

-Sam Houston State University-
INTRAMURAL SPORTS
FLAG FOOTBALL RULES

All games will be governed by the 2008 & 2009 NIRSA Flag & Touch Football Rules Book and various SHSU Intramural Sports modifications, as listed below:

RULE 1. THE GAME, FIELD, PLAYERS, AND EQUIPMENT

1. Each participant must present a current, valid SHSU student or faculty/staff ID card in order to be eligible to participate.
2. The game shall be played between two teams of 7 players each. Each team must have a minimum of 5 players in order to begin a game. In Co-Rec play, the game shall be played between two teams of 8 players each (4 men and 4 women). Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Each Co-Rec team must have a minimum of 6 players (4 men, 2 women) in order to begin a game.
3. Due to injury, a team may continue a game with less than the minimum number of required players if they team has a chance to win. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
4. Men shall use a regulation-sized football. The regular or intermediate football shall be used for Women's and Co-Rec play. A game ball will be provided for each game or teams may choose to provide their own.
5. Each team is urged to wear shirts of one distinguishable color with numbers. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by Intramural Sports. Jerseys are provided if a team does not have like colored shirts with numbers.
6. Shirts must be tucked into the shorts or pants and flag belts must remain outside of the shirt/jersey during play. Any untucked jersey must be four inches above the waist.
7. **Players must wear shorts or pants without belt loops, pockets or exposed drawstrings.** Shorts with pockets may not be turned inside-out or taped. Shorts or pants must be of a different color than the flag belts worn.
8. **Shoes:** Regulation rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Players may not play barefoot. No combat boots or hiking boots may be worn. No steel cleats or shoes with steel detachable cleats that screw onto the shoes may be worn.
9. Flag belts will be provided for each team.
10. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch padding for safety reasons. Elbow pads are not permitted.
11. Tape or bandages on the hand, wrist, forearm, or elbow are prohibited except to protect an injury. This must be approved by the Intramural Supervisor before the game begins. Under no circumstances will a player wearing a cast or splint be permitted to play.
12. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
13. **Foreign Substance:** Any slippery or sticky substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
14. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
15. **Headwear:** Players may wear a knit or stocking cap (no caps with bills). Bandanas which are tied with a knot are not permitted.
16. **Gloves:** non-abrasive gloves may be worn.
17. **Field:** Hash marks will now be utilized playing flag football. The hash marks will be 15 yards in from each sideline. If the ball becomes dead outside of a hash mark, it will next be snapped from the

nearest hash mark. If the ball becomes dead between the hash marks, it will next be snapped where the ball became dead.

RULE 2. DEFINITIONS

1. **Bat.** A bat is intentionally slapping or striking the ball with the hand or arm.
2. **Flag Belt Removal:** When the flag belt is clearly taken from the ball carrier (flag belt is detached), the ball is declared dead. The player who removes the flag belt should immediately hold the belt above his/her head to assist the officials. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes capture. A runner is also down if any part of that runner touches the ground other than the feet, hands, or the ball while in the hand of the runner.
3. **Muff.** A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.
4. **Neutral Zone.** The neutral zone is from the forward point of the football one yard to the Team "B" scrimmage line and extended to each sideline. It is established when the ball is marked ready to play.
5. **Scrimmage Line:**
 - A. Offensive scrimmage line - the yard line and its vertical plane which passes through the forward point of the ball.
 - B. Defensive scrimmage line - the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line.
 - C. Minimum line players - The offensive team must have at least 4 players (5 for Co-Rec) on the offensive line of scrimmage at the snap. The remaining players must either be on their scrimmage line or behind their backfield line. A player in motion is not counted as one of the minimum number of players on the scrimmage line.
6. **Penalties:**
 - A. Penalty Accepted - the down shall remain the same unless otherwise specified by the rules regarding change of team possession, penalty enforcement, or the ball is left beyond the zone line to gain.
 - B. Penalty Declined - the number of the next down shall be whatever it would have been if that foul had not occurred.

