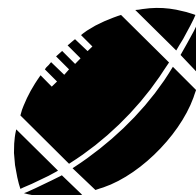




## NEWTOWN RECREATION FLAG FOOTBALL RULES



### **6 YR. ODL LEAGUE**

### **7/8 YR. OLD LEAGUE**

### **9/10 YR. OLD LEAGUE**

### **11/12 YR. OLD LEAGUE**

### **13/14YR. OLD LEAGUE**

### **15-17YR. OLD LEAGUE**

***NOTE: This is a summary of the basic flag football rules. For more detailed rules and explanations, please refer to the complete flag football rules for more information.***

#### **THE GAME**

- 8 vs. 8 (The number of players on the field may be altered to accommodate teams with small rosters). 7 vs. 7 for 6yr. olds, 13/14yr. olds and 15-17yr. olds.
- Games in all age divisions shall consist of four, ten-minute quarters. Running clock except touchdowns, safeties, charged time-outs, official's time-outs and for the last two minutes of the fourth quarter, the clock will stop in accordance to high school rules.
- 6yr, 7yr. and 8 yr. division shall use a Pee Wee-sized football.
- 9/10, & 11/12 division shall use a Junior-sized football.
- 13/14yr. division will use Youth sized football.
- 15-17yr. old division will use an Official sized football.
- Each team is allowed three timeouts per half.
- Teams shall occupy opposite sidelines.

#### **PARTICIPATION REQUIREMENTS**

All players who are present for a game must have a starting position of offense or defense. Starting position means that they will play a maximum amount of time at that position. A position only on the kick-off, punting, and/or kick receiving team is not considered a starting position. Also, a "messenger" who alternates plays only on offense or defense is not considered to have a starting position. A player must alternate on both offense and defense to be considered to have a starting position.

#### **SPECIAL RULES**

- All players are required to wear a protective mouthpiece.
- Players should not where shorts/pants that match their flags- should be clearly distinguished. Shorts/pants should not have pockets or drawstrings that cannot be tucked. All players shall tuck their shirts inside their shorts while playing.
- **If a ball carrier's flags fall off without being pulled by the defense, the officials shall announce "one hand touch". The defense will need to touch the ball carrier with one hand in order to "tackle" the ball carrier. If the ball carrier pitches or passes the ball to an offensive player that has flags on, the defense must pull that player's flags in order to "tackle" the player.**
- First downs are gained by advancing the ball past the nearest first down line.
- All players on offense are eligible receivers/ball carriers.
- At the snap, there must be at least five players on the line of scrimmage (8 players) or four players on the line of scrimmage (7 players). There is no maximum to the number of players on the line of scrimmage.
- At the snap, all defensive players must line up at least 2 yards behind the defensive line of scrimmage. *NOTE: All defensive players are ALLOWED to blitz.*
- Snapper must put ball into play by passing the ball through his legs or off to his side. The ball must be snapped from the ground in a smooth continuous motion.
- **There are NO CENTER SNEAKS!**
- Spinning is allowed. However, players cannot dive for a first down or a touchdown. Players make juke and jump to avoid being deflagged.

## NEWTOWN RECREATION FLAG FOOTBALL RULES

- There are no fumbles. Any time the ball touches the ground after the snapper first moves the ball during a snap, the ball is declared dead at the spot where it touches the ground. Exception: A ball that has been legally kicked.
- Defensive players are not allowed to grab or strip the ball from the ball carrier.
- All free kicks (kick-offs, free kicks after a safety) shall be taken from the 20-yard line.
  - **There are NO Kick-offs in the 6 yr old league. Ball will be spotted at the 20-yd line.**
- There will be no on-side kicks. Once the kicking team touches the ball, the play will be whistled dead.
- All punts must be announced. Fake punts are not allowed. The punt receiving team must have 4 or more players within four yards of the defensive line of scrimmage at the snap. There are no punts in the 6yr, 7yr, and 8yr. old age group- ball is moved 2 lines from line of scrimmage.
- **The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.**
- Games can end in a tie. No overtime will be played.

