



NFL PLAY 60 2025 RULE BOOK



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Chappapeela Sports Park Policies

1. No outside food or drink is allowed without prior permission from HARD1 (Absolutely no seafood allowed).
2. No glass containers.
3. No alcoholic beverages allowed.
4. No obscene behavior or profane language will be tolerated.
5. Smoking is not allowed per city ordinance 309-5138 C.S.
6. Drugs are strictly prohibited. The law will be enforced.
7. Littering and dumping trash is strictly prohibited.
8. No firearms, fires, fireworks, flammable liquids, open burning or use of any device with an open flame such as candles, etc. allowed. Fire Marshall Code will be enforced.
9. No pets are allowed in the buildings/ and or on the sports fields, unless used by the visually impaired and must always be on a leash. Pets are allowed on the walking trail and common areas. Please help us keep our park clean by picking up after your pet.
10. No motor homes or RV's allowed.
11. No overnight parking allowed. Violators will be towed at the owner's expense.
12. No loud music (live or recorded) is allowed. All car stereos should be turned low when entering the park.



II. NFL Play 60 Flag Football Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field ten yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
Downs (1-2-3-4)	The offensive team has four attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs or to score.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
Pitch/Toss	A legal pitch attempted backward or sideways behind the line of scrimmage. Any attempt to pitch/toss the ball backwards or sideways <u>beyond</u> the line of scrimmage is <u>NOT</u> allowed
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.

III. Game Rules

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team shall call the toss. (Please practice social distancing)
2. The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense. At the start of the second half, teams will change sides.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
5. Interceptions are live ball turnovers/plays (except for conversion attempts) and can be returned. After an interception, unless it is returned for a touchdown, the ball will be placed where the interceptor's flag is pulled. (Interceptions are considered a dead ball on conversion attempts)
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Fumbles are considered a dead ball with a loss of down, and the ball will be spotted at the BALL CARRIER'S FEET or INTENDED BALL CARRIER'S FEET in the instance of a pitch/toss.



IV. Equipment

1. The league provides each player with an official flag belt and NFLFLAGteamjersey. Teams will use footballs provided by their league.
2. Players must wear athletic shoes or cleats. No metal cleats are allowed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
4. Players must remove all jewelry and hats (Winter beanies are allowed)
5. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
6. Players are strongly encouraged to wear shorts or pants WITHOUT pockets or belt loops. This is for the safety of all participants and to reduce the risk of injury during flag pulls.
7. If a player's shorts or pants do have pockets or belt loops, they must be securely taped prior to the start of the game. Taping must be done before gametime — games will not be delayed to accommodate uniform adjustments.
8. Absolutely no exceptions: **FLAGBELTSMAY NOT BE THE SAME COLOR AS SHORTS OR PANTS.** This rule ensures visibility of the flags and fair play during flag-pulling attempts.

