

CITY OF OREM RECREATION DEPARTMENT

Youth Flag Football Rules

LEAGUE CLASSIFICATION

- A. Third and fourth (3rd & 4th) grade league is for boys and girls in the third and fourth grades in the fall semester of the current school year.
- B. Fifth and sixth (5th & 6th) grade league is for boys and girls in the fifth and sixth grades as of the fall semester of the current school year.
- C. Seventh, eighth, and ninth (7th, 8th, & 9th) grade league is for boys and girls in the seventh, eighth, and ninth grades as of the fall semester of the current school year.

PLAYER SELECTION

- A. A team roster will consist of 12 players. Players shall not be added by coaches! An official roster will be issued to each coach. Each player must be on the roster to play.
- B. Players shall be placed on teams by the League Director by neighborhood until all players are placed on a team.
- C. If there are not enough players to make up a complete roster, then registered players will be placed on teams by the League Director until it is completed.
- D. Each team is allowed one coach and one assistant coach. Other adults and parents may help with team practices and fill in at games during the absence of a coach or assistant coach.

THE GAME

- A. The game shall be played by a seven-man team. At least four offensive players must be on the line of scrimmage at the snap. A ball carrier is downed when a flag is pulled.
- B. The field is divided into zones. Each zone is bounded by a zone line. A team will be given four downs to move the ball across the next zone line. When the zone line is crossed, a new series of four downs will again be awarded.
- C. If the offensive team fails to advance the ball to the next zone in four downs, they shall lose possession of the ball to their opponents at the spot where the ball is declared dead after four downs. A zone line may be passed only once during a series of plays to constitute a first down.
- D. Goal lines for each team, shall be established at opposite ends of the field and each team shall be allowed opportunities to advance the ball across their opponent's goal line by running or passing it.

E. Each coach will designate to the referee a team captain(s). The captain will speak for his team in all dealings with the officials. A captain's first choice on any option shall stand.

F. Coaches will be allowed on the field during play as follows:

1. 3rd and 4th grade- one coach may be on the field for offense and defense.
2. 5th and 6th grade- one coach may be on the field for offense only.
3. 7th -- 9th grade- coaches may not be on the field.

Once teams line up across the line of scrimmage all coaches must be at least 20 feet behind the line of scrimmage. No coach may touch a player or the ball in any way. Any coach violating these rules will be asked to leave the field and that team will not be able to have a coach on the field for the rest of that game.

G. Players, substitutes, coaches, and other team representatives are subject to the rules and shall be governed by the decisions of the officials.

THE FIELD

A. The regulation dimensions shall be approximately: 80 yards by 100 feet.

B. The lines bounding the sidelines and end zones are out of bounds in their entirety, and the in-bounds area is bound by those lines.

STARTING THE GAME

A. Before game time, the referee shall toss a coin with the two team captains, after first designating which captain will call the toss.

B. The captain winning the toss shall choose one of the following options:

1. To Receive
2. To designate which goal his team will defend.

C. At the start of the second half, the choosing of options shall be reversed.

E. At half time, the teams shall change goals. Team possession, number of next down, the relative position of the ball and line-to-gain remains unchanged.

PLAYING TIME

A. All Leagues - two 20 minute halves.

The clock is stopped only for time outs and emergencies. The clock will be stopped for all dead ball situations during the last two (2) minutes of the game for the 7th - 9th grades.

B. A rest of three minutes between halves will be allowed. The referee will notify the coaches when two minutes remain before the half and end of the game.

C. The playing time shall be kept on a stop watch operated by an official on the field.

TIME OUTS

A. Two (2) time outs are allowed per team per half. After a team has used its time outs, they cannot take another. Time outs cannot be accumulated.

B. A requested time out by a team shall not exceed one and one-half minutes. Emergency time outs for injury may extend longer if the referee deems it necessary.

ILLEGAL DELAY OF THE GAME

A. The ball must be put into play within 25 seconds after it is declared ready for play by the referee. Any action or inaction by either team which tends to prevent this is illegal delay of the game. This includes:

1. Interrupting a 25 second count for any reason except calling a time out.
2. Using more than 25 seconds in putting the ball into play.
3. Failing to remove an injured player for whose benefit an excess time out has been granted.
4. Deliberately advancing the ball after it has been declared dead or ready for play.
5. The referee may order the game clock stopped or started if, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. In all cases, penalty: 5 yards.