### COACHES & AUTHORIZED CONFERENCES

- 6-8 yr. League – Two Coaches per team may be on the field to direct offense and defense. Coaches should not be calling the cadence for the quarterback in the 7/8 league.
- 9/10 yr. League – One Coach per team may be on the field to direct offense and defense.
- 11/12 yr. and 13/14 yr. League - For the first two games of the season, one coach for each team shall be allowed to be on the field to direct his offense and defense. This coach on the field shall not be allowed to interfere with play. For the remaining games, no coaches will be allowed on the field while the clock is running.
- 15-17yr. old League- No coach on the field.
- For the remainder of the games, one coach may enter the field at his team's huddle during a dead-ball timeout.
- During a dead ball that is not a charged time-out, ONE offensive player may come to the sideline to confer with the coach or coaches. This player must be with 12 yards of the ball when it is snapped.
- Coaches may provide visual aids for their players.



## NEWTOWN RECREATION Youth Flag Football Rules

### I. INTRODUCTION AND GENERAL RULES

- Any phase of the program or game not covered herein will be governed by the football rules of the National Federation of State High School Associations. These rules are referred to below as the “High School Rules.”
- Team Organization
  - a. Once a team is established, each player assigned to that team will remain on that team. No player may switch teams under any circumstances except when approved by the Recreation Supervisor.
  - b. Coach Assignment Policy: The head coach will be assigned to the team on which the coach’s child or children have been placed.
- Substitutions and Participation
  - a. All eligible team members who are present for a game must have a starting position on offense or defense. Starting position means that they will play a maximum amount of time at that position. A position only on the kick-off, punting, and/or kick receiving team is not considered a starting position. Also, a “messenger” who alternates plays only on offense or defense is not considered to have a starting position. A player must alternate on both offense and defense to be considered to have a starting position.
- Penalties
  - a. All 15-yard penalties in the High School Rules will be 9 yards in this program. All 10-yard penalties will be 6 yards; all 5-yard penalties will be 3 yards.
  - b. Either the coaches or the team captain will decide whether to accept or decline a penalty.
  - c. If a team calls time-out to discuss a penalty with the officials and it is discovered that an official misapplied or misinterpreted a rule or mis-measured a penalty distance, the time-out will not be charged against the team. (See Rule I-6 and High School Rule 3-5-11)
- Tie Games
  - a. Games can end in a tie. No overtime will be played.

### II. DEFINITIONS

1. Fumble - any loss of player possession other than by kicking, passing, or handing the ball.
2. Running Through a Deflagger - running into, hurdling over, and running over a defensive player.
3. Blocking - All players are limited to the blocking techniques listed below and in Rule VIII.
  - a. *Brush Block* - a block thrown from a standing position using the chest area with no shoulder contact.
  - b. *Open Hand Block* – an open hand block is a block using the hands to ward off or push an opponent. The hands must be open and in advance of the elbows and the fingers extended. See High School Rule 2-3-2b
4. Scoring
  - a. Touchdown - 6 points
  - b. Safety - 2 points. (See rule VII-6)
  - c. Extra points - One point is scored for running or passing the ball from the 2 yard line. Two points are scored for running or passing the ball from the 8-yard line.
5. Deflagging - the act by which a defensive player removes a flag from the belt of an offensive player. Deflagging is the only method that may be used to intentionally stop a runner’s progress.
6. Tackling - the use of hands, arms, or body by a defensive player in an attempt to hold a runner or throw a runner to the ground. Tackling is not allowed in flag football.
7. Roughing the Passer - any contact with the passer other than in an attempt to deflag him. Blocking the pass does not allow the defender to contact the passer.
8. Line to Gain - in this league, the line to gain for a first down is the marked yard line in advance of the point of the ball when it is placed for first down unless there is a penalty. The ball is on a yard line if the ball breaks the plane of the yard line when it is declared dead at the end of a play. In 13/14yr. old and 15-17yr. old leagues the team must make 2 lines for a first down.

### III. THE FIELD

1. The playing field (not including endzones) shall be approximately 60-70 yards.
2. The distance between the first down lines shall be approximately 10-12 yards. First downs are gained by advancing the ball past the nearest first down line.

