the ball is alive.

Article 3. Flagrant and unnecessary roughness penalties shall result in the disqualification of the offender(s).

Article 4. Any player or spectator who uses profanity shall be warned and then required to leave the field after a second occurrence. Failure to do so can result in a forfeit.

Article 5. If a player is ejected from a game he will automatically be suspended from his team's next scheduled game. He may also be required to meet with the league coordinator and show good cause why he should be allowed to continue to play football. If he is asked to meet with the League Coordinator, he must do this before he can participate in another game. The team he plays for is responsible for seeing that he does this. If he should play in a game without appearing before the League Coordinator, than that team shall forfeit any and all games he participated in.

Article 6. Any spectator entering onto the field area to fight a member of an opposing team will cause the spectator's team to forfeit the game.

Article 7. Upon ejection from a game a player may be asked to leave the park. If he does not, this may be declared a forfeit for the opposing team.

Article 8. Team managers/coaches are responsible for the overall conduct of their team and fans, and will see that all players are familiar with all rules and regulations for the CSL Flag Football League. The privilege of entering the league next season and continuing in the present season will be based on the conduct of you, your team, and fans.

Article 9. Any player who is ejected for the second time in a season will be ineligible to participate for the remainder of the season and possibly indefinitely with CSL.

Article 10. If a team refuses to play within two minutes after instructed by the Referee, or if play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules; or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.

RULE 3 -- SCRIMMAGE AND LINE PLAY

Number of Players

Article 1. When the ball is snapped at least four (4) players must be on the offensive line of scrimmage.

Ball Placement

Article 2. The ball shall be put in play at the beginning of the game, beginning of the second half, and after a score by placing the ball on the 20-yard line of the offensive team and play shall begin 1st down and "line-to-gain".

First Downs

Article 3. Four downs shall be allowed in which to advance the football into the next zone (zone lines will be marked every 20 yards). The zone shall be considered reached when the forward part of the football in its position when declared dead on the field of play, touches or is advanced farther than the line marking 0then next zone or in this case the "line-to-gain". The "LINE-TO-GAIN" refers to the next zone line the offense must advance the football to or past, in order to gain a 1st down. If after the (4) four consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

Huddle

Article 4. After the Official marks the ball "ready-for-play", offense will have 25 seconds to put the ball in play or else be penalized 5 yards for delay of game. It is not necessary for a team to huddle before plays. (Audible or predetermined plays may be used without huddling).

Center Snap

Article 5. A center snap is the legal continuous act of passing or handing the ball backward through the legs of the center from its position on the ground. A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly. However, if the quarterback muffs the ball to the ground it is dead.

Motion and Encroachment

Article 6. Before the ball is snapped all players must come to a complete stop and remain stationary in a legal position without movement of feet, body, head or arms, for at least one full second before the snap of the ball.

Article 7. Motion – Only one player may be in motion at the time of the snap and that movement is to be parallel to the line of scrimmage (no forward motion).

Article 8. Off-sides shall be called for encroachment (passing over the plane of the Line of Scrimmage by either the offense or the defense before the ball is snapped). A false movement of the football by the center shall constitute offensive encroachment. Encroachment is a dead ball foul. The play shall be immediately whistled dead before play begins and 5 yards will automatically be marked off against the encroaching team.

If a player on either side LINES UP OFFSIDES, the Supervisor/Line Judge will point down 45 degrees toward that player's team side. If that player does not get back on-sides before the ball is snapped, he will be considered as having encroached at the moment of snap. If an official has not "encroach warned" a team for lining up off-sides, by pointing at them, he should not call encroachment on them at the snap of the ball. They should be warned of lining up off-sides and be given a chance to move back or else not called for encroachment for lining up off-sides. (This rule is designed to speed up the game by helping players line up on-sides thereby eliminating what is, most of the time, non-intentionally, non-advantage gaining penalties).

Stance

Article 9. All players of both the offense and the defense must assume an "upright" or two-point stance.

Article 10. No defensive player may line "head up" with the offensive center for reasons of safety.

Expanded Neutral Zone

Article 11. There will be a one (1) yard neutral zone to separate the offensive and defensive lines of scrimmage. Neither team may break the plane of the neutral zone on their side of ball prior to the snap. Penalty is a DEAD BALL encroachment for offense, offside for defense.