RULE 3. PERIODS, TIME FACTORS, AND SUBSTITUTIONS

1. All games will consist of two (2) twenty-minute halves with a running clock. The clock will stop during the last two (2) minutes of the second half.
2. **Game time is game time.** A team must have a minimum number of players to start a game. If there are an insufficient number of players; the forfeit policy (see page 7) will be used. The **minimum** number of players to start a game is **five for Men's/Women's** and **six for Co-Rec**.
3. The winner of the coin toss shall have the option starting on offense or defense, defending a goal, or deferring the options until the second half. The remaining options shall be given to the opposing captain.
4. Play starts at the beginning of each half with the ball placed on the offensive/receiving team's 14-yard line.
5. **Mercy Rule:** If a team is ahead by 19 or more points (25 or more points for Co-Rec) when the official announces the two-minute warning in the second half or at any time after the two-minute warning, the game shall be declared over.
6. **Timeouts:** Each team is permitted two (2) timeouts per half and one (1) timeout per overtime. Timeouts do not carry over from the first or second half or from overtime periods. A timeout shall not exceed one (1) minute. The clock stops during all timeouts.
7. **Overtime:** If the score remains tied at the end of regulation play, an overtime period will be played. An overtime period consists of a series of downs by each team from the 10-yard line, the object of which is to score a touchdown. If the score remains tied after one overtime period, play will proceed to a second period or as many as needed to determine a winner. All overtime periods are played toward the same goal line. Possession at the beginning of the overtime period shall be determined by a coin toss.

8. **Delay of Game:** After a ball is declared ready for play, the offensive team has twenty-five (25) seconds to put the ball in play. *Penalty: Delay of game, 5 yards.* The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.
9. **Substitutions:** Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position. Substitutions used with the obvious attempt to confuse or deceive the opposing team will result in an unsportsmanlike conduct penalty. Substitutions in Co-Rec play must be male-for-male and female-for-female.
10. A half may be extended by an untimed down when, during the last timed down, there was a foul by either team and the penalty is accepted (unless a foul by the offense carries a loss of down penalty), there was a double foul, there was an inadvertent whistle, or there was a touchdown scored.

RULE 4. BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

1. The offense must snap the ball within 25 seconds after the referee declared the ball ready to play (sounding whistle and dropping hand).
2. Ball declared dead:
 - A. When a forward pass strikes the ground or is caught simultaneously by opposing players.
 - B. When a backward pass or fumble by a player strikes the ground.
 - C. When a runner has a flag belt removed legally by a defensive player.
 - D. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - E. When a snap hits the ground.
 - F. When a muff of a punt strikes the ground.
 - G. When the passer is deflagged before releasing the ball.
3. **Fumbles:** A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. A fumble by the offense into the opposing team's end zone will result in a touchback.
4. **Out-of-Bounds:** A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner in-bounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.

RULE 5. SERIES OF DOWNS AND LINE TO GAIN

1. **Series of Downs:** A team in possession of the ball shall have four (4) consecutive downs to advance to the next zone.
2. **Zone Line to Gain:** The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain. The zones formed by the marking of the twenty and forty yard lines are used to determine the distance to be gained. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

RULE 6. PUNTING THE BALL

1. **Punting the Ball:** Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to punt, the ball must be punted.
2. The offensive team may put the ball in play with a punt on any play, but it must notify the defensive team. There are no quick kicks.
3. The snap must be received at least two (2) yards back and the kick must be executed behind the scrimmage line within a reasonable time.
4. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. *Penalty: Illegal Procedure, 5 yards*
5. There are no fake punts.
6. No player may cross the line of scrimmage until the ball has been kicked. *Penalty: Illegal Procedure, 5 yards.*

7. Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
8. A punt that touches anything while the ball is on or behind the receiving team's goal line can be downed by the receiving team and is a touchback.
9. There are no fair catches.
10. Opportunity to catch a punt: while a punt is in flight beyond the line of scrimmage, the kicking team shall not touch or obstruct the receiving team from catching the ball. *Penalty:* Kick Catch Interference, 10 yards.
11. The team receiving the punt may advance the ball out of its end zone.
12. The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender's side) may be advanced by the offense.