#### IV. EQUIPMENT

1. In the 6yr, 7/8 yr. League, an official Pee Wee sized ball will be used. In the 9/10 yr. & 11/12 yr. League, a Junior sized ball will be used. For the 13/14 yr. League a Youth sized football will be used. For 15-17yr. olds an Intermediate sized football will be used. Newtown Recreation will provide game balls at the playing field.
2. The officials will provide a kicking tee at the field.
3. Player Equipment
  - a. No hard head protector or facemasks will be worn.
  - b. Knee and elbow pads may be worn.
  - c. A player wearing a cast of any kind may not play. A cast is not allowed even if it is padded.
  - d. Shoes will be tennis shoes, sneakers, soccer shoes, or any shoe with short, dull rubber cleats. All metal, plastic, or long rubber spikes or cleats are prohibited.
  - e. No object or clothing may be worn which could confuse opposing players or cause injury to either the wearer or another player. This includes jewelry, large metal buckles, steel caps or plates on shoes, watch bands, equipment used in tackle football, and clothing that because of color or design hinders or confuses the deflagger. This also includes pants which are the same color as the flags or which have a stripe or stripes which are the same color as the flags. Player's shall not wear shorts that are red or yellow. Shorts shall not have stripes, pockets, or drawstrings that cannot be tucked.
  - f. Mouthpieces:
    - 1) Newtown Recreation requires that all players wear a protective mouthpiece. Mouthpieces can be purchased at any sporting goods store.
    - 2) The mouthpiece must not be attached to the player in any way such as by a string around the player's neck.
4. Flags
  - a. Flags must be worn on the hips. When a player's flags are unreasonably out of position, it is the responsibility of the officials and the player's coach to correct the position as soon as a dead ball period occurs. The ball should not be put in play until the flags are positioned properly.
  - b. The free end of the belt must be tucked inside the player's pants or concealed so that it cannot be gripped as a flag.
  - c. Official Newtown Recreation belts and flags will be provided for each game.
  - d. Any modification of the flags or their attachment to the belt is illegal and considered to be an unfair act. See High School Rule 9 for penalty.
5. Jerseys
  - a. Team shirts must be tucked into trousers.
  - b. If opposing teams' jerseys are similar enough to cause confusion in play or officiating, one team will wear scrimmage vests of a contrasting color. The referee will decide if the vests are to be worn, and a coin toss will determine which team will wear them. The field supervisor will provide the vests.
  - c. Team jerseys need not be numbered in accordance with the High School Rules.

#### V. OFFICIALS' DUTIES

1. In most games, there will be three officials on each field: one referee, one umpire, and one linesman. The referee will be in charge of the field on which he is working. The remaining two officials will be subordinate to him.
  - a. The referee will deliver all warnings, make all ejections of players and coaches, and confer with the field supervisor on problems and decisions. If another official believes it is necessary to warn or eject a coach or player, he will confer with the referee who will make the decision.
  - b. The linesman will be responsible for control of the spot of the ball during the game.

#### VI. TIME FACTORS

1. Games in all divisions shall consist of four, ten-minute quarters.
2. Stopping the Clock
  - a. Except for the last two minutes of the fourth quarter, the clock will stop only after touchdowns and safeties, for charged time-outs, and for official time-outs due to the following reasons:
    - 1) A player who seems sick or injured.
    - 2) A player in need of equipment repair.
    - 3) A player who, during a dead ball period, loses his flags or has any problem with them.
    - 4) Drying the ball.

- 5) At the discretion of the referee when there is any unusual delay in getting the ball ready for play. In addition, the referee may stop the clock when a team attempts to consume time by committing intentional fouls or any other act.
- 6) For water breaks during games in hot weather / high humidity.
- b. The first, second, and third periods will be extended by an un-timed down if time expires during the administration of a penalty. Other circumstances for extending a period are given in High School Rule 3-3-3.
- c. A charged time-out may be used to stop the clock during the administration of a penalty.
- d. During the last two minutes of the fourth period, the clock will be stopped for all penalties, time-outs, first downs, injuries, incomplete passes, etc. as outlined in the High School Rules.
3. Starting the Clock The clock will start as described in High School Rule 3-4 except for a delayed punt penalty (Rule XI-2B and c), Penalty).
4. Each team is allowed three timeouts per half.
5. The timer will instruct coaches when five minutes and one minute remain in each half.

## VII. BALL DEAD, BALL IN PLAY

1. Any official of the game may declare the ball dead by signal or whistle.
2. The ball will be placed midway between the sidelines for each snap and free kick. After a dead ball, the ball will next be put in play at a spot in line with the spot where the ball was declared dead unless moved to another spot midway between the sidelines by an incomplete pass, penalty, etc.
3. A live ball becomes dead as a result of the following acts:
  - a. When the ball goes out of bounds in flight and strikes the ground, a player who is out of bounds, or an obstruction which is out of bounds.
  - b. When any part of the ball carrier, other than his hands or feet, touches the ground.
  - c. When one or two flags are removed from the ball carrier's belt or the ball carrier loses a flag.
  - d. When a forward pass touches the ground or is caught simultaneously by opponents.
  - e. When a player without one or both flags obtains possession of the ball. The ball is declared dead at the spot where possession was obtained.
  - f. Any time the ball touches the ground after the snapper first moves the ball during the snap. The ball is declared dead at the spot where it touched the ground.
  - g. Whenever a member of the kicking team recovers or catches a kickoff or a punt.

