

Official Rule Book



2021

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ABOUT THE LEAGUE

Name: Henderson Flag Football League (HFFL)
Mail Address: 2590 Windmill Lane #777 / Henderson, NV 89074
Warehouse: 1111 Mary Crest Rd. Ste.N / Henderson, NV 89014
e-mail: HFFL1997@gmail.com
Web-Site: www.HendersonFlag.com

Affiliations: NFL Youth Flag Football / USA Football

Eligibility: Open to ALL Boys & Girls from ages 5 to 14. The "Playing Age" date for the Spring Season is; February 1st of the current Year. For the Fall Season it is August 1st

Divisions: Ages 5 & 6 Pee Wee / Ages 7 & 8 Bandits / Ages 9 & 10 Gremlins / Ages 11 & 12 Juniors / Ages 13 & 14 Seniors
We will ONLY allow One Player to move Up a Division per Team, provided they are within 1 Year of that Division's playing age. NO Players are allowed to play down a Division.

Purpose: Youth sports programs like ours are dedicated to helping children become good & decent citizens. It strives to inspire kids with a goal & to enrich their lives towards the day when they must take their places in the world. It establishes for them rudiments of teamwork & fair play.

Practices: Your Coach will determine what days, location and how often you will practice.

Games: All games (unless notified otherwise) will be played at Heritage Park in Henderson, NV

Sponsors: Enable us to provide a High Quality League that is well run with updated equipment, making it both enjoyable for the Players as well as the Parents. The HFFL is a 501c(3) Non-Profit Organization, so Sponsorship is Tax Deductible.

We are a non-profit League that is operated solely by Volunteers. Our goal is to furnish a fun, healthy activity, under good leadership and to teach the right values and ideals to our youth.

REFEREES

The Referees are selected by and assigned by the HFFL Board of Directors. They answer directly to the Referee Coordinator. The Rules in this Rule Book, are monitored by the Referee's assigned to each Game. They are there to ensure that the Rules are followed and enforce any Penalties for infractions of the Rules. The Referees judgement during a Game is at their sole discretion, but they are to adhere to and follow the Rules in this Book to come to their decision. At any time a Referee is allowed to stop the Game and get the Referee Coordinator, or a Member of the HFFL Board of Directors, to clarify or interpret a Ruling or decision. Once a Ruling, during a Game is made final, there are no Protests or other course of actions that are allowed that will change the final outcome of the Game. Coaches are, during the Game, allowed to Challenge a call made by a Referee (see page 13) but the Challenge MUST happen before the snap of the next play.

Excessive yelling at, or any other demeaning action towards a Referee from anyone, will not be tolerated, and could result in the dismissal and or suspension of the person or persons involved. This includes Coaches, Players, Parents and any other Spectator or By-Stander. A Member of the Board of Directors may at their own discretion inform a Referee to Penalize or even eject a person for their negative content.

RULE BOOK

This Rule Book is the Official Rules of the Game for the HFFL. The Board of Directors has reviewed, verified and endorsed its content. However, at anytime, if necessary, the Board may change, edit, add or delete any Rule in this Book. Any Rule changes would be posted and/or sent to the Coaches and Team Moms prior to implementation. The HFFL is not responsible or liable for any mis-prints, or language that may lead to any mis-understanding. The Board of Directors has all final say on any and all Rules and Regulations pertaining to the HFFL.