RULE 7. SNAPPING, HANDING AND PASSING THE BALL

1. The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his/her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.
2. The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.
3. Any time at or after the ball is ready for play, each offensive player must momentarily be within fifteen (15) yards of the ball before the snap.
4. The offensive team must have a minimum of four (4) players (5 for Co-Rec) on their line of scrimmage at the snap.
5. **Offensive Player in Motion:** One offensive player may be in motion, but not in motion toward the opponent's goal line. Such a player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one of the 4 or 5 players on the scrimmage line. Only one offensive player may be in motion at a given time. *Penalty:* *Illegal motion, 5 yards from the previous spot.*
6. **Fumbles:**
 - A. A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.
 - B. A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.
7. **Encroachment:** After the snapper has made his/her final adjustment of the ball, it is encroachment for any player to break the plane of his/her scrimmage line (Exception: the snapper/center has the right to be over the ball.) *Penalty:* *Encroachment, 5 yards from the previous spot.*
8. Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.
9. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. *Penalty:* *Illegal motion, 5 yards from the previous spot.*
10. An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. *Penalty:* *Illegal shift, 5 yards from the previous spot.*
11. A player may hand the ball forward or backward at any time.
12. **CO-REC ONLY:** A male runner cannot advance the ball through the scrimmage line until the ball has been advanced past the line of scrimmage. Note: There are not restrictions concerning runs by a female runner. After a change of team possession, any male runner may advance the ball through the neutral zone. *Penalty:* *Illegal procedure, 5 yards from the previous spot.*
13. **Forward Pass:** All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are

behind the offensive scrimmage line when the ball leaves the passer's hand. Only one (1) forward pass can be thrown per down.

14. A forward pass is completed when caught by a member of the passing team in bounds. A forward pass is intercepted when caught by a member of the opposing team in bounds. It is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch, usually one foot, touches in bounds.
15. A forward pass is illegal:
 - A. If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves his/her hand.
 - B. If thrown after team possession has changed during the down.
 - C. If intentionally grounded to save a loss of yardage.
 - D. If a passer catches his/her untouched forward pass.
 - E. If it is the second forward pass during a down.

Penalty: Illegal forward pass, 5 yards from the spot, loss of down, if prior to change of possession.
16. After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter). *Penalty: 10 yards from the previous spot and loss of down.*
17. After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line. *Penalty: 10 yards from the previous spot and automatic first down.*
18. **Simultaneous Catch:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
19. **CO-REC ONLY: If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed."**

RULE 8. SCORING PLAYS

1. **Touchdown Values:** All touchdowns are six (6) points. (Exception: Co-Rec play - female scores or passes for a touchdown = 9 points). The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
2. Try for 1, 2, or 3: An opportunity to score one (1) point from the 3-yard line, two (2) points from the 10-yard line, or three (3) points from the 20-yard line by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared his/her choice (try for 1, 2, or 3), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try and returns it for a touchdown, they score 3 points.
3. **Safety:** A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.
4. *Mercy Rule: If a team is 19 or more points (25 points for Co-Rec) ahead when the two-minute warning sounds in the second half, the game shall be over. If a team scores during the last 2 minutes of the game and that score creates a 19 or more point difference (25 points for Co-Rec), the game shall end at that point.*



RULE 9. CONDUCT OF PLAYERS AND OTHERS / UNFAIR ACTS

1. **Non-contact Player Acts.** No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
 - A. Refusal to comply or abide by the request or decision of an official.
 - B. Using words similar to offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with Team A's signals or movements.
 - C. Intentionally kicking at the ball, other than during a legal punt.
 - D. Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee.
 - E. Intentionally kicking at any opposing player (DQ).
 - F. Intentionally swinging an arm, hand or fist at any opposing player (DQ).
 - G. Participate while wearing illegal player equipment.

Penalty: Unsportsmanlike Conduct, 10 yards (S27). If flagrant in 1A, 1B, 1C and 1D, the offender shall be disqualified (S47). In Article 1E and 1F the offender will be disqualified.
2. **Dead Ball Player Fouls.** When the ball becomes dead in possession of a player, he/she shall not:
 - A. Intentionally kick the ball.
 - B. Spike the ball into the ground.
 - C. Throw the ball high into the air.