### EXCEPTIONS:

- 1) If a ball carrier fumbles the ball forward so that it first touches the ground in his opponent's end zone, the ball will be declared dead at the point where the runner lost possession. If the ball was fumbled forward intentionally, there may be a foul for an illegal forward pass.
4. After the ball has been legally kicked during a kickoff, free kick, or punt, the ball becomes dead when it touches the ground only after first having been touched by a player.
5. Touchback/Safety. The team whose goal line is involved shall put the ball in play anywhere between the inbounds lines on its own 10-yard line by a snap after a touchback and by a free kick after a safety.

## VIII. BLOCKING

1. Only brush blocks and open hand blocks may be used by all players.
2. All brush and open hand blocks must meet the following requirements:
  - a. The blocker must never strike a blow with any part of his body and must never throw an elbow or forearm.
  - b. At no time may the blocker make contact with the ground except with his feet. He must remain on his feet at all times while blocking.
  - c. The blocker must not initiate contact with an opponent above the opponent's shoulders.
  - d. A blocker must not grasp, pull, or hold an opponent in any way.  
PENALTY: Articles a, b, and c - Personal foul - 9 yards. If the infraction was flagrant, the offending player will be warned. If the same player commits another flagrant foul under Articles a, b, or c, that player will be ejected from the game. Article d - Holding - 6 yards.
3. Brush Blocking
  - a. The brush block is thrown from a standing position using the chest area. Contact is made by the chest area and not by the shoulder.
  - b. During a brush block, the elbows must be kept against the body and NOT extended. The hands must be kept on the jersey.
  - c. A brush block may be used anywhere on the field by any player.
4. Open Hand Blocking

- a. An open hand block is a block using the hands to ward off or push an opposing player. The hands must be open and in advance of the elbows and the fingers extended.
- b. An open hand block may be used anywhere on the field by any player.  
PENALTY: Sections 3 and 4 - Illegal use of hands or arms - 6 yards.

## IX. DEFLAGGING

1. The deflagger must take the flag from the ball carrier by playing the flag and not the ball carrier.
  - a. A defender must not tackle or hold the ball carrier until the flag can be removed or place his arms around the ball carrier.
  - b. A defender cannot run through the ball carrier or use unnecessary roughness in removing or attempting to remove flags.
  - c. A defender must not block or push a ball carrier out of bounds to stop the runner's progress.
  - d. Deflagging by diving for the flags is allowed if the deflagger does not make excessive contact with the ball carrier.  
PENALTY: Any infraction of Section 1 - Personal foul - 9 yards.  
NOTE: If there is only one defender between the ball carrier and the goal line and that defender commits a foul as outlined in Section 1, the ball will be placed on the defense's one-yard line, and it will be a first down.
2. Deflagging the passer. Defenders may not contact the passer except in an attempt to deflag him. Contact other than in an attempt to deflag is roughing the passer. A defender may attempt to block a pass but may not contact the passer in any way either before, during, or after the block or attempted block.  
PENALTY: Section 2- Roughing the passer - 9 yards and first down.
3. The deflagger shall hold the flag high over his head until the ball carrier takes it back.  
PENALTY: Section 3 - Delay of game - 3 yards.
4. A player may not deflag an opponent unless that opponent is in possession of the ball or faking as though in possession or has just released or lost possession of the ball.  
PENALTY: Section 4 - 9 yards. Also a first down if the penalty is on the defense.
5. If a ball carrier's flags fall off without being pulled by the defense (official's judgment), the officials shall announce "one hand touch". The defense will need to touch the ball carrier with one hand in order to "tackle" the ball carrier. If the ball carrier pitches or passes the ball to an offensive player that has flags on, the defense must pull that player's flags in order to "tackle" the player.

