

OFFENSIVE FOULS	DEFINITION	PENALTY ENFORCEMENT		DEFENSIVE FOULS	DEFINITION	PENALTY ENFORCEMENT
LOS = Line of Scrimmage EOR = End of Run						
The offense can never be penalized beyond the 45-yard line; however, any loss of down provision still applies						
SCREENING OR BLOCKING AT ANY TIME	Any offensive player screening, blocking or initiating contact with a defender at any time beyond the LOS	10 yards from the spot of the foul and loss of down		ROUGHING THE PASSER	When a defender makes any contact with the passer during the process or after a forward pass has been made	+10 yards from LOS or EOR and automatic first down
OFFENSIVE HOLDING	When an offensive player restrains any defender at any time	10 yards from the spot of the foul and loss of down		DEFENSIVE HOLDING	When a defender restrains another player at any time with or without the ball	+10 yards from the LOS or spot of foul and automatic 1 st down
CHARGING	When the runner runs over a defender	10 yards from the spot and loss of down		STRIPPING	Slapping or grabbing the football out of the runner's possession	+10 yards from the spot of the foul and automatic first down
OFFENSIVE UNNECESSARY ROUGHNESS	Any offensive player initiating any excessive physical contact with a defender	10 yards from the LOS or spot of the foul (if beyond the LOS and further than 10 yards) and loss of down		DEFENSIVE UNNECESSARY ROUGHNESS	Any defender initiating any excessive physical contact with an offensive player with or without the ball	+10 yards from the line of scrimmage or EOR and automatic first down
FLAG GUARDING	When the runner obstructs the defender access to their flag including using their hands or dipping their shoulder excessively	5 yards from the spot and loss of down		OFFSIDES	Lining up beyond or crossing the LOS before the ball is snapped	+ 5 yards from LOS

UNSPORTSMANLIKE CONDUCT	Excessive celebration, taunting, use of abusive language, punching, kicking, etc	10 yards from the spot of the foul or LOS and loss of down (also subject to ejection)	UNSPORTSMANLIKE CONDUCT	Excessive celebration, taunting, use of abusive language, punching, kicking, etc.	+10 yards from the LOS and automatic first down
ILLEGAL FORWARD PASS	When the runner throws or pitches the ball at any time beyond the LOS	5 yards from the spot of the foul and loss of down	ILLEGAL RUSH	When the rusher is not lined up at least 7 yards beyond the LOS at the time of the snap or fails to return 7 yards beyond the LOS before resuming their rush	+5 yards from LOS
OFFENSIVE PASS INTERFERENCE	When an offensive player purposely hinders a defender from receiving the ball	10 yards from LOS and loss of down	DEFENSIVE PASS INTERFERENCE	When a defensive player significantly hinders an eligible receiver with the opportunity to catch the ball	+10 yards from the LOS or spot foul and automatic first down
DELAY OF GAME	When the offense fails to snap the ball within 40 seconds from the end of the previous play	5 yards from LOS and loss of down	ILLEGAL FLAG PULL	When a defensive player pulls an offensive player's flag without the ball	+5 yards from the EOR or LOS
IMPEDING A RUSHER	When an offensive player initiates or causes contact with a rusher (whether intentional or otherwise)	5 yards from LOS and loss of down	ILLEGAL RUSH	When more than 2 defenders rush the passer or when any previously declared rusher does not actually rush the passer	+5 yards from the LOS
ILLEGAL MOTION OR SHIFTING	When more than one (1) offensive player is moving at	5 yards from LOS and loss of down	SIMULATING OFFENSIVE SIGNALS	When any defender makes any action or sound simulating an	+5 yards from the LOS

	the same time prior to the ball being snapped				offensive play or snap	
OFFSIDES/FALSE START	When any offensive player moves forward prior to the ball being snapped	5 yards from LOS and loss of down				
CENTER SNEAK	When the center receives the ball at or behind the LOS	5 yards from the LOS and loss of down				