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Format:

1. All Players must have a completed medical release form and code of conduct form on file
2. Coaches on the field
 - a. Instructional division may have up to 2 coaches on the field at a time
 - b. Rookie/Junior division may have 1 coach on the field. They must be 5 yards beyond their deepest player before the snap of the ball.
 - c. Senior division Must be coached from the sideline
3. Teams will have 8-12 players per team with no more than 5 players on the field and no less than 4 players on the field at a time
4. Home Team takes the sideline closest to the Administration Building or concessions and will wear dark jerseys.
5. Away Team takes sideline furthest from the Administration Building or concessions and will wear Lighter side of the jerseys.
6. Home teams are required to operate the Down Marker for each game.
7. All Teams are required to turn in a completed Team Monitor Sheet at the conclusion of every game. Team Monitor Sheets are to be completed by non-coaching personnel.
 - a. Tally mark for each offensive play a player is playing
 - b. Tally mark for each defensive play a player is playing
 - c. Circle or cross threw the number for each ball carry, reception or attempted reception
 - i. If a player is intended to get the ball, but it is dropped, that is still an attempt and should be marked as such.
 - d. Tally mark for each Touchdown awarded
 - e. Mark a number 1 or 2 for the extra point conversion
8. Every player must get an opportunity to run the ball or receive a reception.

9. Players must be rotated into the game multiple times and may not sit more than 2 quarters in a row. Every player must play at least one full drive on offence and one full drive on defense in each half.

- a. Best practice is to have 5 players on an offensive drive and defensive drive then make a rotation of 4-5 players for the next drive .

10. Fans are required to keep fields safe and kid friendly:

- Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines. 3 feet from the sidelines
- If using a canopy or tent, stay 3 feet from sideline.

11. Coaches, Officials and scorekeeper must sign score sheet. If a coach does not sign the score sheet before leaving the field, the scorekeeper will note on that sheet and the score will be FINAL. As the coach, you are responsible for ensuring your players get play time.

Coach and Spectator Conduct/Responsibilities

1. Only the team coach may ask the referee questions about rule clarification and interpretations. Players and parents may not question calls.
2. NFL Flag game administrators are at the game merely to observe the games. They will not be brought into a game to overturn a call. The referee's call is considered the final judgment. Questions about rulings may be brought to the NFL Flag Game Administrator for review after the game. There, the Administrator, the coach, and referee, if desired, will review the Rules together. The review will in no way overturn the outcome of the game's final score.
3. Inappropriate, rude, or confrontational behavior by any coach, player, or fan may lead to a team's disqualification.

Coin Toss:

1. Before the start of the game, players will meet at midfield for referee to check mouth pieces and ensure all players have shirts tucked in. Captains from both teams will remain at midfield for the coin toss to determine who shall start with the ball.
2. Visiting team shall call the toss.
3. The winner of the coin toss gets the choice of offense or defer to the second half.
 - The loser of the coin toss chooses the end zone it would prefer to defend.

Game Flow:

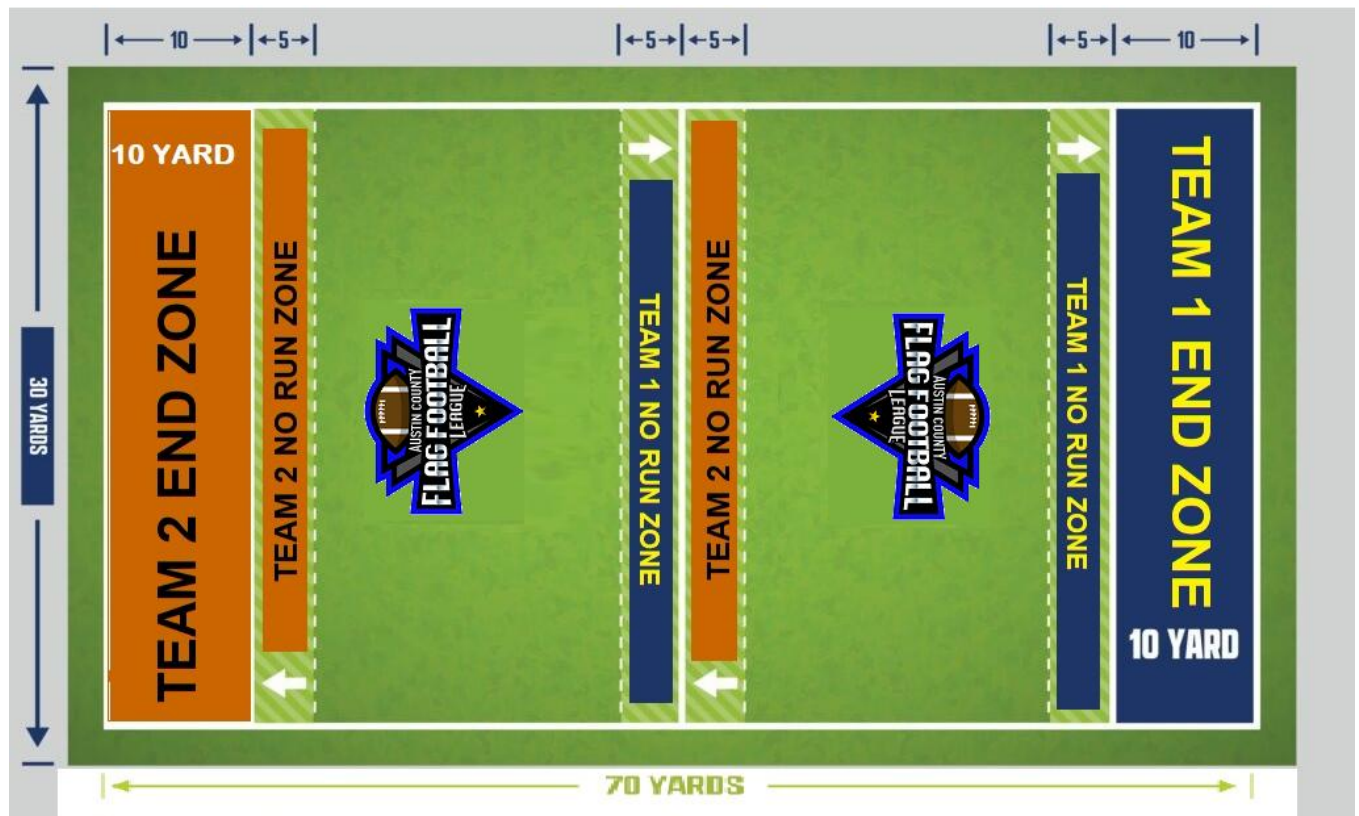
1. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once the team crosses midfield, they have (3) downs to score a touchdown.
 - a. If the offensive team fails to cross midfield after 3 downs they may elect to punt or go for it on 4th down,
 - b. If the offence elects to punt on 4th down the drive is over and the opposition starts its drive from its own 5-yard line.
 - c. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start its possession from the spot of the ball
 - d. Offensive Teams MUST declare 4th down intent: “play or punt” when asked by the referee and prior to the “ready for Play”
 - e. Teams may use a time out to change the declaration from play to punt at any time prior to the expiration of the play clock.
 - f. Once punt is declared the other team has position of the ball at the opposite 5 yard line and the declaration may not be reversed to play.
 - g. After crossing mid-field if the offense fails to score within 3 downs, the ball changes possession and the new offence starts its drive on its own 5-yard line
4. Teams change direction after the first half.
5. Teams can have 5 players on the field at one time and must always field a minimum of four (4) players.