## X. THE BALL CARRIER

1. Guarding the flags or otherwise hindering the deflagger:
  - a. The ball carrier may not use his hands or arms in any way either to ward off the defender or to hinder the defender from reaching for the flag.  
PENALTY: Article a.
    - Intentionally guarding the flags or hindering the defender - 9 yards from the spot of the foul and replay the down.
  - b. A ball carrier must not have a belt end hanging loose so that it can be gripped as a flag.
  - c. A player must not have his jersey hanging out so that it is gripped by a defender reaching for the flag.
  - d. A player must not wear the flags unreasonably out of position. The flags must be worn on or reasonably near the hips.  
PENALTY: Articles b, c, and d - The foul occurs when the belt end or shirt is actually gripped by the defender or a defender fails in an attempt to remove a flag which is out of position. The ball will be placed at the spot of the foul. The down will count as if the flag was pulled at the spot of the foul.
2. The runner may spin off a defender attempting to deflag him, but may not spin at any other time.  
PENALTY: Section 2 - 3 yards.
3. The ball carrier may NOT hurdle or jump over a pile to score a touchdown or gain a first down. Players are allowed to leave their feet to avoid being de-flagged (juking/jump stopping).  
PENALTY: Section 2 - 3 yards.
4. An open field ball carrier must attempt to avoid a defender. The ball carrier must not run over or through a defender.  
PENALTY: Section 3 - Personal foul - 9 yards.

## XI. KICKING THE BALL

NOTE: THERE ARE SPECIAL REQUIREMENTS FOR KICK RECEIVING TEAMS COVERED IN RULE XIII.

1. Free Kicks (kickoffs and kicks following safeties and fair catches.)
  - a. For this program, the free kick lines are 20 yards apart.
  - b. If a free kick crosses the receiver's free kick line and is last touched by a kicking team member before becoming dead, the ball is considered dead and the receiving team will begin their offensive series. This does not apply if at the time of

the touch the player is out of bounds or, if in the air, lands out of bounds. In both instances, the ball is considered to be out of bounds.

- c. Following a free kick, it is the official's duty to see that the tee is removed.
- d. A free kick shall not be kicked out of bounds between the goal lines untouched inbounds by R. If it is, R has the following choices:
  - Accept a 3-yard penalty from the previous spot and have K rekick.
  - Accept the penalty by putting the ball in play at the inbounds spot 10 yards beyond the previous spot.
  - Decline the penalty and put the ball in play at the inbounds spot.
- e. **In the 6 year old league, there are NO Kickoffs. The ball will be spotted at the 20 yard line.**

## 2. Punts

- a. The only scrimmage kick allowed in this program is a punt.
- b. All punts must be announced to the officials. The officials must inform the defensive team. Fake kicks are not allowed.
- c. At the snap, the kicker must stand no less than five yards behind the snapper. The kicker must receive the snap and kick in a continuous motion. The kicker is allowed a reasonable number of steps before kicking (usually no more than 4) but may not delay the kick in any other way.

PENALTY: Articles b and c

- Not announcing a punt or using a fake punt - 9 yards from the previous spot (spot of the snap).
  - Intentionally delaying the kick after the snap - 9 yards from the previous spot. If the kicker delays kicking the ball, the referee will immediately blow the ball dead when the delay takes place. The referee may also stop the clock if the delay is an attempt to consume time (Rule VI-2-a). If the clock is stopped by delaying-the-punt penalty, the clock will not start until the ball is kicked.
  - Kicker not five yards behind the snapper at the snap - Illegal procedure - 3 yards.
- d. Except for the two players on the end of the kicking team's scrimmage line, no player may enter the neutral zone until the ball is kicked. This means that only the two ends from the kicking team may go down under the punt, and the receivers may not rush the punter. PENALTY: Illegal Procedure – 3 yards

- e. **In the 6, 7/8 year old league, there are NO PUNTS.**

**Punts - On fourth down, if the offense chooses to punt, the ball will automatically be moved two lines from the current line of scrimmage and possession will change.**

**For instance, if you are backed up on your own 5 yard line, on fourth down, you can elect to "punt" and the ball will be placed on your own 20-yard line (which is two lines away from the line of scrimmage)**

## XII. CONDUCT OF PLAYERS, COACHES, AND OTHERS

### 1. Players

- a. Any rough tactics such as attempting to run over or batter down an opponent will be penalized as unnecessary roughness.  
NOTE: Flag football is a game of skill both offensively and defensively. It is not a game where rough tactics are to be used. Plays and tactics should be designed to employ speed and deception rather than violent conduct.
- b. No defensive or offensive player may initiate direct contact to the head of an opponent.  
PENALTY: Articles a and b - Personal foul - 9 yards.
- c. Team members must stay between the 10 and 20 yard lines on their end of the field except for substitutions or playing in the game.
- d. After the ball is marked ready and before the snap, each offensive player must momentarily be within 12 yards of the spot where the ball is to be snapped.  
PENALTY: Articles c and d - Illegal procedure - 3 yards.
- e. One player may accompany a coach who is following the team up and down the sidelines.