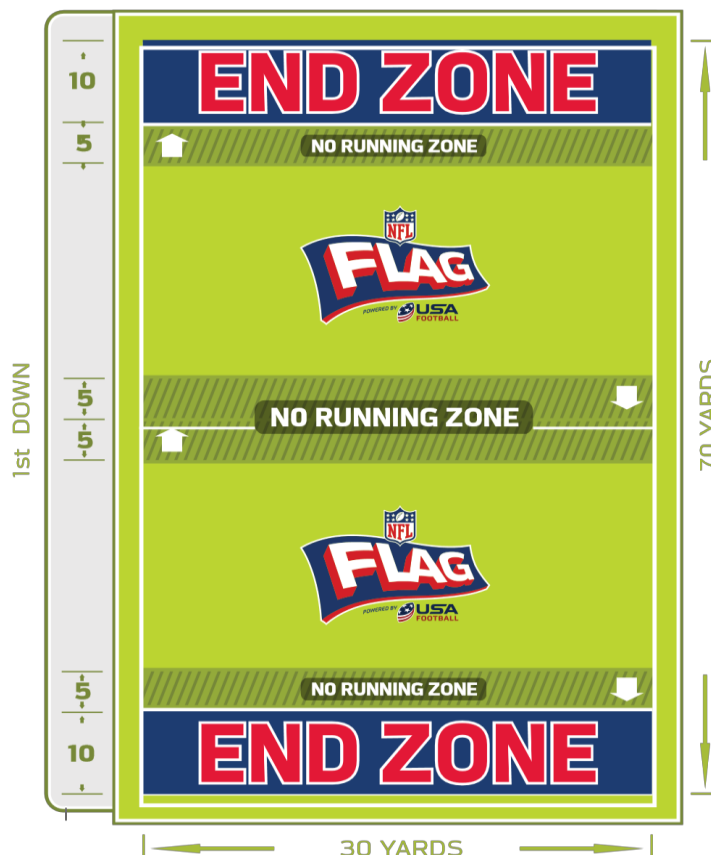


V. Field

PeeWees (4/5) – The field dimensions are 30 yards by 60 yards with two 10-yard end zones, and a midfield line-to-gain. For this age group, **the no run zones will not be in effect, as they are allowed to run on any down.**

Rookies (6/7/8) – The field dimensions are 30 yards by 60 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.

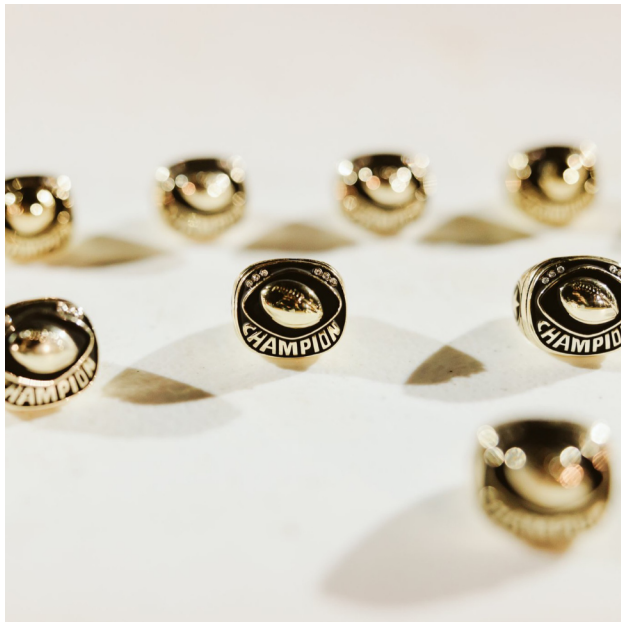
Veterans (9/10/11) – The field dimensions are 30 yards by 60 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.



1. Purpose: No-Run Zones are designed to prevent short-yardage, power-running plays that are difficult to defend in close quarters.
2. Each offensive team approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).
Where They Apply:
There are two No-Run Zones on the field for each offensive possession:
 - i. 5 yards before midfield (used to gain a first down)
 - ii. 5 yards before the end zone (used to score a touchdown)
3. Age Group Exception: **4/5 Division (Pee Wee): The No-Run Zone rule does not apply. Players in this age group are allowed to run the ball on any down, anywhere on the field**
4. What's Prohibited: In these zones, teams may not run the ball under any circumstances—this includes direct runs, handoffs, pitches, and QB sneaks.
 - i. Only forward pass plays are allowed. Even if a handoff occurs behind the line of scrimmage, the next action must still be a forward pass attempt.
 - ii.
5. Stepping on the boundary line is considered out of bounds.

VI. Rosters

1. Home teams wear dark color jerseys; visiting teams wear light color jerseys.
2. Teams must consist of the following:
 - 4/5 - 6 players on field including center
 - 6 - 7 players on field including center
 - 7/8 - 7 players on field including center
 - 9/10/11 - 7 players on field including center
3. Teams must start games with a minimum of six players (minimum of five players for 4/5). In the event of an injury, a team with insufficient substitute players may play with five players on the field but no fewer than five.