SUBSTITUTIONS

A. Free substitutions shall be used at all times. **Every player must play half of every game.**

B. No substitute shall enter during a down. Any number of eligible substitutes may replace players as long as it is done before the ball becomes alive. Existing players must be off the field.

C. No substitute shall become a player and then withdraw and no player shall withdraw and then reenter as a substitute until one play has expired.

D. Each substitute shall be in uniform ready for play with flags in position as directed. Penalty: 5 yards for substitution infractions.

EQUIPMENT

A. All players are supplied with a uniform shirt from the Recreation Department. These uniforms must be worn in order to play. A player without a uniform will not be allowed to play. If a player needs a replacement uniform they may be able to purchase one from the program director.

Uniforms should be worn on the outside of any jackets or sweatshirts. Clothes must be tucked in so that the opposing team will have access to the belt and flags.

B. Players wearing glasses may wear protection shields.

C. Use of all-purpose athletic shoes is optional. Said shoes must meet the following specifications:

1. The cleat must be molded to the sole; detachable cleats are illegal.
2. The sole must be constructed of rubber or plastic. Tennis or gym shoes may also be worn. No metal cleats!
3. Bare feet, sandals, or stocking feet will not be allowed!!!

D. Each player on the field will wear a belt with three (3) flags attached. These will be furnished by the Orem Recreation Department.

E. Wrapping, tying, or in any way securing flag belts to the uniform other than the prescribed rule is illegal. Penalty: 10 yards. Repeat offenders will be ejected from the game.

POINT AFTER TOUCHDOWN:

After scoring a touchdown, a team has two options for the extra point(s) attempt. Team captain must notify official which option the team wants to attempt. For a 1 point attempt, the ball is placed on the 3 yard line. For a 2 point attempt, the ball is placed on the 10 yard line. Ball may be ran or passed to score.

DEFINITIONS AND RULES OF:

BALL CARRIER

A. The ball carrier is a player in possession of a live ball trying to advance the ball.

B. The ball carrier shall not lower his head and deliberately drive or run into a defensive player. This is running over. The carrier shall try to avoid this by agility rather than power.

Note: Officials, in judging "running over," will keep in mind the charging rule as applied in basketball. A ball carrier shall not charge into nor contact an opponent in his path or attempt to run between two opponents or between an opponent and a boundary unless the space is such as to provide a reasonable chance for him to go through without contact. If a ball carrier passes an

opponent to have his head and shoulders in advance of the opponent, the greater responsibility for contact is on the opponent. If a ball carrier in his progress has established a straight line path, the carrier must avoid contact by changing directions or ending his forward motion. Penalty: 10 yards. Loss of down from point of foul. Flagrant offenders may be disqualified.

C. The ball carrier cannot protect his flags by blocking, guarding, hacking, or holding flags with arms or hands so his opponent cannot pull or remove his flag. Penalty: 5 yards from point.

D. The ball carrier may not hurdle or jump over a player who is standing on his feet. He may jump over a player who is lying on the ground. Penalty: 10 yards from point.

SPINNING

A. The ball carrier may spin only one time in succession. He must establish balance and direction before he can spin again (5 steps usually). Penalty: 5 yards from spot.

REMOVING THE FLAG

A. When the flag is cleanly taken from a ball carrier, the down shall end and the ball is dead. Upon removing the flag, the defender shall hold the flag above his head to assist the referee in locating the spot of capture.

B. In an attempt to remove a flag from the ball carrier, a defensive player may use his hands on the body and shoulders of an opponent but not on his face or head. A defender may not hold, push or knock down the ball carrier to get his flag. Penalty: 10 yards from spot and automatic 1st down.

C. The flag may be dropped at the spot of capture without a penalty.

D. All player shirts or jerseys must be tucked inside their pants so the belt holding the flags can be worn at the waist and can be clearly seen by the opponents and referee. Failure to comply after one warning will result in a 5 yard penalty.

NOTE: This rule should be interpreted as follows: If an infraction is noticed before a snap, the referee shall warn or penalize the offending team as stated above. When a down is in progress, if for any reason (loose clothing, lost flags, etc.) it becomes difficult or impossible to pull the flags, a tag on the ball carrier anywhere with one hand shall take the place of a pulled flag.

