

Penalties: > Offense:

- **Unsportsmanlike Conduct:** 10 yards dead ball spot, **loss of down.**
- **Unnecessary Roughness:** 10 yards previous or succeeding spot, **loss of down.**
- **Offensive Pass Interference:** 10-yards live ball foul, previous spot, **loss of down.**
- **Illegal Screen Blocking:** 5 yard, spot foul or previous spot if behind the LOS and **loss of down.**
- **False Start:** 5-yards dead ball foul
- **Illegal Forward Pass:** 5-yards previous spot **loss of down.**
- **Illegal Shift & Illegal Motion:** 5-yard, live ball foul.
- **Flag Guarding:** 5-yards, live ball foul from the spot of the infraction, **loss of down.**
- **Illegal Formation:** 5-yard live ball previous spot, replay down.
- **Charging:** 5 yards, spot foul, **loss of down**
- **Delay of Game:** 5 yards, dead ball foul
- **Offensive Holding:** 5 yards, spot foul or previous spot if behind LOS, replay the down.



Penalties: > Defense:

- **Roughing:** 10-yard, live ball foul, previous spot, **automatic 1st down.**
- **Defensive Pass Interference:** 10-yards, live ball foul, previous or succeeding spot and **automatic 1st down.**
- **Unsportsmanlike Conduct:** 10-yards previous spot or succeeding spot and **automatic 1st down.**
- **Unnecessary Roughness:** 10-yards previous or succeeding spot and **automatic 1st down.**
- **Use of Hands by the Defense:** 10-Yards live ball previous spot, or accept the result of the play.
- **Illegal Rush:** 5-yards live ball previous spot, or accept the result of the play.
- **Early Flag Pulling:** 5-yards, spot foul, replay the down.
- **Defensive Holding:** 5-yards, live ball spot foul, replay down.
- **Encroachment:** 5-yards, live ball foul.
- **Stripping:** 5-yard, spot foul, **automatic 1st down.**