VII. Timing

Standard Game Duration:

- Games are played on a 50-minute continuous clock, divided into two 25-minute halves.
- The only exceptions to the continuous clock are within the final two minutes of the second half, when the point difference is 8 or fewer.

Pee Wee Division (4/5 Age Group)

- Pee Wee games are played on a 40-minute continuous clock, split into two 20-minute halves.
- Clock only stops for injuries or team timeouts.
- A 28-point advantage ends the game immediately.

Two Minute Rule: (CLOSE GAMES ONLY)

If the point differential is 8 points or fewer at the two-minute warning, the game clock switches to standard stop-clock rules:

The clock will only stop for:

- Incomplete passes
- Players going out of bounds
- Timeouts
- Injuries
- Change of possession and the clock restarts on the snap of the ball following these stoppages.

If the point differential is greater than 8 at the two-minute warning, the continuous clock remains in effect.

Additional Timing Rules

Halftime: 5 minutes.

Play Clock: Once the ball is spotted, teams have 30 seconds to snap the ball. One warning will be issued before a delay-of-game penalty is enforced.

Timeouts: Each team is allowed one 60-second timeout per half.

Official Timeouts: Officials may stop the clock at their discretion (e.g., injury, equipment issues).

Injury Timeouts: If a player is injured, the clock will stop and restart once the injured player has left the field.

Tied Games: If the score is tied at the end of regulation (50 minutes), the game is declared a tie, except in playoff or tournament formats where overtime applies.

VIII. Overtime

In tournament or playoff situations, an overtime (OT) Period will be used to determine a winner.

Overtime format is as follows:

1. A coin flip will determine the team that chooses to be on offense or defense first.
2. Each team will take turns getting one (1) possession from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
3. All regulation period rules and penalties are in effect.
4. There are no time-outs.

Third Round of OT Period:

1. Both teams must "go for two" from the 10-yard line starting with the third round of overtime.

Change of Possession:

1. Change of possession takes place when a team's forward progress is halted on downs or scores.
2. Interceptions are still live ball turnovers, but if the interception isn't returned for a touchdown, the play is just a change of possession for the other team to start the ball on 5 or 10 yard line.
3. Team B takes possession on the same 5-yard line as Team A and advances in the same direction. Team B begins on the 5-yard line regardless of whether Team A's possession ended in an interception.

IX. Scoring

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - a. Note: 1-point PAT is pass only; 2-point PAT can be run or pass. (Peewee can run on 1- or 2-point attempt)
 - b. A team that scores a touchdown must declare whether they wish to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
4. After one team is winning by 28 points or more, the game is over. Once a 28 or more-point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.

Scrimmage Mode: The losing team gets the ball for up to three possessions. Each possession lasts until the team scores or fails to achieve the Line-To-Gain. Points do not count in final score. After three possessions the game is over.

X. Coaches

1. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and code of conduct.
2. Coaches are allowed on the field to direct players according to need and division. Coaches must move to the sideline before the snap of the ball. Sideline coaches must always remain on their side of the field.
3. 4/5 Division - You are allowed 4 coaches total (Only 2 can be on the field at a time, and only 2 can be on the sideline at a time)
4. 6 Division - You are allowed 3 coaches total (Only 2 can be on the field at a time, and only 2 can be on the sideline at a time)
5. 7/8 Division - You are allowed 3 coaches total (Only 1 can be on the field at a time, and only 2 can be on the sideline at a time)

6. 9/11 Division - You are allowed 3 coaches total (Only 1 can be on the field at a time, and only 2 can be on the sideline at a time)

XI. Live Ball / Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered in bounds if one foot comes down in the field of play.
4. Substitutions may be made on any dead ball.
5. Any official can whistle the play dead.
6. Play is ruled "dead" when:
 - The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - The ball-carrier's flag is pulled.
 - The ball-carrier steps out of bounds.
 - A touchdown, PAT or safety is scored.
 - The ball-carrier's knee or arm hits the ground.
 - The ball-carrier's flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - The 7 second pass clock expires.
 - Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the intended or direct ball-carrier's feet were at the time of the fumble.