LIVE BALL

A. A live ball is a term which indicates that the ball is in play.

B. After being declared ready for play by the referee, the ball becomes a live ball when it is snapped, legally or illegally.

DEAD BALL

A. A live ball becomes dead and the referee sounds his whistle under the following incidence:

1. When it goes out of bounds or when it touches the goal line (vertical plane) or the ball carrier's opponents.
2. When any part of the ball carrier's person (other than his hand or foot) touches the ground.
3. When a touchdown, a touchback, safety, or successful try for point is made.
4. When, during a try for point, the defending team obtains possession of the ball or when it becomes certain the try will not score a point.
5. When a forward pass hits the ground or is caught simultaneously by opposing players.
6. When a lateral or backward pass, or a fumble hits the ground.

NOTE: **A ball snapped from scrimmage which hits the ground before getting to the quarterback may be picked up by the quarterback and the play will continue. Any fumbled ball that touches the ground is dead and possession of the ball belongs to the team which had it at the time of the snap, unless it is lost on number of downs.

7. When a legal forward pass is caught by the offensive team on or behind his opponent's goal line. It is also dead if a defender catches a pass in the end zone and elects not to run it out.
8. When a ball carrier has a flag removed legally by a defensive player.

SCRIMMAGE

A. A scrimmage is the interplay of the two teams during a down in which play begins with a snap.

NEUTRAL ZONE

A. The Neutral zone will be defined as such:

- 3-4 grades 2 yards
- 5-6 grades 1 yard
- 7-9 grades 1 yard

B. The offensive lineman may NOT be in a 3-point stance and cannot step out to meet and block the defensive rushers. If want your lineman to be a receiver then they may leave the line of scrimmage but cannot impede the rushing defenders.

C. A 1 or 2 yard marker (as appropriate) will be placed at the line of scrimmage to define the neutral zone. No player (offensive or defensive) may be in this neutral zone until the ball is snapped. Penalty: 5 yards, down remains the same.

SCRIMMAGE LINE

A. All plays from scrimmage must be started by a legal snap. The ball must be passed from between the legs of the center to a teammate. Penalty: 5 yards, down remains the same.

B. Before the ball is snapped:

1. After taking his hiking position, the center cannot move or change position of the ball in a manner simulating the beginning of a play until he snaps the ball. An infraction of this may be called whether or not the ball is snapped. Any contact by a defensive player on such will be nullified.

2. After the ball is ready for play and before it is snapped, no defensive player can touch the ball or contact an offensive player.

3. No offensive player shall make a false start. An infraction of such will be treated the same as the faking a snap (Refer to #1).

4. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and hold stationary for one-full second before the ball is snapped. This means feet, hands, arms, legs, body, and head. Penalty: 5 yards, down remains the same.

C. When the ball is snapped:

*1. At least four offensive players must be on their line of scrimmage within 5 yards laterally of the ball. A QB under center can be counted as one of the 4.

*2. All players must be in bounds. Only the center may be crouched on the neutral zone over the ball.

*3. One offensive backfield player may be in motion but not toward his opponent's goal line.

A. Quick Snap to Man in Motion- This play is legal as long as the man in motion is at least 3 yards behind the line of scrimmage. Man in motion cannot run the ball up the middle they must still go around the outside of the tackles.

4. No offensive player while on his scrimmage line may receive a snap. Penalty: 5 yards, down remains the same.

HANDING THE BALL FORWARD AND BACKWARD

A. No player may hand the ball forward except as follows:

1. An offensive player who is behind his scrimmage line may hand the ball forward to a backfield teammate who is also behind that line.
2. To a teammate who was on his Scrimmage line when the ball was snapped provided that teammate left his line position and was at least one yard behind his scrimmage line when he received the ball. Penalty: 5 yards and loss of down.

B. A ball carrier may hand the ball backward at any time.

LINE BUCKS

A. A line buck is handing the ball off within one yard of the center and running up the middle. No running plays within one yard of either side of the center will be permitted **UNLESS** it has been preceded by a distinct lateral pass. Before a runner can run the ball up the middle of the line they must first get outside of the tackles (at least 3 yards). If the runner is not beyond this point before turning and running up the middle, a penalty will be called. A hand-off will not be considered a distinct lateral pass. penalty: 10 yards.