Section I GENERAL RULES & REGULATIONS

1. Rosters: Team Rosters will consist of no more than 10 Players. The Board of Directors will approve all Players on a Team. ONLY Open Division Coaches can select all Players (8 to 10) for their team. *The Open Divisions are Competitive Divisions.* No new Players can be added to a Team after the 2nd week of the Season.
2. Balance 6/4 Rule: Each Division will be balanced as best as possible to maintain fair play. Our Goal is to not have more than 6 Players of one age on a Team. A Player may play up one division provided they are within 1 year of that division's age. Only 1 under-aged Player is allowed to play up per Team (2 in Open). Open Division Rosters MUST have at least 8 Players & the 6/4 Rule does NOT apply.
3. Illegal Player: Any player found playing on a team without the Board's approval is an illegal player. The team then forfeits ALL games in which that player participated.
4. Rainouts: A Regular Season game counts after 9 min. of the 2nd half.
5. Cancellations: Cancellation of games will be at the discretion of the HFFL.
6. Kicking: There is NO punting or kicking of any kind in this League.
7. Practices: Teams can practice up to 3 times per week prior to Opening Day and up to 2 times per week during the Season. Open Teams have no limit to practices. Coaches MUST also follow the City of Henderson Practice Regulations per Age.
8. Sidelines: There are NO Noise Makers of any kind allowed on the Fields. Tents & Chairs must be at least 10 feet from any Boundary.
9. Mercy Rule: With 10 Min. left in the Game, if a Team gets up by 33 points or more the game is called. Trailing Team's possession is allowed to continue if they can get within 33 with a score.
10. Uniform: **Jewelry** – All players must remove all jewelry before taking the field. *Exception for Medical Alert Jewelry*
 - Flag Belts** – MUST be VERY SNUG on the Waist. All players on the field must wear League assigned Flags. Wristbands are NOT allowed to be worn on the belts.
 - Gloves** – May be worn, however no sticky aid is allowed.
 - Mouthpiece** – Mouthpieces are not required, but are encouraged to be worn by all players.
 - Jersey** – Home Team wears their dark color, Visiting Team must wear the lighter color if dark colors are similar. Shirts must be tucked in at all times. HFFL League issued Shorts &

Jerseys with numbers must also be worn. Socks may not have any extensions. *Jerseys cannot be altered in any manner unless Board approved. Players MUST have a Jersey from the current Season to be allowed to play. No Jersey or No Shorts means NO Play. NO EXCEPTIONS.*

Cleats – NO Metal Cleats are allowed. Athletic Shoes ONLY

Headgear – Beanies with an NFL or HFFL logo or no Logo & any Soft Helmets are allowed. No other Headgear is allowed.

Casts – No Hard casts are allowed on the field. Soft casts, must be approved by the Board prior to play.

Eyewear – May ONLY be worn with an Athletic Eyewear Strap.

11. 50/50 Rule: ALL Players must play half (18 minutes) of the game (except in the Open Divisions). Prior to each Half, each Coach will declare their Players to the Referees by Jersey Numbers that will play Offense & Defense for that half. NO Substitutions will be allowed except for injuries (See Substitution Rule). If there are less than 10 Players then the Coach will declare accordingly; (9) 5 & 4 / (8) 4 & 4 / (7) 4 & 3 / (6) 3 & 3. NO EXCEPTIONS. Substitutes for Teams with less than 10 Players will be done in Numeric order from lowest jersey # to highest, per Half.
12. Field Rules: HFFL is using fields from the City of Henderson, therefore **NO** Alcoholic beverages, **NO PETS & NO SMOKING** are allowed within 200' of Park property. Violators will be asked to leave immediately; failure to do so will result in the Police being called.
13. Spectator Ejections: Any Spectator ejected from a game must completely leave the park premises. Reasons for ejections can include, but are not limited to: Profanity, physical contact with anyone, threats made to others, etc. The Board of Directors will determine how long a spectator is banned from attending games.
14. Parents: No Parent or Spectator is allowed on the field of play during a game. An Official in the case of an injury may waive this rule. Parents are suggested to discuss any Team issues with their Coach or Team Mom. However if they feel their issues are not being resolved, then they should write a letter to the Board expressing their concerns. The Board will do everything it can to handle the issue as quickly as possible.
15. Down Marker: An Adult should hold the Down Marker for one half. The Down Marker will switch sidelines at half time.
16. Coaching: A Head Coach MUST be at least 18 Years old & be HFFL Certified & Background Checked. An Asst. Coach must be at least 15 Years Old. Coaches must wear their HFFL ID at ALL Times during their Teams Games. Replacement ID's cost \$10. Each Team is ONLY allowed to have 2 Certified Coaches in the Coaches Box. A Coach CANNOT Coach more than 1 Team in the same Division.
17. NOTE: The Board of Directors reserves the right to clarify, adjust, or change any of the rules in this Rulebook. The Board also has sole discretion & authority to enforce any & all rules, & to take action on any infraction to protect the integrity of the League.