Penalty: Unsportsmanlike conduct, 10 yards (S27), and if flagrant, the offender shall be disqualified (S47).
3. **Prohibited Acts.** There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others. Examples include, but are not limited to:
 - A. Attempting to influence a decision by an official.
 - B. Disrespectfully addressing an official.
 - C. Indicating objections to an official's decision.
 - D. Holding an unauthorized conference, or being on the field illegally.
 - E. Using profanity, taunting, insulting or vulgar language or gestures.
 - F. Intentionally contacting a game official physically during the game by persons subject to the Rules (DQ),
 - G. Fighting an opponent (DQ).
 - H. Leaving the team area and entering the playing field during a fight (DQ).

Penalty: Unsportsmanlike Conduct, 10 yards (S27), and if flagrant, the offender shall be disqualified (S47). In Article 3F, 3G, and 3H the offender will be disqualified.
4. **Second Unsportsmanlike Foul.** The second unsportsmanlike foul by the same player or non-player results in disqualification.
5. **Player Ejection** If a player is ejected from a game due to unsportsmanlike conduct, he/she must leave the field area. The field area is defined as "out of sight, out of sound." If the ejected player refuses to leave after a reasonable amount of time, the Referee will inform the captain/coach that the game will be forfeited.
6. **Unsportsmanlike Foul.** The third unsportsmanlike foul by the same team results in their forfeiture of the game.
7. **Refusal to Play or Halving the Distance.** If a team refuses to play within two minutes after being ordered by the Referee, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.
8. **Unfair Acts.** No player, substitute, coach or others subject to the Rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.

Penalty: Unfair Act, Live Ball Foul, 10 yards (S38).

9. **Player Restrictions.** No player shall commit a personal foul during a period or an intermission. Any act prohibited here under or any other act of unnecessary roughness is a personal foul. No player shall:
- A. Punch, strike, strip, steal or attempt to steal the ball from a player in possession (S38).
 - B. Trip an opponent (S46).
 - C. Contact an opponent who is on the ground (S38).
 - D. Throw the runner to the ground (S38).
 - E. Hurdle any other player (S38).
 - F. Contact an opponent either before or after the ball is declared dead (S38).
 - G. Make contact of any nature with an opponent who is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule (S38).
 - H. Deliberately drive or run into a defensive player (S38).
 - I. Clip an opponent (S39).
 - J. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage (S38).
 - K. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (S38 and S47). (DQ)
- Penalty: 10 yards, and if flagrant, the offender will be disqualified (S47). In Article 1 K the offender will be disqualified.*
10. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking. *Penalty: Personal Foul, 10 yards.*
11. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
12. **Player Restrictions:**
- A. No player shall make contact with an opponent which is deemed unnecessary.
 - B. There shall be no clipping or tripping.
 - C. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
 - D. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.
 - E. A defensive player may not bump or push a runner out of bounds.
 - F. Offensive charging is not permitted. The ball carrier may not run through a defensive player and must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being deflagged as long as he/she does not charge during the spin.
 - G. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. *Penalty: Flag guarding, 10 yards from the spot of the foul.*
 - H. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.
 - I. Defensive players may not steal or strip the ball from an offensive player once he/she has control.
 - J. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. *Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.*
 - K. Players, coaches, and spectators are to position themselves between the 20-yard line markers on their team's respective sideline.
13. **Pass Interference:** Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is

considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference even if no CONTACT is made.

14. **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer.
15. **Personal Fouls:** There shall be no personal fouls committed by players', substitutes, or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through).