PASSING

A. Passing the ball is throwing it.

RUSHING

A. The defensive team may rush up to two (2) players per play. Once the ball has been thrown or handed off, the remaining defenders may rush the offensive player. Penalty: 5 yards.

FORWARD PASS

A. A forward pass is a live ball thrown toward the opponent's line.

B. All offensive players are eligible to receive a pass.

C. A team may make as many forward passes as desired behind their line of scrimmage.

D. Only one forward pass beyond the line of scrimmage is allowed. The passer must be behind the line of scrimmage when the ball is thrown. Penalty: 5 yards from spot and loss of down.

ILLEGAL FORWARD PASS

A. A forward pass is illegal:

1. If a passer is beyond the line of scrimmage when the ball is thrown.

2. If thrown after team possession has changed during a down.
3. If more than one forward pass beyond the line of scrimmage is made.
4. If ball is intentionally thrown to the ground or out of bounds. Penalty: 5 yards from spot and loss of down.

BACKWARD PASS

- A. A backward pass is a live ball thrown toward one's own end zone or parallel to the passer's line of scrimmage.
- B. The ball may be passed backward at any time by the ball carrier except if intentionally thrown out of bounds. Penalty: 5 yards from spot and loss of down.

COMPLETED PASS

- A. A forward or backward pass is completed when caught by any player of the passing team who is inbounds with one foot. The ball is alive and play continues by advancing the ball.
- B. If the pass is caught simultaneously by opponents, the ball is dead and belongs to the passing team at the spot of the catch.

INCOMPLETE PASS

- A. A forward and backward pass is incomplete when the ball touches the ground or goes out of bounds.
- B. It is incomplete also when a player jumps from inbounds and catches the pass but lands on or outside a boundary line.
- C. An incomplete forward pass belongs to the passing team at the previous line of scrimmage.
- D. An incomplete backward pass belongs to the passing team at the spot the ball hits the ground unless lost on downs.

INELIGIBLE RECEIVER

- A. A player who goes out of bounds during a passing down, loses his eligibility until the ball has been touched by an opponent. Penalty: Loss of down at previous spot.

PASS INTERFERENCE

- A. Contact by a player which interferes with an eligible receiver who is beyond the line of scrimmage during a legal forward pass is pass interference unless it occurs:

1. When two or more players are making a simultaneous and bonafide attempt to reach, catch, or bat the pass.
2. When a defender contacts an opponent before the pass is thrown.

B. Forward Pass interference regulations are effective whether or not the pass crosses the scrimmage line.

C. Interference beyond the line of scrimmage is prohibited by the offensive team from the time the ball is snapped until the pass is touched by any player.

D. Interference by the defensive team is prohibited from the time the pass is thrown until it is touched by any player. Penalty: Interference by, offense - 10 yards from scrimmage and loss of down. Interference by defense - point of foul and automatic first down.

INTERCEPTION

A. A catch of an opponent's pass before it hits the ground is an interception and may be advanced.

FUMBLE

**A. A fumble which touches the ground between goal lines is dead and belongs to the offensive team unless lost on downs. If a snapped ball touches the ground the QB can pick it up and continue the play.

B. A fumble may be caught in flight before hitting the ground and can be advanced.

OFFSIDE

A. Offside denotes the position of a player, offense or defense, who has any part of his person beyond the scrimmage line at the time the ball is put into play.

B. If the kicking or the receiving team is offside, the ball is kicked over if the penalty is accepted.

BLOCKING

A. Blocking is legally obstructing an opponent by contacting him with the blocker's body.

B. In all instances, a blocker must be on his feet during a block. If after the block, the blocker's body momentum causes him to fall or leave his feet, the referee, at his discretion, may rule it incidental to the block and not illegal.

C. Hands and forearms must be clasped next to the blocker's body at time of block. The hands and arms must be kept below the shoulders of the opponent during the entire block. Penalty: 10 yards.

DEFENSIVE USE OF HANDS

A. Defensive players may use their hands to push or pull an opponent to the side in an attempt to get at the ball carrier, and may use their hands for protection in warding off an opponent. However, they must go around the offensive player-not through them!