Section II THE GAME

1. Prior to each game, the Referees will check each player for; Mouthpiece, Jewelry, Legal Head Gear, Shirts tucked in, Flag belt on properly, Flags Pull out, & Athletic Shoes. Players must meet ALL of these requirements prior to being allowed to play. Late arriving Players MUST check in with a Referee before being allowed to Play.
2. It is the Coaches responsibility to declare their Offensive & Defensive Players to the Referees per half & Overtime if necessary. NO Lineup change in the 2nd OT.
3. Teams must be able to field 5 Players at Game Time. A 5-minute wait will be allowed for late arriving players. If after 5 minutes the Team is still short, they will forfeit the game. A Team starting with 5 Players can still play if they go down to 4 Players during the Game. Forfeit score is 28-0.
4. At Game Time the Home Team will choose Offense or Defense and the Visiting Team will choose direction. Teams switch direction & possession of the ball in the second half. There will be a Coin flip in the Super Bowls.
5. The “Team Box” is between the 5 yard lines. Players or Coaches who are out of the Team Box will be given 1 warning before a Delay of game Penalty is called. ONLY Players & Coaches are allowed in the “Team Box”.
6. The Offensive Team takes possession on their 5-yard line, & has 3 Downs to cross mid-field for a 1st down. Upon crossing mid-field the Offense has 3 additional downs to score a TD. Should the Offense run out of downs before getting a 1st down, or scoring a TD, they lose possession & the opposing Team takes over. All possession changes start on the Offensive Team’s 5-yard line. Interceptions are live and can be run back. That Team then takes possession at the return spot. if an Interception is return for a TD, then that Team attempts their extra point. A Team can choose to “go for it” twice during a Game to get a 1st down. If they fail to get a 1st down, the Defense takes over at that spot.
7. If a Flag Belt Spins making the Flags no longer on the Players Hips, or if a Jersey is untucked & covering the Flag Socket, then the next attempt for a flag pull will result in the Player being marked down at that spot.
8. **Time Limit** – All Games will consist of two 18 min. halves, with a 2 min. halftime. The Clock will only stop during games for TO’s, Injuries, Coach’s Challenges, Referee consultations & Inadvertent Whistles. The Clock will also stop the last 2 minutes of the game if the score is within 8 Points on Incomplete passes, runs out of bounds, change of possession, penalties and during extra points. NOT for fumbles!
9. **Timeouts** – Each Team will receive one 30 second time-out in the first half & two 30 Second Timeouts in the second half. Each Team also has One (1) Timeout in the 1st Overtime Period. The Two-Minute Warning in each Half is a FREE Time stoppage (*Not a timeout*). The clock will re-start at the snap of the ball after the 2 minute warning.
10. **Huddles** – Only 5 Players & 1 Coach are allowed in the Huddle. However, the Coach must get to the sideline within the Team Box before the play starts. Violation is a Delay of Game Penalty.
11. **Play Clock** - The Offense has 30 seconds from the time the Referee marks the Rush Line to snap the ball. Play cannot start until the Rush Line is given, and the Referee blows the whistle to begin play. Failure to get the play off in time OR starting a play before the Referee blows the whistle to begin play, will result in a Delay of Game Penalty.

12. **Flag Pulling** – When a Player pulls a flag they should hold it directly over their head for the Referee to see. Spiking Flags is an Unsportsmanlike conduct Penalty.
13. **Ball Spot** – A Player is down when their flag is pulled. The ball is spotted where the **BALL** is when the flag is pulled (not where the Defender is).
14. **Motion** – Any number of Offensive players may shift, however they must be set for 1 second before the ball is snapped. However one player is allowed to stay in motion at the snap of the ball. They must be moving parallel to or away from the line of scrimmage at the snap.
15. **Blocking**—NO Blocking or Tackling is ever allowed.
16. **Snapping the Ball** – The Center must snap the ball between both legs. The QB MUST either be under center or in Shotgun. After assuming the position & adjusting the ball, the Center cannot move the ball in anyway that simulates a snap. This is a False Start. Only 1 Player can be under center, more than 1 player under center is an “Illegal Play”. If the QB is in “Shotgun” then the snap MUST be snapped back.
17. **Substitutions** – In the case of an Injury, that Team must use the Lowest Number from the Players that are on the sideline. That Sub must remain in for the remainder of that Series. If the injured Player cannot return on the next series, then the Team MUST revert to the 50/50 Rule for Numeric Substitutions. An injured Player does NOT have to come out of the Game. Subs are allowed on both sides of the ball for “Extra Points”. Subs are allowed after each play in the Open Divisions.
18. **Tie Games (Overtime)**– Each Team will declare their Offense & Defense for OT. First Possession & Direction will be determined by a coin flip. Teams will go towards 1 end zone only. Each Team gets 2 downs to score from the opponents 12-yard line. If they score they attempt their XP. An Interception in OT is LIVE. If still tied after 1 overtime, then we go to an XP Shootout (alternating who goes 1st) till there is a Winner. There are no Roster changes allowed after the 1st OT. One point is given for ANY Overtime Victory no matter how many scores occur.
19. **Participant Ejections**—Any Player or Coach displaying conduct detrimental to the League can be Ejected from a game. If this occurs they must leave the Park immediately. They will also be suspended for the next played game, unless given permission by the Board. The League reserves the right to remove any participant at any time for the good of the League. **If suspended, they are not allowed to be on Park Property (including Parking Areas). Failure to comply with the Punishment will result in a Forfeit for the Team and additional Suspension.**