SAM HOUSTON FLAG FOOTBALL FORFEIT POLICY

1. **Game time is game time.**
2. A team must have a minimum number of players to start a game.
3. If there are an insufficient number of players; the following forfeit policy will be used.
4. The **minimum** number of players to start a game is **five for Men's/Women's** and **six for Co-Rec.**

Game Time:	Team Ready to Play (TRP) wins the coin toss.
At 3 Minutes:	TRP receives the ball on the opponent's 20 yd line, 1 st down goal to gain.
At 6 Minutes:	TRP receives 7 points and the other team receives the ball on their 14 yd line, 1 st down and the 20 yd line to gain.
At 9 Minutes:	TRP receives the ball on their 14 yd line, 1 st down 20 yd line to gain.
At 10 Minutes	Forfeit

RULE 10. ENFORCEMENT OF PENALTIES

1. Penalty Enforcement at the basic spot:
 - A. Pass play or during the protected scrimmage kick (before possession is gained) – basic enforcement spot is the scrimmage line (where ball was snapped).
 - B. On all running plays - basic enforcement spot is the end of the run.
 - C. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul.)
 - D. The only exception to the above regulations is Roughing the Passer; this penalty will be added on to the end result of the play.

SUMMARY OF NIRSA FOOTBALL PENALTIES

Loss of 5 Yards:

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball Foul)
3. Substitution Rules Infraction
4. Infraction of Punt Formation – Line players
5. Infraction of Punt Formation – Kickers
6. Encroachment (Dead Ball Foul)
7. False start (Dead Ball Foul)
8. Illegal Snap (Dead Ball Foul)
9. Illegal Formation (not enough players on the line)
10. Offensive Player Not Within 15 Yards of the Ball
11. Infractions of Scrimmage Formation
12. Player Out-of-Bounds When the Ball is Snapped
13. Illegal Motion
14. Player receiving the snap within 2 yards of scrimmage line
15. Illegal Shift
16. Male advancing ball through the neutral zone (**Co-Rec**)
17. Intentionally throwing backward pass or fumble out of bounds (Loss of Down, if by Team A)
18. Illegal Forward Pass (Loss of Down, if by Team A)
19. Intentional Grounding (Loss of Down)
20. Illegal Forward Pass – 2 Consecutive Male to Male Completions (Loss of Down) (**Co-Rec Only**)
21. Illegal Forward Pass – Male catches Pass and Runs Beyond the Scrimmage Line (Loss of Down) (**Co-Rec Only**)
22. Helping the Runner by Teammates

Loss of 10 Yards:

1. Illegal Player Equipment
2. Quick Kick
3. Kick Catch Interference
4. Two or More Consecutive Encroachments During the Same Interval Between Scrimmage downs.
5. Offensive Pass Interference (Loss of Down)
6. Defensive Pass Interference (Automatic 1st Down)
7. Illegally Secured Flag Belt on a Touchdown (Loss of Down if by the Offense) (Automatic First Down if by the Defense)
8. Unsportsmanlike Player Conduct (Disqualification if Flagrant)
9. Spiking, Kicking, or Throwing the Ball During Dead Ball (Disqualification if Flagrant)

10. Unsportsmanlike Conduct by Coaches, Substitutes, or Others (Disqualification if Flagrant)
11. Strip of Attempt to Strip the Ball
12. Contact with Opponent of the Ground
13. Throw a Runner to the Ground
14. Hurdle Any Player
15. Contact Before or After the Ball is Dead
16. Unnecessary Contact of any Nature
17. Drive or Run into a Player
18. Tackle the Runner (Disqualification if Flagrant)
19. Roughing the Passer (Automatic First Down)
20. Illegal Offensive Screen Blocking
21. Interlocked Interference
22. Defensive Use of Hands
23. Guarding the Flag Belt
24. Stiff Arm
25. Obstructing or Holding the Runner
26. Batting a Free Ball
27. Illegal Kicking
28. Illegal Participation
29. Illegal Substitute/Replaced Player
30. Pretended, Unfair Substitution
31. Illegal flag Belt Removal
32. Intentionally Contacting an Official (Player Disqualification)

Disqualification Penalties Association with 10 Yard Penalties

1. Flagrant Personal Fouls
2. Intentionally Tampering With Flag Belt – Offense (Loss of Down)
3. Intentionally Tampering With Flag Belt – Defense (Automatic First Down)