OFFENSIVE USE OF HANDS

A. The ball carrier shall not grasp a teammate or be grasped, pulled or lifted from the ground by a teammate. Penalty: 10 yards from spot & loss of down.

B. The offensive team shall be prohibited from obstructing an opponent with extended hands or arms. This includes "stiff-arm." Penalty: 10 yards from spot and loss of down.

C. There shall be no interlocking interference or blocking. Penalty: 10 yards from spot and loss of down.

CLIPPING

A.A. Clipping is running or diving into the back, or throwing or dropping the body across the back of a leg or legs of an opponent. Penalty: 10 yards from spot and loss of down.

TRIPPING

A. Tripping is using the lower leg or foot to obstruct or trip an opponent. This includes the ball carrier. penalty: 10 yards from spot and 1st down.

TACKLING

A. Tackling is grasping or encircling an opponent with the hand or arm. Penalty: 10 yards from spot and 1st down.

B. It is illegal to tackle, trip, push, hold, hack, stiffarm, or rough another player.

NOTE: Referee will enforce pushing-the ball carrier out of bounds. Penalty: 10 yards from spot and 1st down.

C. If a defensive player tackles or trips a ball carrier who, in the judgement of the referee had an open field for a touchdown, a touchdown will be awarded the ball carrier.

HURDLING

A. Hurdling is an attempt by the runner to jump with both feet or knees foremost over a player who is still on his feet. Penalty: 10 yards from spot and loss of down.

HUDDLE

A. A huddle is the offensive and/or defensive players grouped together after the ball is ready for play and before assuming scrimmage formation prior to the snap.

HIDEOUTS

A. A hideout is a player who is trying to conceal himself or be concealed by teammates on or off the field. No hideouts will be permitted.

B. All players must break from the huddle and assume their position on the line or backfield.

C. When no huddle is used, all players being substituted for must exit immediately with the substitute taking the proper position.

D. All players not in the game being on the sideline must be behind the sideline in their proper zone.

E. Penalty for hideouts: 10 yards from scrimmage and play called back.

SAFETY

A. A safety is when the ball becomes dead in the offensive team's own end zone by cause of the defense.

B. If during a scrimmage play, the ball becomes dead in the offensive team's end zone (pulled flag, fumble, out of bounds, or any-manner or part of the play), a safety shall be called.

C. After a safety is scored, the offensive team will kick off from their "D" line. This can be from the ground, a tee, or a punt.

PENALTY CLARIFICATION

A. A penalty is completed when it is accepted, declined, or canceled according to rule. Any penalty may be declined, however, a disqualified player on such penalty, if enforced, must leave the game.

B. A penalty which occurs simultaneously with a snap or free kick (punt or kick off) is considered as occurring during that down.

C. When two or more penalties by the same team occur on one play, the referee will explain the penalties to the captain of the offended team who may elect only one of these penalties.

D. After a penalty that leaves the ball in possession of the offense beyond its line-to-gain, the down and distance established by that penalty shall be first down with next zone to gain.

E. If a penalty involves a loss of down, the down shall count as one of the series of four.

F. Offsetting penalties are penalties committed by both teams on a said play. If such penalties are reported by the referee while the ball is ready for play or during the down, the penalties cancel each other and the down is replayed.

G. When team possession changes during a down (interception, punt) and neither team committed a penalty prior to but after exchanged possession, the down and distance established by that penalty shall be first down with zone to gain by the team which established last possession.

H. If a penalty occurs before a change of team possession, the ball belongs to team A (offense) and the down repeated unless the ball rests beyond the line to gain. Exception: If offense commits the penalty, the defense may refuse and keep the ball or have offense replay the down.

I. During a try for extra point, if a distance penalty occurs by team B (Defense) on a successful try, team A (Offense) shall have the option of declining the score and repeat the try following enforcement of penalty or accepting the score with enforcement of penalty from the spot of the next kick off. If offense commits the penalty, the down is repeated.

CONDUCT OF PLAYERS

FLAGRANT FOULS

A. Whenever, in the referee's judgement, the following acts are deliberate or flagrant, the players involved will be suspended from the game:

1. Using fists, kicking, or kneeling.
2. Using locked hand, elbows, forearm or hands except according to rule.
3. Tackling or tripping the ball carrier.
4. Any other deliberate or flagrant act that could cause injury.

