

Penalties

All penalties will be called by the referee.

Un-sportsmanlike conduct WILL NOT be tolerated. The referee will assess any penalties that arise from this situation. It is 10 Yards for the first penalty and **EJECTION** for the next. This penalty is for ANYONE (players, coaches and parents). Coaches are expected to keep their sideline under control.

Defense

Offsides: (Lined up beyond the line of scrimmage when the ball is snapped.)

Illegal Flag Pull (Before receiver has ball)

Illegal Contact (Jersey Holding, Blocking)

Illegal Rush: (Crossing the line of scrimmage before ball is handed off)

If a player crosses the line of scrimmage and: makes an attempt to come back, does not affect the play, and does not pursue, this will not be called a penalty.

Five yard penalty from the line of scrimmage and **Automatic First Down**

Roughing the passer

Ten yard penalty from the line of scrimmage and **Automatic First Down**

Pass Interference

Spot foul **Automatic First Down**

Tackling, Tripping, Stripping

Illegal Pushing(If it is incidental, ie. going for flags, there is no penalty). **Referee's Discretion**

Ten yard penalty from the spot of the foul **Automatic First Down**

Offense

Offside: Lined up beyond the line of scrimmage when the ball is snapped.

Illegal motion (more than one person moving, false start, etc.)

Delay of game (Dead Ball Foul **Blow whistle**)

Illegal Hold

Illegal forward pass (Pass thrown after crossing line of scrimmage)

Offensive pass interference (Pushing off defender or pulling defender to stop interception.)

Illegal run by QB

Five yard penalty from the line of scrimmage, **loss of down**

7 seconds violation blow whistle, dead play

Set ball at line of scrimmage **loss of down.** Treat as an incomplete pass.

Flag Guarding **TEN yard** penalty from spot of foul and **loss of down**

Offensive Charging **TEN yard** penalty from spot of foul and **loss of down**

Illegal Blocking/Escorting **FIVE yard** penalty from spot of foul and **loss of down**

Referees determine incidental contact that may result from normal run of play.

Flags being pulled automatically ends the play regardless of related penalties, otherwise the play continues.

Referee's will make judgment calls and their calls are final.

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