Equipment:

1. All players must wear official NFL FLAG belts and flags that the coaches will be issued for players assigned to their team. Teams are required to provide these flags for the games.
2. All players must always have a mouth guard while on the playing field
3. NFL Flag footballs Game balls will be provided by Austin County NLF Flag Football, Team footballs are not to be used
4. Players must wear closed toe shoes. Cleats with exposed metal are not allowed
5. Players may tape forearms, hands, fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed
6. Players must remove all jewelry, hats, and do-rags. Winter beanies are allowed
7. Players may wear soft shell helmets must must be ALWAYS secured while on the playing field
8. Players' jerseys must always be tucked into shorts or pants.
9. The game will not be delayed for teams that are unprepared to play due to a missing mouth guard, flag issues, or improperly tucked-in jerseys. A team may call a timeout to make a substitution or resolve the issue.
10. Extra belts and mouth guards will be available for purchase at concessions.
11. Flag belts and flags cannot be the same color as the player's shorts.

Field:

1. The field dimensions are 25 yards by 70 yards with two (2) 10-yard end zones and a midfield line-to-gain. No run zones precede each line-to-gain by 5 yards and are 5 yards prior to each end zone.
2. No run zones are in place to prevent teams from conducting power run plays. While in the no run zone (5 yards prior to midfield and prior to the end zone) teams can not run the ball in any fashion. All plays must be pass plays, even if there is a hand off.
3. Each offensive team approaches 2 no run zones in each drive
4. The rookie division is exempt from no-run zones
5. Stepping on the boundary line is considered out of bounds.



FLAG FOOTBALL FIELD TERMS:

1. Boundary lines: The outer perimeter lines around the field, including the sidelines and back of the end zone lines.
2. Offense: The team who has possession of the ball and is trying to advance to the opponent's end zone for a touchdown.
3. Defense: The team who doesn't have possession of the ball and is trying to prevent the other team from scoring by pulling the ball-carrier's flags down.
4. End zone: The two end zones, located on opposite sides of the field, are the scoring areas. The goal line, which a player must cross to score a touchdown, is the start of the end zone.
5. No run zone: The rules for flag football include no run zones that are located five yards before each goal line and the midfield. If the ball is spotted within a no run zone, the offensive team must use a pass play to earn a first down or touchdown. The objective is to prevent power football in tight spaces, limiting contact.
6. Line-to-gain: The line the offense must cross to get a first down or score.
7. Line of scrimmage: This is an imaginary line that expands the width of the field and runs through the point of the football. It indicates where teams can't cross until the play has begun.
8. Backfield: The part of the field directly behind the line of scrimmage

FLAG FOOTBALL GAME TERMS:

1. **Dead ball:** This refers to the period of time directly before or after a play, when the ball isn't in motion. Flag football rules are more strict about dead balls: they commonly happen when the ball touches the ground, the ball-carrier's flag is pulled from their belt, the ball-carrier steps out of bounds, the ball-carrier's body—outside of their hands or feet—touches the ground, the pass is incomplete, the ball-carrier's flag falls out or the receiver has one or no flags when catching the ball.
2. **Downs:** A down is the period after the ball is snapped and the team is attempting to advance down the field. In flag football rules, teams have four downs to cross midfield. If they successfully cross midfield within four downs, then they have three downs to score a touchdown.
3. **Flag guarding:** This flag football term happens when the ball-carrier prevents a defender from pulling down their flags. For example, they might stiff arm, cover their flag with their open hand, or lower their elbow. It is illegal and results in a penalty.
4. **Lateral:** A backward or sideways toss of the ball by the ball-carrier.
5. **Live ball:** This is the period of time when the ball and play is in motion. It's generally used in regard to penalties—live ball penalties are enforced before the down is considered complete.
6. **Passer:** The passer is the person throwing the ball. This flag football term is more common in flag football because the passer doesn't necessarily have to be the quarterback.
7. **Rush line:** An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage. In other words, any defensive player who is positioned seven yards off the line of scrimmage is eligible to rush.
8. **Rusher:** The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or blocking the pass. Offensive players must steer clear of the rusher. When the ball is handed off, any defender may rush.

9. 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.