(Section III) PASSING PLAYS

1. The Quarterback (QB) is defined as the player that receives the snap from center (even if it is tipped first). The QB has 7 seconds to handoff or pass the ball or else the play will be blown dead. If there is a hand-off, the 7 second rule does not apply.
2. Both feet must be behind the LOS when passing the ball. Any player can pass the ball, provided they have not crossed the LOS.
3. All passes must cross the LOS to be a legal pass. A legal pass can be thrown or tossed in any manner.
4. All players are eligible to receive a pass, including the QB, however if a receiver steps out of bounds they are not eligible to catch a pass unless it is first touched by another player (loss of down.).
5. The Defense (except the Rusher) must give the receivers the right-of-way on pass patterns. Contact with a receiver during an attempted catch is PI. Contact with a receiver while running their pattern is Illegal Contact. Minimum "Hand Checking" is allowed.
6. Interceptions are a "Live" ball Turnover, & can be run back by the Defense. Once an Interception is made all other defensive players must stop. Extra point interceptions are LIVE and will count for 2 points if returned to the opposite end zone. ANY penalty after an Extra Point interception by the original Offense, will result in a 10 yard mark-off on the change of possession. A Penalty on the return that is determined to be the Last Defender will result in the 2 points being awarded & no 10 yard penalty will be enforced.
7. A receiver only needs to have 1 foot land in bounds with possession to be a legal catch. A catch made while straddling any out-of-bounds line is incomplete.
8. Simultaneous Possession (SP) goes to the Offense. It is the Referees Judgment if SP occurred. If so, the Defense cannot take it away from the Offensive Player.

(Section IV) RUNNING PLAYS

1. **The Quarterback (QB) is NEVER allowed to run the ball from behind the Line of Scrimmage.**
2. A handoff to the Center cannot go back through the Centers legs.
3. Multiple handoffs are allowed behind the line of scrimmage, NO handoffs or laterals are allowed beyond the line of scrimmage.
4. There are NO Pitches or Lateral allowed. Forward passes not crossing the LOS are blown dead. If an Illegal Forward Pass is picked-off by the defense, the play is dead with the offense retaining possession, unless it was 3rd down.
5. The “No Run Zone” is to avoid short yardage power running. They are located 5 yards from mid-field & 5 yards from the end zone. Running in the “No Run Zone” is considered an Illegal Play.
6. NO Player is allowed to run along-side or within 10 yards of a ball carrier beyond the LOS. This is considered Flag Guarding from the initial spot of the infraction. This includes Interceptions.
7. It is up to the Ball Carrier to avoid making direct contact with a defensive player that is SET. A ball carrier may NOT dive forward to advance their position. This is Flag Guarding from the spot of the infraction.
8. Spinning is allowed, however, a step must be taken between spins, out of control spinning is Flag Guarding.
9. Jumping is allowed, **however their Knee cannot raise above their Flag Belt.** This is an automatic “Flag Guarding” penalty even if no contact is made. If an offensive player leaves their feet and makes contact with a defender while in the air or when landing, the offensive player will be penalized for “Illegal Contact”.

