| OFFENSIVE INFRACTION | DESCRIPTION | PENALTY |
|--------------------------------|---|---|
| Offsides/ Illegal substitution | Offensive player crosses the line of scrimmage before the center snaps the ball. Too many players or illegal substitution | 5 yards from line of scrimmage and loss of down |
| Delay of game | The offense does not snap the ball within the 30-second play clock. | 5 yards from line of scrimmage and loss of down |
| False start | A player movement simulating a snap after he or she has gotten into a set position. | 5 yards from line of scrimmage and loss of down |
| Illegal Motion/procedure | More than one person on a team is moving at the same time or toward the line of scrimmage at the time of the snap. | 5 yards from line of scrimmage and loss of down |
| Impeding the rusher | Interference by an offensive player or players to impede the progress of the rusher's path to the passer. The path is set pre snap. | 5 yards from line of scrimmage and loss of down |
| Flag guarding | An offensive player uses hands, arms, shoulder or another action to intentionally obstruct a defender's access to the flag. | 5 yards from the spot of the foul and loss of down |
| Screening or blocking | An offensive player running with or near the ball-carrier to impede a defender or defenders. | 5 yards from the spot of the foul and loss of down |
| Charging | A ball-carrier charges into a defender who has established position on the field of play | 5 yards from the spot of the foul and loss of down |
| Unnecessary roughness | Any conduct or safety related infraction. If flagrant, officials can determine to eject that player from the game. | 10 yards from the spot of the foul and loss of down |
| Unsportsmanlike conduct | Players or coaches from a team engage in an unsportsmanlike manner. This includes taunting. | 10 yards from the dead ball spot and loss of down |
| Illegal running | An offense uses a running play when starting inside the No Running Zone. | 5 yards from line of scrimmage and loss of down |
| Illegal forward pass | Pass completed behind the LOS, any part of QB's body crosses LOS, Ball to ground behind LOS unless touched by defender | 5 yards from line of scrimmage and loss of down |

| Offensive pass interference | An offensive player interferes with a defensive player's opportunity to cover, move toward or catch a legal forward pass beyond the neutral zone. | 5 yards from line of scrimmage and loss of down | |
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| DEFENSIVE INFRACTION | DESCRIPTION | PENALTY |
|-----------------------------|---|---|
| Offsides | Defensive player crosses the line of scrimmage before the center snaps the ball. Too many players or illegal substitution | 5 yards from line of scrimmage and automatic first down |
| Roughing the passer | Contact with the quarterback by a defensive player not initiated by the QB or deemed incidental by the official. | 5 yards from line of scrimmage and automatic first down |
| Illegal rush | Defensive player(s) who rush inside the 7-yard marker and cross the LOS before a legal handoff | 5 yards from line of scrimmage and automatic first down |
| Defensive pass interference | Interference with an eligible offensive player 's opportunity to move toward the ball or catch a legal forward pass thrown beyond the neutral zone. | Spot of the foul and automatic first down |
| Illegal flag pulling | A ball-carrier's flag pulled by a defensive player before he or she has possession of the ball. | 5 yards from line of scrimmage and automatic first down |
| Holding | Any act by the defense to hold, grab or pull to impede the progress of the ball-carrier | 10 yards from the spot of the foul and automatic first down |
| Unnecessary roughness | Any conduct or safety-related infraction. If flagrant, officials can determine to eject that player from the game. | 10 yards from the spot of the foul and automatic first down |
| Unsportsmanlike conduct | Players or coaches from a team engage in an unsportsmanlike manner. This includes taunting. | 10 yards from the dead ball spot and automatic first down |
| Stripping | Pulling the ball away from an offensive player once possession is established or while possession is being established. | 10 yards from the spot of the foul and automatic first down |

PENALTY SIGNAL CHART

Illegal Flag pull