RULE 4 -- BLOCKING AND SCREENING

Blocking

Article 1. In blocking, teammates of the runner or passer may contact opponents with their hands provided the technique is legal. The legal techniques are as follows:

- a. Open hands (use of forearms or shoulder(s) is not allowed). The hand(s) shall be:
 1. In advance of the elbow;
 2. 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; (hands that slip off the chest of a rusher and end up around the throat/neck/head of the rusher shall be deemed an illegal block).
 3. Inside the frame of the opponent's body, except when the opponent turns his back to the blocker during the block or after the blocker has made contact. The frame of the opponent's body is at the shoulders or below other than the back; (If a rusher turns his back to a blocker ie. spins, than he must not push the blocker over or off of the blocker's "spot" on the field, that would be deemed "bull rushing" and an illegal rush.) In spinning the rusher must avoid the blocker.
 4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks, or submarines during the block or after the blocker is committed to his block; and
 5. Open, when the palm(s) are facing the frame of the opponent or when the forearms are extended beyond the 45 degree angle from the body.
 6. Blocker's are to "screen" the oncoming rushers around the "pocket" of the quarterback.

NOTE: The key element in determining if a block or rush is illegal is if either the blocker or rusher was forced off of their "spot" on the field. At no time may either side PUSH or SHOVE or FORCE the other off of their "spot" on the field. They must always "go around".

Downfield Blocking

Article 2. Downfield blocking is NOT permitted. All players must stand still when ever the ball is advanced beyond the LOS. Penalty = 10 yards from spot of foul. On punt and interception return there is no blocking!

Offensive Use of Hands

Article 4. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent. Penalty: 10 yards from spot of foul, loss of down. This is "flag guarding". All "flag guarding" penalties carry loss of down.

Blocking and Interlocked Interference

Article 5. Players of the offensive team may block opponents provided it is neither a forward pass interference, interference with opportunity to catch a kick, nor a personal foul. Teammates of a ball-carrier or passer may interfere for him by blocking (or screening), but there shall be no interlocking interference. This prohibition includes grasping or encircling one another, to any

degree, with the hand or arm. All blocking must be at the neutral zone or on the offensive side of the ball. Penalty: 10 yards from spot of foul.

Screening (Blocking)

Article 6. Screening shall be defined as obstructing the defender's path to the quarterback or ball-carrier. There can be no independent movement of the elbows. The screener may not leave his feet to screen and may not drive into the defender.

- a. The defender may not run over the screener (blocker) – no bull rushing!

Article 7. A defensive player may use his hands to avoid an opponent in an attempt to get at the ball-carrier, and may also use his hands to lead his own body around an opponent who is screening/blocking. The defensive man may not push/pull an offensive man from the spot on the field occupied by that offensive player. (Any arm or hand contact to the head will result in a 15-yard penalty.)

RULE 5 -- RUSHING

Ball-Carrier

Article 1. The responsibility of avoiding contact rests with the ball-carrier. He must show the official he MADE AN EFFORT to avoid contact. A ball-carrier may spin, jump, or dive, but must realize that while spinning, jumping or diving, he is in a "state of non-control" and should contact occur as a result of his uncontrolled momentum, he will be penalized 10 yards. (note if officials determine the act to be intentional and poor sportsmanlike in nature, the player may be ejected at that point for unsportsmanlike conduct). Turning his back in a spinning move on the defensive player is not enough effort by the offensive ball-carrier to avoid contact, and will result in a penalty on the ball-carrier. The "STIFF ARM" is illegal. The ball-carrier shall not protect his flags by blocking with his hand, arm, or head, the opportunity of an opponent to pull or remove his flags: Flag guarding will be marked from P.O.I. with "loss of down".

Helping the Runner

Article 1. The ball-carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate. Penalty: 5 yards from spot of foul.

RULE 6 -- PASSING

Article 1. Any number of passes may be attempted from any point on the playing field behind the line of scrimmage.

- a. All players are eligible and must wear flags.
- b. The passer must be behind the line of scrimmage when a forward pass is thrown.
- c. One foot (the first foot) of a receiver must be in-bounds and a receiver must have control of the ball for a pass to be complete.

Fumbles

Article 2. When a backward pass or fumble hits the ground between the goal lines, it becomes dead and belongs to the team last in possession at the spot where it hits the ground or at the in-bounds line opposite the spot where it left the field of play. Forward offensive fumbles which cross and hit beyond the next line-to-gain will result in ball being marked dead at the point FROM WHICH IT WAS FUMBLED, loss of down if the official deems the act to be intentional. When the ball is fumbled into or out of goal line, but has not broken the plan of the goal in their possession, it will be ruled a Touchback. The opposing team gains possession on their 20-yard line, 1st down, next line to gain.

Illegal Pass

Article 3. An illegal forward pass that occurs will result in a 5 yard penalty and loss of a down if accepted.

A LATERAL will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession.

A PASSER may never be his own intended receiver.

ALL ILLEGAL FORWARD PASSES will be marked from the point of infraction with a loss of down.

Article 4. If the rusher TOUCHES Quarterback's head or arm, or torso in his attempt to block the pass, a penalty will be called. Roughing the passer will be called when the defense, while attempting to de-flag the quarterback or block the pass lets his MOMENTUM charge into the passer. Touching the ball does not justify contact with quarterback. The defense is to play the flags.