UNSPORTSMANLIKE CONDUCT

A. The referee may bar a player, manager, or coach for the entire game for unsportsmanlike conduct, abusive language, profanity, or talking back at any time. Penalty: Half the distance to goal from the line of scrimmage.

B. Unsportsmanlike conduct by players, substitutes, and coaches or others subject to rules is prohibited. Unsportsmanlike conduct includes:

1. Acts of unfair play.
2. Managers, coaches, or other on the field of play at any time without permission.

3. Interference of coaches, players, or other of any nature with the progress of the game.
4. Using a hide-out play.
5. The punter delaying his kick.
6. Attempting to substitute a suspended player.
7. Pulling or removing a flag of an offensive player by a defender as the ball is snapped with the intent of making the offensive player ineligible to become a pass receiver or ball carrier. Penalty: 10 yards; offender may be disqualified.

C. If a team refuses to play within two minutes after ordered to play by the referee, or if play is interfered with by an obviously unfair or unsportsmanlike act, or if a team repeatedly commits fouls which can only be penalized by halving the distance to the goal line, the referee may enforce any penalty he considers equitable, including awarding a score. For refusal to play or repeated fouls, the referee shall forfeit the game to the opponents.

PERSONAL FOUL

A. Any act prohibited hereunder or any act of unnecessary roughness is a personal foul.

1. No player shall block in a manner that would cause his feet, knees, or legs to strike an opponent. All blocking shall be done with the feet in contact with the ground.
2. No high-low blocking.
3. No tripping or clipping.
4. No hurdling.
5. No unnecessary roughness of any nature.
6. No running over by the ball carrier.

The official, the site supervisor, and the League Director reserve the right to expel any coach, manager, or player from further participation in the program for any action that they deem not in keeping with the rules or the philosophy of the Department.

CODE OF CONDUCT

The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

General:

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere strictly to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.
6. Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids [to learn fundamentals, techniques, sportsmanship, teamwork, and have fun]; they are not for adults! Therefore, all kids deserve a right to fairness at all times.
9. Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.
10. Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.
11. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
12. Promote team work, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.

QUICK GUIDE TO PENALTIES

DEAD BALL FOULS (WHISTLE)

- 1. ENCROACHMENT - DEFENSE 5 YD.
- 2. PROCEDURE - OFFENSE 5 YD.
- 3. DELAY - EITHER TEAM 5 YD.
- 4. PERSONAL FOULS 10 YD.

LOSS OF DOWN

- 1. INTENTIONAL GROUNDING 5 YD. - SPOT
- 2. OFFENSIVE PASS INTERFERENCE 10 YD. - PREVIOUS SPOT
- 3. ILLEGAL FORWARD PASS 5 YD. - SPOT
- 4. HAND OFF TO LINEMAN 5 YD. - PREVIOUS SPOT
- 5. PLAYER OUT OF BOUNDS 10 YD. - PREVIOUS SPOT
- 6. ILLEGAL USE OF HANDS 10 YD. - SPOT
- 7. CLIPPING 10 YD. - SPOT
- 8. JUMPING OR HURDLING 10 YD. - SPOT
- 9. RUNNING OVER 10 YD. - SPOT

AUTOMATIC FIRST DOWN

- 1. DEFENSIVE PASS INTERFERENCE 5 YD. PREVIOUS SPOT
- 2. DEFENSIVE HOLDING 10 YD. - PREVIOUS SPOT
- 3. TRIPPING 10 YD. - SPOT
- 4. DEFENSIVE TACKLING 10 YD. - SPOT
- 5. DEFENSIVE PUSH OUT OF BOUNDS 10 YD. - SPOT

PERSONAL FOULS

- 1. ILLEGAL BLOCK 10 YD. - SPOT
- 2. HIDEOUTS 10 YD. - PREVIOUS SPOT
- 3. LINE BLOCK 10 YD. - SPOT
- 4. UNSPORTSMANLIKE CONDUCT HALF DISTANCE TO GOAL
- 5. PROTECTING FLAGS (flag guarding) 5 YD. - SPOT