### 2. Coaches

- a. A team is limited to four coaches or adult supervisors during a game.
- b. One coach and only one player may follow the team up and down the sidelines during a game. Other coaches must stay in the team area. (See Rule XII-1-c, above). **EXCEPTION: For the first two games, one coach for each team may be on the field with his team during play. This coach may use drawn or visual aids such as a clipboard or a small chalkboard.**
- c. Authorized Conferences:
  - 1) There are three types of authorized conferences permitted during charged time-outs, during the intermission between halves, and following an extra point try or safety, and prior to the succeeding free kick.
    - a) One coach and one or more players on the field anywhere along the sideline and within 5 yards of the sideline.
    - b) One or more coaches and one or more players on the field directly in front of the team area within 5 yards of the sideline.

- c) One coach may enter the field at his team's huddle, which will be on his team's side of the neutral zone within 12 yards of where the ball is spotted and midway between the sidelines.
- 2) During a dead ball which is not a charged time-out and which is not between halves or after an extra point try or safety, ONE offensive player may come to the sideline to confer with the coach or coaches. This player must be within 12 yards of the ball when the ball is next snapped. The referee will NOT delay marking the ball ready for play or delay the 25 second count in any way for this conference.

PENALTY: Conferring player not within 12 yards of the ball at the snap - illegal formation - 3 yards.

e. Visual Aids:

- 1) Coaches may provide drawn and/or written visual aids for their players. These visual aids may be carried on or off the field by substitutes or kept by one or more players on the field during play. The players may show the visual aids to each other. The size of the visual aids is limited to 3 by 5 inches.
- 2) Any delay of the game caused by the visual aids will be penalized.

**XIII.**

**SPECIAL RULES**

1. OFFENSE

- All players on offense are eligible receivers/ball carriers.
- At the snap, there must be at least five players on the line of scrimmage. In the 6yr. old league, 13/14yr. old and the 15-17yr. old league (where we play 7 vs. 7) 4 players must be on the line of scrimmage to start a play.
- Prior to the snap, all players must be set for at least one second before the ball is snapped, or before a player goes in motion. This is the same as High School Rule 7-5-7.

PENALTY: Article b – Illegal Procedure – 3 yards. Article c – Illegal Shift / Illegal Motion – 3 yards

• DEFENSE

- a. At the snap, all defensive players must line up at least two yards behind the defensive line of scrimmage. This line will be marked by the lines judge.
- b. There will not be a specified number of players that must be on the defensive line of scrimmage.  
NOTE: This means that all defensive players are ALLOWED to blitz.
- c. Defensive players are not allowed to grab or strip the ball from the ball carrier.

• PUNT RECEIVING TEAM

- a. The punt receiving team must have 4 or more players within four yards of the defensive line of scrimmage at the snap.  
PENALTY: Articles a - Illegal procedure - 3 yards.

• NUMBER OF PLAYERS NECESSARY TO START AND/OR CONTINUE A GAME

- There must be 6 or more eligible team members present to start a game.
  - When a team has less than 8 players, they are required to have at least 4 players on the offensive line of scrimmage at the snap.

**SUMMARY OF PENALTIES**

**3 yard penalties**

- Delay of Game
- False Start
- Hurdling by Ball Carrier
- Illegal Procedure
- Illegal Meeting
- Illegal Formation
- Illegal Shift / Illegal Motion
- Intentional Grounding (loss of down)
- Illegal Forward Pass (loss of down)

**6 yard penalties**

- Holding
- Illegal use of hands/arms
- Offensive Pass Interference (loss of down)
- Clipping
- Tripping
- Illegal Participation
- Defensive Pass Interference (automatic 1<sup>st</sup> down)

**9 yard penalties**

- Tackling Runner (automatic 1<sup>st</sup> down)
- Holding runner to remove flags (automatic first down)

- Flag Guarding (spot of foul)
- Unsportsmanlike Conduct
- Unnecessary Roughness
- Personal Foul
- Roughing the Passer (automatic 1<sup>st</sup> down)
- Intentionally deflagging a player without the ball (automatic 1<sup>st</sup> down if on defense)
- Running through a defender.
- Not announcing a fake punt or delaying the kick after the snap