Pass Receiving

Article 5. All players of both teams are eligible pass receivers. The lines marking the sidelines and the extreme end of the end zones shall be considered out of bounds. Bumping (not holding) receivers is permitted at the line-of-scrimmage only. After releasing from L-O-S it's hands off the receivers. Any contact beyond the L-O-S is a 10 yard penalty and re-play the down.

Pass Interference

Article 6.

- a. After the pass is in the air, neither the pass receiver or defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If CONTACT occurs AFTER one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other "STRIPS" or ATTEMPTS to "STRIP" the ball from his hands. (STRIPPING occurs in two forms (1) RECEIVER STRIPPING or attempting to rake the ball from the grasp of a receiver after he has caught the ball but before he has brought the ball into a possessive position, in which case, RECEIVER STRIPPING, a form of Pass Interference will be called. (2) RUNNER STRIPPING which occurs when a defender attempts to strip or rake the ball from the grasp of a player who has the ball in a possessive position, in which case, RUNNER STRIPPING, a form of Illegal Deflagging, will be called. (If Offensive player has established possession of the football, the defensive man must go for the flag and NOT the ball).
- b. All OFFENSIVE Pass Interference Plays, whether they occur during the "Regulation", "Overtime", or the "P.A.T." which are ACCEPTED by the defensive captain, shall be marked 10 yards from the L.O.S. or P.O.I., whichever hurts the infracting team the most, with a loss of down and loss of play if in overtime.
- c. DEFENSIVE Pass Interference Plays, which occur on the Playing Field, during the "Regulation Play Period," and "Tie Breaker Period", and are ACCEPTED, shall be marked 10 yards from P.O.I. or L.O.S., whichever hurts the infracting team the most, 1st DOWN will be awarded and the PLAY will be run again if in overtime.
- d. DEFENSIVE Pass Interference which occurs on the Playing Field during "P.A.T. Try Periods" and ACCEPTED: ball will be placed on the 1 yard line -- P.A.T. Try will be run again.
- e. DEFENSIVE Pass Interference which occurs in the End Zone during the "Regulation Play Period" and ACCEPTED: the ball will be placed on the 1 yard line, and 1st down will be awarded.
- f. DEFENSIVE Pass Interference which occurs in the End Zone during the "Tie Breaker Period" or "P.A.T. Try Period" and ACCEPTED: the ball will be placed on the 1 yard line – same play will be run again.

- g. SCREENING a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such.

RULE 7 -- KICKING AND PUNTING

Article 1. When the offensive team wishes to punt (regardless of whether it is fourth down), it is required to inform the defensive team and the officials of its intention to kick while they are still in their huddle. The decision is irreversible.

- a. There shall be no quick kicks. Penalty is illegal procedure and loss-of-down.
- b. When a team punts, both the offensive and defensive teams must have all but one player on the line until the ball is kicked.
- c. There shall be no rushing the kicker.
- d. During the punt, only the kicker may be in motion.
- e. Center must hike the ball on all free kicks.
- f. If the punt hits a member of the punting team which has not crossed the L.O.S. it is dead at that spot and the receiving team's ball.
- g. The punter has 10 seconds to punt, after the snap. 5-yard delay of game.
- h. Defense may jump and block a low punt at the L-O-S.

Opportunity to Catch a Kick

Article 2. A player of the receiving team who is so located that he could catch a scrimmage kick which is beyond the neutral zone must be given an unencumbered opportunity to field such a kick. Penalty: Receiving team's ball, first down, 10 yards beyond spot of foul.

Fair Catch

Article 3. Receivers of a punt must signal by extending one arm overhead and waving.

Fielding a Punt

Article 4. When a punt touches a player on the receiving team who is in bounds, and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies even if the punt hits the ground before first touching the receiving team's player. The punt receiving team may field a punt in the air, off of a bounce or directly off of the ground, if fielded cleanly. If a punt is left unattended, it becomes dead where it rolls still.

Punts Falling in the End Zone

Article 5. If muffed by the receiving team before possession, and it hits in or out of the end zone, the ball will come out to the 20-yard line, 1st down, next "line-to-gain" for the receiving team. If the ball is touched in the air or on the ground by the punting team, the ball will come out to the 20, 1st down, line-to-gain. If a punt receiver who gains possession of a punted ball in the end zone, is deflagged in the end zone, whether he was attempting to run it out or not, the ball will be brought out to the 20 yd. line, 1st down, and next "line-to-gain." If a defensive penalty occurs after the offense declares they will punt, the offense may reconsider, due to the change in field position.