(Section V) RUSHING THE QB

- 1.** The Backfield Referee will mark the "Rush Line" which is 7 yards from the line of scrimmage. The Offense cannot start a play until the Referee gives the Defense the Rush Line & blows the whistle.
- 2.** Any Players who rush the QB must be behind the Rush Line at the time the ball is snapped. Any number of players may rush from behind the rush line. If the Offense "Huddles" with the ball, or 2 players are simultaneously touching the ball then any defender can rush, & if any flag is pulled while in the "Huddle" the play is dead at that spot. Two or more Players is a Huddle.
- 3.** The Rusher must use a direct line (**off Center**) to the QB in order to be determined the Rusher. Contact with or Impeding the progress of the Rusher using a direct line is a penalty on the Offense. If the Rusher makes contact with a Receiver that is looking back for a pass & is not using a direct line, then the penalty is on the Defense.
- 4.** An illegal rush is when any Defensive player crosses the line of scrimmage (before a handoff or pass is thrown) without starting from behind the Rush Line or Crosses the Rush Line before the snap and continues across the LOS before a handoff or pass.
- 5.** Once the ball is handed off or leaves the QB's hands any defensive player may cross the LOS and rush the ball carrier, *however, crossing the LOS on a fake handoff is an illegal rush.*
- 6.** There is NO Screaming when rushing. A rusher can jump or have hands raised to attempt to block a pass.
- 7.** ANY Contact to the QB's (passer) arms or upper body is Roughing the Passer. Contact to the lower body is considered Roughing the Passer only when a clear attempt to pull the flags is not recognized or excessive contact is made while trying to pull the flags.
- 8.** A Roughing the Passer Penalty that also results in positive yardage, has the 15 yards added on to the end of the play.

(Section VI) DEAD BALLS

1. Anytime a Referee blows their whistle play is immediately dead.
2. An inadvertent whistle is a dead ball at the time the whistle is blown (clock stops) Play can be replayed or count at the dead ball spot (Offense's choice) If the down's replayed the clock will not start again until the ball is snapped.
3. Fumbles are marked at the spot that the ball hits the ground. A forward fumble will be marked at the players most forward foot. A Fumble in the Offense's own end zone is a Safety, which counts 2 points for the Defense. Fumbles DO NOT stop the clock inside the last 2 minutes of the Game.
4. The play is over (dead) when a ball carrier's flag is pulled or falls off. A ball carrier may put their hand on the ground for balance. However, any other part of their body that touches the ground makes them down at the spot of their most forward foot.

(Section VII) LOSS OF FLAG CLARIFICATIONS

1. The ball will be spotted at the spot where the ball carrier's flag fell off.
2. A player or Team member pulling their own flags will be down as soon as they have possession of the ball. This includes the Center if they snap the ball without both flags, the Play is Dead and it's a loss of down.
3. On a pass play, a potential receiver that drops or loses their flag(s) will be down at the spot they gained possession. They will not be allowed to advance the ball; however it is a completed pass.
4. It is an illegal Flag pull for a Defender to pull a flag from an Offensive player, before they touch the ball. If the flag is pulled prior to the offense catching the ball & they are determined to be the last defender, a TD is awarded.
5. A Flag belt that drops below a ball carrier's hips or a ball carrier that grabs their falling belt while having possession will be dead at that spot.
6. Flag Belts are to worn **VERY SNUG** around the waist. Any Player or Team found to have altered their flags in any manner, is an automatic forfeit of that game. The Board of Directors will then determine any other penalties or action to be taken & will notify the Head Coach.

(Section VIII) COACHES CHALLENGE

A Coach ask for the Referee Coordinator to come to the field for rule clarification. If the Referee was found to be in error, the call will be changed to the proper call. If the play stands as called, the Team will be charged a time-out. If you lose a Challenge and your Team is out of time-outs, a 10 Yard penalty will be assessed (plus a 1st or loss of down).

1. All Challenges must be made prior to the next play.
2. A Judgment call cannot be challenged.
3. A Referee can call for the Coordinator at any time.

