

Penalties: Offense

- **Unsportsmanlike Conduct:** 10 yards dead ball spot.
- **Illegal Personal Contact:** 10 yards previous or succeeding spot.
- **Offensive Pass Interference:** 10-yards live ball foul, previous spot.
- **Illegal use of Hands or Blocking:** 10 yard, spot foul or previous spot if behind the LOS.
- **Flag Guarding:** 10-yards, live ball foul from the spot of the infraction, replay the down.
- **Holding:** 10 yards, spot foul or previous spot if behind LOS, replay the down.
- **Charging & Hurdle:** 10-yards live ball foul.
- **Fighting:** 10 yard and **Disqualification**.
- **Kick Catching Interference:** 10 Yard, spot foul or previous spot and replay the down.
- **False Start:** 5-yards dead ball foul.
- **Illegal Shift or Illegal Motion:** 5-yard, live ball foul previous spot.
- **Illegal Formation:** 5-yard live ball previous spot, replay down.
- **Delay of Game:** 5 yards, dead ball foul.
- **Disconcerting Act:** 5 yard dead ball foul.
- **Intentional Grounding:** 5-Yard spot foul and **Loss of Down**.
- **Illegal Forward Pass:** 5-yard, spot foul and **Loss of Down**.



Penalties: Defense

- **Roughing The Passer:** 10-yard, live ball foul, previous spot or Succeeding Spot & **Automatic 1st Down**.
- **Unsportsmanlike Conduct:** 10-yards previous spot or succeeding spot and **Automatic 1st Down**.
- **Illegal Flagrant Contact:** 10-yards previous or succeeding spot and **Automatic 1st Down if by the defense**.
- **Tripping & Charging & Hurdle:** 10-yards live ball foul and **Automatic 1st Down if by the defense**.
- **Defensive Pass Interference:** 10-yards, live ball foul, previous spot and replay the down or succeeding spot and a tack on, If it is a touchdown enforce from PAT or the succeeding spot.
- **Illegal Batting, Stripping & Kicking:** 10-yard, spot foul.
- **Illegal Use of the Hands & Illegal Contact:** 10-Yards live ball spot, and replay down.
- **Early Flag Pulling:** 10-yards, spot foul, or previous spot and replay the down.
- **Holding:** 10-yards, live ball, & replay down or succeeding spot tack on.
- **Encroachment:** 5-yards, dead ball foul.
- **Illegal Forward Pass:** 5-yard, spot foul.