7. In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where it was when the whistle blew, and the down is consumed.
 - Replay the down from the original line of scrimmage.

XII. Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback is the offensive player who receives the snap. The quarterback is allowed one run with the ball once per offensive series.
3. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
4. "Center sneak" play is no longer allowed.
5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD). (4/5 age groups is the exception to this rule as they are allowed to run every play)
6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has LEFT THE QUARTERBACK'S HANDS, all defensive players are eligible to rush past the line of scrimmage.
 - a. We suggest making it a point of emphasis for your defensive players that aren't the designated rusher to make sure the ball has left the quarterback's hands before crossing the line of scrimmage. Defensive players who aren't the rusher CANNOT cross the line of scrimmage until the ball has left the quarterback's hands completely; any player outside of the designated rusher across the line of scrimmage before the ball has left the quarterback's hands will invoke an illegal rush penalty.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - Players spinning out of control will be called for flag guarding.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. No blocking or "screening" is allowed at any time.
12. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

13. Flagobstruction:

All jerseys **MUST** be tucked in before each play begins. This is required to ensure that flags are fully visible and accessible to defenders.

Flagbelts must be securely fastened on the player's hips, with both flags clearly hanging and unobstructed.

Any jersey, hand, arm, or equipment that covers or blocks access to the flags is considered obstruction and will result in a flag guarding penalty.

Examples of Flag Obstruction:

- Untucked jersey covering or hiding a flag
- Holding the flag belt or jersey during a run
- Placing the football in a way that shields the flag
- Intentionally twisting or pulling the belt to reposition flags behind the body

Officials may issue a warning, but repeat or deliberate violations will be penalized immediately.

Flagguarding is a spot foul: 10 yards from the point of infraction and a loss of down.

Coaches and Players are responsible for checking their uniforms before every snap.

XII. Passing

1. Passing Rules – Legal and Illegal Throws

All forward passes must be thrown from behind the line of scrimmage.

The quarterback or any eligible player may throw a forward pass as long as:

They have not crossed the line of scrimmage

The pass travels beyond the line of scrimmage, unless it is touched by a defender

2. Throwing the Ball Away:

The quarterback may legally throw the ball away to avoid a sack, but the pass must still go beyond the line of scrimmage to be valid.

3. Lateral & Screen Passes – What's Legal and What's Not

LEGAL PASSES:

Lateral or backward passes behind the line of scrimmage

These are permitted and can be used as part of a trick play or setup for another forward pass.

Screen passes behind the line of scrimmage that become a forward pass beyond the LOS

These are legal if the quarterback releases the ball from behind the LOS and the ball crosses the LOS.

ILLEGAL PASSES

Illegal Forward passes caught or landing behind the line of scrimmage

These are considered illegal forward passes, unless the ball is touched by a defender.

Screen plays where the pass is forward but does not cross the LOS

These will result in a 5-yard penalty and loss of down.

4. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.

- a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

XIV. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the line of scrimmage)

2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.

3. A player must have at least one foot in bounds when making a reception.

4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

5. Interceptions are returnable but not on conversions after touchdowns.

XV. Rushing the Passer

1. The ONE player who rushes the passer must be a minimum of ten yards from the line of scrimmage when the ball is snapped. Only one player may be the designated rusher, who is allowed to cross the line of scrimmage at any time. Players not rushing the quarterback can defend on the line of scrimmage.
2. A special marker, or the referee, will designate a rush line ten yards from the line of scrimmage.