(Section IX) PLAYOFFS

At the conclusion of the Regular Season, there will be a Single Elimination Trophy Tournament for Teams that make the Playoffs. The amount of Teams that are eligible for the Playoffs in each Division will be determined by Week 1. Tournament seeding will be determined by the regular season standings in each Division. Ties in the Standings will be broken by;

1. *Head to Head Play*
2. *Defensive Total Points Given up*
3. *Total Points Scored*
4. *Coin Flip*

If there are 3 or more Teams tied for a position, then the tiebreaker will reduce the Teams to 2 and start at the beginning of the tie breaking procedure.

MERCY RULE: After the 1st possession of the 2nd half by the losing Team, once they are trailing by 28 points or more, the Game is called.

(Section X) SCORING

Touchdown (TD).....6 points
XP From 5 Yards out (No Run).....1 point
XP From 10 Yards out (Run or Pass).....2 points
Safety.....2 points
Extra Point Interception Run Back.....2 points

Penalty Clarifications

1. On Offensive Penalties the Play is to be Immediately Whistled Dead. (*Except for Offensive Pass Interference*)
2. Incidental Contact resulting from the normal running of a play, is a judgment call, & will be determined by the Referees.
3. **Players cannot Torpedo dive** (2 feet leave the ground) to pull a flag.
4. No penalty after assessment will take a Team more than half the distance to their own Goal line.
5. Offsetting Penalties with no yardage gained will be replayed. Offsetting Penalties with + yardage; Offense's Choice; decline the Defensive Penalty & enforce the Offensive Penalty or Replay the Down.
6. ANY Penalty can be declined by the opposing Team.
7. The "Last Defender" Rule can only be enforced when is it determined that NO other defensive player had a reasonable opportunity to get to the Offensive Player, preventing a TD.
8. A Game or Half cannot end on a Defensive penalty, unless declined.
9. A Dead Ball Penalty after a TD has the option of being enforced on the Extra Point or on the Change of Possession.
10. A Dead Ball Penalty on the Defense after 3rd down, will be enforced and the Offense will keep the ball.
11. An "Intentional" Penalty is enforced as Unsportsmanlike conduct.
12. A Hold will NOT be called on a "Grab & Release" with no affect
13. Minimum "Hand Checking" is Allowed unless it moves the Receiver or Impedes their Route Progress.

CONDUCT EXPECTATIONS

Referees:

All League Referees have been given the authority to be in charge of the field and its participants. Their calls must be as accurate as humanly possible, while using good judgment, and allowing the players to decide the outcome of the game. As the authority in charge, they are to enforce all rules and assess all penalties including player ejections, if necessary. Referees fall under the direction of the Referee Coordinator, who will handle any issues with Referees.

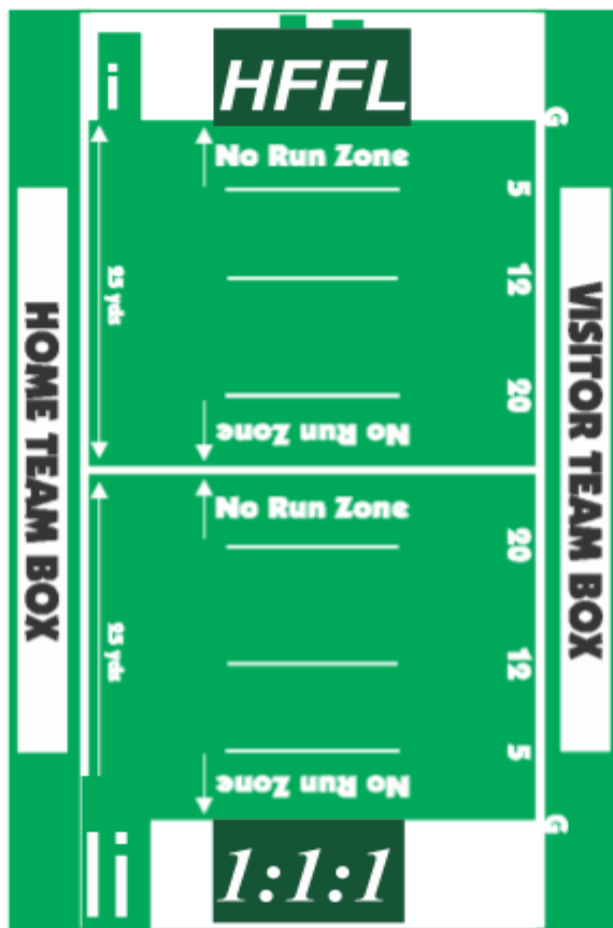
Coaches:

Coaches are expected to teach the rules, good sportsmanship, fundamentals, and lead by example. A Coach or Parent must NEVER shove, strike, threaten violence or use ANY inappropriate language to a Player, spectator, other Coach, or Official. As a role model, Coaches must set an example for all. The League would much rather lose a Coach than lose even one Player due to lack of control on the Coach's part. Coaches can question a Referee call for clarification; however, they must abide by the official decisions. Coaches fall under the direction of the Division Player Agents and the Board of Directors, so they will handle any issues with Coaches.