Game Clock, Timeouts, & Play Clock:

1. Games are two 20-minute halves played on a continuous clock. The clock stops only for timeouts.
2. Halftime is five minutes long.
3. Each team has three (2) 30 second timeouts per half.
 - A team that is up by three scores in the second half can no longer use their time outs.
4. At the one-minute mark in both the first and second halves, the play clock will stop with:
 - An incomplete pass or dropped ball.
 - A play that ends out of bounds
 - An interception
 - Change of possession.
5. Officials can stop the clock at their discretion.
 - The clock will stop in the event of an injury. It will restart once the injured player is off the field of play.
 - The injured player must remain on the sideline for at least one play.
6. Each team will have 40 seconds to start the next play once the referee has spotted the ball or delay of game will be called.

Live Ball, Dead Ball, & Substitutions:

1. The ball is live at the snap of the ball and remains live until any official whistles the play dead.
2. The official will indicate the neutral zone and the line of scrimmage
 - a. 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. The ball must be handed off, pitched or thrown in 7 seconds from the snap of the ball.
 - a. If the 7 second pass clock expires and the ball has not been handed off, the play is dead, the down counts and ball is returned to the line of scrimmage.
 - b. There is no intentional grounding, the quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.
4. The play is ruled "dead" when:
 - a. The ball hits the ground. Period.
 - i. If the ball hits the ground because of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball carriers' flag is pulled.
 - c. The ball carrier steps out of bounds/ on the line
 - d. A touchdown, PAT, or safety is scored
 - e. The ball carrier's knee or arm hits the ground.
 - f. The ball carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one flag.
 - h. The seven-second play clock expires.
 - i. An inadvertent whistle is blown (At the spot where the ball was whistled dead). In this case, the offense has two options:
 - i. Take the ball where the whistle blew, and the down is consumed.
 - ii. Replay the down from the original line of scrimmage.
5. Substitutions may be made on any dead ball
6. A player who gains possession in the air is considered in bounds if one foot comes down in the field of play
7. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is misinterpreted, the timeout will not be charged, and the proper ruling will be enforced. Officials should all agree upon any controversial calls in order to give each team the full benefit of each call.
8. Officials should all agree in order to change a call on the field that is in dispute.

Scoring

1. **Touchdown:** 6 points
2. **PAT** (Point After Touchdown) **1 point**(5 yard line) or **2 points** (10 yard line)
 - a. 1 point PAT must be a pass (except in the rookie division);
 - b. 2 point PAT can be a run or pass
3. **Safety:** 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own endzone. 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 endzone or if a snapped ball lands in or beyond the endzone.

4. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yardline) or a 2 point conversion (from the 10-yard line). Any changes, once a decision is made to try for the extra point, required a charged timeout. A decision cannot be changed after a penalty.

Mercy Rule:

1. Once one team is winning by 35 points or more, the referee will give the losing team an opportunity to exercise the mercy rule, which is...

- The losing team gets one offensive series to continue regulation play.
- If they do not score, the game goes into scrimmage mode and the score at the time will be what is recorded in team statistics:

1. 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.

2. Points do not count in final score.

3. The game is over after three possessions, fifteen minutes, or the end of regulation time.

Offense:

The offense has 7 seconds, from the snap, to pass, or hand the ball off. Failure to do so will result in the play ending and down consumed when the 7 second pass clock expires.

Formation:

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage.
 - a. One player at a time may go in motion one yard beyond and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
 - c. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
2. It is considered a false start if
 - a. A set player moves.
 - b. The player in motion runs toward the line of scrimmage.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to the player in the back field.
4. Teams may shift formations prior to the snap as long as they are set for at least 1 second prior to the snap of the ball

Running with the Ball:

1. The ball is spotted where the runner's front foot is when the flag is pulled not where the ball is.
2. There are no fumbles. The ball is spotted where the ball hits the ground.
 - a. Fumbles cannot be used to advance field position.
3. Spinning/jump cuts are allowed, but runners may not leave their feet to advance the ball or avoid a flag pull.
 - a. Diving is considered guarding.
4. Runners may leave their feet if there is clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty being enforced.
5. Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage.
6. No blocking or "screening" at any time.