RULE 8 -- DEFLAGGING & TACKLING

Article 1. A defensive player may leave his feet to pull the offensive player's flag but may not make contact while doing so. When a defensive player pulls the ball-carrier's flag, he must stop and hold it above his head. TACKLING is prohibited. Tackling is grasping or encircling the body of the ball-carrier with a hand or arm, thus impeding his progress. Penalty 10 yd. The offender will be disqualified if the act was flagrant enough to cause injury, whether injury occurred or not. Grabbing the ball-carrier's clothing, to the point of impeding his progress shall be penalized 10 yds. If the flag inadvertently falls from the offensive player in possession of the ball, then one hand touch anywhere "downs" the player.

Premature De-flagging

Article 2. PREMATURELY pulling or removing an opponent's flag with the obvious intent of making the offensive player ineligible to become a ball-carrier: 10 yd. penalty.

Article 3. RUNNER STRIPPING is a form of Illegal Deflagging. If Quarterback's arm was in forward motion when his flag was pulled, the pass is allowable. The ball-carrier shall not protect his flags by blocking with his hand, arm, or head the opportunity of an opponent to pull or remove his flags. That receiver will be considered dead at the point he was deflagged. If the passer is legally deflagged as he is passing the football, and later in that play receives the ball back, he shall be "downed" by one hand touch anywhere.

- a. Tackling or pushing a ball-carrier who is running near a sideline for the purpose of knocking him out-of-bounds. PENALTY: 10 yards. Ball-carrier's progress can be stopped only by de-flagging. Note if pushed out of bounds inside the 10 yard line, a touchdown will be awarded.

Inadvertent Whistle

Article 4. If an official whistles the play dead prematurely the offense shall have the choice of (a) accepting the ball where it was prematurely whistled dead with loss of down, or (b) running the play over, same down, and distance to gain. Pretending to pull an opponent's flag (raising empty hand intentionally) resulting in official's "quick-whistle", defense will be penalized 5 yards on top of offense's choice from "quick whistle" (above). Offensive Penalties have priority over quick whistle if they were committed before the quick whistle.

Flags

Article 5. The flags are to be attached to, but not tied, to either the belt or the pants. Each flag will extend or hang a minimum of 12 inches from the waist. Flags and Belts will be provided by CSL to insure their uniform size and condition. Illegal alteration, securing or substitution of flags or belts will result in player's removal from game. Any player with less than two (2) flags in the proper position at the snap, shall be ruled de-flagged immediately at the point where he shall gain possession of the football. No rolling flags under belt. If belts inadvertently fall off during the play-- a player will be downed by one hand touch anywhere.

RULE 9 -- PENALTIES

Article 1. All Penalties shall be marked 5, 10 or 15 yds.

- a. LOS/POI - Designates that these penalties may be marked from Line of Scrimmage or the Point of Infraction, whichever hurts the infracting team the most.

Article 2. OFFSETTING PENALTIES - If offsetting fouls occur during a down, or while the ball is ready-for-play for such down, the next down shall be the same as it would have been had no fouls occurred. EXCEPTION: If there is a change of team possession during a down or at the end of a down, the team last gaining possession may decline the offsetting foul and retain possession after accepting the penalty for its own infraction providing that infraction did not occur before the change of possession. (If each team fouls during a down in which there is a chance of team possession, the team last gaining possession may retain the ball, providing its foul was not prior to the final change of possession and it declined the penalty of its opponent's foul). If offsetting fouls occur before a change of possession, play shall be run over.

5 Yard Penalties

Improper equipment Delay of game Illegal substitution Encroachment Helping the runner Invalid or illegal fair catch signal False start or any illegal act by snapper Less than enough (5) offensive players on line Illegal formation/procedure/Illegal motion/shift
Illegal handing ball forward (Also loss of down) Illegal forward pass (Also loss of down)
Intentional grounding (Also loss of down)

10 YARD PENALTIES OR SPOT OF FOUL

Face guarding (pass interference)
Illegal blocking technique (blocker's leading the play)
Illegal use of hands -Interlocked interference
Holding
Stiff arming
Punt return & interception blocking
Premature de-flagging
Fair catch interference
illegal block after fair catch signal
Downfield Blocking –from spot of foul
Forward pass interference by offense (Also loss of down)
Illegal block below the waist
Offensive charging (the ball-carrier)
Clipping - Chop block
Tripping
Unnecessary roughness (personal fouls)
Roughing the passer mm(automatic first down)
unsportsmanlike conduct
Illegal participation (sleepers and hide outs)
Non-player illegally on field
Stripping receiver or ball-carrier
Illegal contact by defense-bump beyond
L-O-S
Tackling or pushing ball-carrier out -of-bounds - if inside 10-yard line a touchdown will be awarded.
Defensive pass interference

DISQUALIFICATION ASSOCIATED WITH CERTAIN 15-YARD PENALTIES

Any act if unduly rough or flagrant
Any repeated unsportsmanlike act
Butting and forearm shivers

OFFICIAL "CATCH-ALL" CLAUSE: The game officials have final determination on rule interpretations so as to insure an enjoyable experience for players and staff.