Parents:

Parents play a very significant role in what the participant gets out of our program. They should always be supportive . . . win or lose. Get the Players to as many practices and games as possible. Keep the lines of communication open with the Team's Coach. A Parent's attitude and comments will go along way in how a child learns to play Team sports. Children learn by example. Any problem Parent(s) will be asked to leave the park, and escorted by the park Police if necessary. A repeat problem spectator could result in the Player's removal from the League.

PeeWee Division Rules Addendum



The PeeWee Division is for players 5 & 6 years old. This is a development division. The goal is to teach ALL the players the fundamentals of the game.

All rules are the same as the other division with the following exceptions:

- Games are 15 minute half's
- Rosters will consist of up to 8 players
- Games will be played 4 on 4
- Games are played on half of one regulation field
- Jersey's are NOT to be tucked in
- 40 second play clock
- There are no "NO Run" zones
- 4 downs to score/no 1st downs
- Rush Line is 5 yards from the line of scrimmage
- Players MUST be declared Offence one half and defense the other half (No exceptions)
- Offensive coaches can stay on the field during the play, 5 yards behind the QB
- No 2 minute warning or clock stops except for TO's
- No subs on extra points
- No extra point interception
- run backs allowed

PENALTIES

Defense

Infraction	Marked From	Assessment
Offsides	Scrimmage	5 Yards + 1 st down
Illegal Flag Pull*	Spot Foul	5 Yards + 1 st down
Illegal Rush/Jumping & Yelling	Scrimmage	5 Yards + 1 st down
Illegal Contact Initiating	Scrimmage	5 Yards + 1 st down
Holding or Bumping a Receiver not Avoiding Contact, Tackling, etc		
Diving to Flag Pull	Spot Foul	5 Yards + 1 st down
ANY contact* with a ball carrier	Spot Foul	5 Yards + 1 st down
Pass Interference of Face Guarding	Spot Foul	1 st down
Pass interference in the End Zone will place the ball on the 1 yard line		
Roughing the Passer	Scrimmage/Spot	15 yards + 1 st down
Illegal Substitution	Scrimmage	15 Yards + 1 st Down
Unsportsmanlike Conduct**	Scrimmage	15 Yards + 1 st Down

If a Hold, Tackle or Illegal Flag Pull is called on the last defender, a TD is awarded

Offense

Infraction	Marked From	Assessment
7 Second Violation	Dean Ball	Loss of Down
Offside OR False Start	Scrimmage	5 Yards + Lose Down
Illegal Motion OR Illegal Play	Scrimmage	5 Yards + Lose Down
Illegal Forward Pass	Scrimmage	5 Yards + Lose Down
Illegal Contact Initiating	Scrimmage	5 Yards + Lose Down
Holding or bumping a defender, not avoiding contact, blocking, etc.		
Pass Interference	Scrimmage	5 Yards + Lose Down
Delay of Game	Scrimmage	5 Yards + Lose Down
Starting a play before the rush line is set. Coaches or players being out of the players box during plays. Not helping return the ball to the LOS.		
Flag Guarding	Spot Foul	5 Yards + Lose Down
Stiff Arm, Holding the Flag, Slapping a hand away, Extending the Ball Outwards, Diving forward, Flag Guarding in your own End Zone is a safety.		
Illegal Substitution	Scrimmage	15 Yards + Lose Down
Unsportsmanlike Conduct**	Scrimmage	15 Yards + Lose Down

**Unsportsmanlike fouls will result in team warnings & possible player/coach ejections. Examples: Vulgar language, trash talking, taunting, spiking the ball, flag or rough play. Two unsportsmanlike conduct penalties are an automatic ejection.