A legal rush is:

- i. Any rush from a point ten yards from the defensive line of scrimmage.
- ii. A rush from anywhere on the field AFTER the ball has left the quarterback's hands.

A penalty may be called if:

- iii. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass— illegal rush (5 yards from the line of scrimmage and first down).
- iv. Any defensive player crosses the line of scrimmage before the ball is snapped— offsides (5 yards from line of scrimmage).
- v. Any defensive player, not the designated rusher, crosses the line of scrimmage before the ball has left the quarterback's hands— illegal rush (5 yards from the line of scrimmage).

Special circumstances:

- vi. Teams are not required to rush the quarterback with the seven second clock in effect.
3. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the passer or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.
 4. The offense cannot impede the rusher in any way. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
 5. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.
 - a. A safety is awarded if the sack takes place in the offensive team's end zone.

XVI. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
6. Flag Guarding – Strictly Prohibited
 - Flag guarding is ILLEGAL and will result in an immediate penalty.
It occurs when the ball-carrier intentionally or unintentionally blocks access to their flags, preventing a fair defensive pull.
 - Examples of Flag Guarding
 - Stiff-arming a defender
 - Dropping the head, shoulder, hand, or arm to shield the flags
 - Using the football or any part of the body to block the flags
 - Untucked jerseys or loose clothing covering or hiding the flags
 - Holding or twisting the flag belt to reposition flags out of reach

Key Reminder

The defender must have a clear path to the flags at all times.

All jerseys must be tucked in, and flags must hang freely at the hips.

Flag Guarding = Spot Foul

10-yard penalty from the spot of the foul

Loss of down

Coaches and players are responsible for ensuring all players are in legal uniform and aware of this rule. Repeated violations may result in additional consequences.

XVII. Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and at least 2 players off the line of scrimmage. The quarterback must be off the line of scrimmage.
 - One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - No motion is allowed toward the line of scrimmage.
2. **SHIFT:** A shift is when more than one player on the offensive team moves/shifts positions and reset themselves prior to the snap of the football. This is legal so long as the players in question come to a stop and reset themselves in a new legal formation PRIOR to the snap of the football.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands (Does not apply to 4/5 age group).

XVIII. Unsportsmanlike Conduct

- 1) If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- 2) Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, a CSP official will then eject the player/s or coach from the game.
- 3) Players may not physically or verbally abuse any opponent, coach or official.
- 4) Ball-carriers **MUST** try to avoid defenders with an established position.
- 5) Defenders are not allowed to run through the ball-carrier when pulling flags.
- 6) Fans must also adhere to good sportsmanship as well:
 - a) Yell to cheer on your players, not to harass officials or other teams.
 - b) Keep comments clean and profanity free.
- 7) Fans are required to keep fields safe and kids friendly:
 - a) All spectators and equipment must be an arm's length from the field of play. Spectators will not be allowed to sit in between two fields.
 - b) Dispose of **ALL** trash in designated trash cans.
- 8) Unsportsmanlike conduct penalties:
 - a) Defense + 10 yards from line of scrimmage and automatic first down
 - b) Offense - 10 yards from line of scrimmage and loss of down

X. Penalties

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines it.
- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

XVIII. Penalties

- Defensive fouls

Defensive pass interference	+10 yards
Holding	+5 yards
Stripping	+10 yards and automatic first down

- Offensive fouls

Screening, blocking or running with the ball	-10 yards
Charging	-10 yards

- Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage
Illegal rush (Starting rush from inside 10-yard marker)	+5 yards from line of scrimmage
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down or loss of down if it occurs on offense

- Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive Unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage
Illegal motion (More than one person moving)	-5 yards from line of scrimmage
Delay of game	-5 yards from line of scrimmage
Illegal procedure	-5 yards from line of scrimmage
Impeding the rusher	-5 yards from line of scrimmage

- Spot foul

Flag guarding	-10 yards from spot of the penalty
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