- a. Offensive players in close proximity of the ball carrier must stop their motion once the ball has crossed the line of scrimmage. **ABSOLUTELY NO RUNNING WITH THE BALL CARRIER.**
- 7. Deliberately obstructing flags will be considered flag guarding.
 - a. Jerseys must be tucked in.
 - b. Flags must be on the player's hips and free from obstruction.
 - c. Flags may not be Modified.

Running Plays:

1. Once the ball has been handed off pitched or thrown, the 7 second pass clock is eliminated, and all defensive players are eligible to rush even if it is in the no- run zone
2. Only direct handoffs from behind the line of scrimmage are permitted.
 - a. The QB is **NOT** allowed to handoff to the center on the first handoff of the play.
 - b. Offense may use multiple handoff
 - c. The quarterback cannot directly run the ball.
3. The quarterback is prohibited from handing the ball off to the center when the quarterback takes the snap from under center. This includes and is not limited to only:
 - a. Center twisting or turning to face the back field to receive the handoff from quarterback.
 - b. The center releasing the ball to the quarterback and quarterback handing the ball off to the center between center's legs.
4. One player must have clear position of the ball from the center prior to the ball going to another player. If two players receive the snap at the same time, neither one of them is eligible to run the ball past the line of scrimmage.
5. The player that takes the handoff can throw the ball from behind the line of scrimmage.
6. Teams are not allowed to run in the "No Run Zones," which are located 5 yards before each end zone and 5 yards on either side of midfield.
 - a. These are designed to avoid short yardage, power running situations.
 - b. Each offensive team will face at most two 'No Run Zones' per offensive possession.

NOTE The instructional division is exempt from this.

7. Once the ball has been handed off, pitched, or thrown behind the line of scrimmage, all defensive players are eligible to rush

Passing & Receiving:

1. 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 placed at the original line of scrimmage
2. All legal forward passes must be thrown from behind the line of scrimmage, thrown forward, and received beyond the line of scrimmage.
 - a. If the quarterback throws the ball and it is deflected, then he/she catches their own pass the play is dead and treated like an incomplete pass.
 - b. There is no intentional grounding
3. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage.)
4. A player must have at least one foot inbounds when making a reception.
5. In the case of simultaneous possession by both the offensive and defensive player, possession is awarded to the offense.
6. Interceptions are returnable. If returned for a score during regular game play the score will be worth 6 point, and 2 points if returned during conversions and/or overtime

Defense:

Rushing the Passer:

1. In the instructional division, there is no rushing.
 - a. **Defenders must line up 5 yards off the line of scrimmage and 3 yards off the line of scrimmage when the offence is in the no run zone.**
2. The official will designate the rush line, which is 7 yards from the line of scrimmage.
 - a. No more than 2 players may rush as long as they start behind the rush line
 - b. Rushers should verify with the official that they are in the correct spot prior to the play starting and identify themselves by raising their hand.
 - c. Rusher may not leave the rush line until the ball is snapped
 - i. In the event they do leave early they are no longer eligible to rush
3. In the Rookie, Junior and Senior divisions, teams do not have to rush the quarterback.
 - a. If the player is not rushing, they may guard the line of scrimmage but can not pass the line of scrimmage until the ball is handed off.
 - b. Once the ball has been handed off, pitched or thrown, the 7-yard rush rule is no longer in effect, and all defenders may cross the line of scrimmage in pursuit of the flags

4. Rushers may attempt to block the pass;; however, Roughing the Passer will be called in the event that:
 - a. The defender leaves their feet while blocking the pass and then striking the passer.
 - b. The defender runs through the quarterback while either attempting the block the pass or pull the quarterback's flags.
 - c. In either instance, these infractions will result in a ten yard penalty and a first down for the offense.
 - d. The offense cannot impede the rushers in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move with the quarterback when he moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impending rusher penalty. If the offensive player does not move after the snap, then it is the rushers responsibility to go around the offensive player to avoid contact. As with most calls, this is a judgement call by the official.
6. Any intentional interference that would impede the rusher's path to the quarterback will be considered screening. This is a judgment call for the ref.
7. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out the signals to start the play.
8. Defense may not yell no run zone without confirming with the official that the offense is indeed in the no-run zone.

Possible Defensive Penalties due to rushing:

1. If the rusher leaves the rush line before the snap of the ball and crosses the line of scrimmage before a handoff or pass – illegal rush (5 yard penalty and automatic first down)
2. Any defensive player that crosses the line of scrimmage before the ball is snapped – Offsides (5 yard penalty and automatic first down)
3. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is handed off or passed or a defensive player rushing that did not identify as a rusher– Illegal Rush (5 yard penalty and automatic first down)

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 will be penalized if:
 - a. The dive results in the offensive player being taken to the ground
 - b. The defender holds the offensive player in any way (person, shorts, belt, etc.)
 - c. Runs through the offensive player while attempting to pull 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.
5. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
6. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
7. Flag guarding is considered an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

Overtime:

1. In the event of a tie score at the end of the 40 minute regulation, the game will go into overtime, which will play out in the following way:
 - a. Home team calls the coin toss to determine the team that chooses to be on offense or defense first
 - i. 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
 - ii. The referee will determine which end of the field the overtime will take place on
 - b. Each team will take turns getting one (1) play 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.
 - i. 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.

- ii. 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.
- c. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line
- d. Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- e. Final Score will be recorded to include all points scored for each team.
- f. All regulation period rules and penalties are in effect.
- g. Each team gets **one timeout** during Overtime play
- h. Interceptions are returnable in OT, and worth 2 points

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! FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player(s) or coach(es) will be ejected from the game.
3. Players may not physically or verbally abuse any opponent or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defender are not allowed to run through a 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.
 - c. Compliment ALL players, not just one child or team

7. Fans are required to keep fields safe and kids friendly:

- a. Keep younger kids and equipment such as coolers, chairs and tents
a minimum of 3 feet off the field
- 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

Penalties:

- 1. The referee will call all penalties.
- 2. Referees determine incidental contact that may result from normal run of play.
- 3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- 4. ONLY the TEAM COACH may ask the referee questions about rule clarification and interpretations. Players cannot ask questions on judgment calls.
- 5. Games cannot end on a defensive penalty, unless the offense declines it.
- 6. Penalties assessed Live Ball then Dead Ball. Live Ball penalties must be enforced before the play is considered complete.
- 7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- 8. All offensive penalties results in a loss of downs
- 9. All defensive penalties results in a first down

Defensive spot fouls:

1. Defensive pass interference Automatic first down
2. Holding +5 yards and automatic first down
3. Stripping +10 yards and automatic first down

Defensive penalties:

1. Defensive unnecessary roughness +10 yards and automatic first down
2. Defensive unsportsmanlike conduct +10 yards and automatic first down
3. Offside +5 yards from line of scrimmage and automatic first down
4. Illegal rush (Starting rush from inside 7-yard marker or not identifying) +5 yards from line of scrimmage and automatic first down
5. Illegal flag pull (Before the receiver has the ball) +5 yards from line of scrimmage and automatic first down
6. Roughing the passer +5 yards from line of scrimmage and automatic first down
7. Taunting +5 yards from line of scrimmage and automatic first down

Offensive spot fouls:

1. Screening, blocking or running with the ball -10 yards and loss of down
2. Charging -10 yards and loss of down
3. Flag guarding -10 yards and loss of down

Offensive Penalties:

1. Offensive unnecessary roughness- 10 yards and loss of down
2. Offensive unsportsmanlike conduct- 10 yards and loss of down
3. Offsides/false start- 5 yards and loss of down
4. Illegal forward pass -5 yards from line of scrimmage and loss of down
5. Offensive pass interference -5 yards from line of scrimmage and loss of down
6. Illegal motion (More than one person moving) -5 yards from line of scrimmage and loss of down
7. Delay of game -5 yards from line of scrimmage and loss of down
8. Impeding the rusher -5 yards from line of scrimmage and loss of down
9. Illegal Procedure -5 yards from line of scrimmage and loss of down