

City of San Diego Park and Recreation Department



# YOUTH FLAG FOOTBALL RULES 2009

August, 2009

## REGISTRATION

In order to participate in a Recreation Center League, the District Tournament or the Citywide Tournament, participants must submit a waiver and release of liability form, age verification, photo, and be on the official roster. Participants that do not have a completed and signed waiver, age verification and photo are not to be registered and should not participate. **RECREATION CENTERS ARE NOT TO TAKE PARTIAL REGISTRATION.**

## CLASSIFICATION AND ELIGIBILITY

This tournament is open to all boys and girls who participate in the City of San Diego Park and Recreation Department sponsored Youth Flag Football League for the 2009 season, which covers September 1, 2009 through December 12, 2009 and who do not exceed the age requirements as listed below.

Competition will be held in the following divisions:

**Division 8-10 Only: Must not turn 11 yrs. old prior to December 13, 2009**

**Division 11-12 and Under: Must not turn 13 yrs. old prior to December 13, 2009**

**Division 13-14 and Under Must not turn 15 yrs. old prior to December 13, 2009**

**Division 15-16 and Under Must not turn 17 yrs. old prior to December 13, 2009**

Official City **WAIVER, RELEASE OF LIABILITY, AND AUTHORIZATION FOR MEDICAL TREATMENT** form must be used. There are **NO EXCEPTIONS.**

**Mandatory supervisors meeting Thursday, September 10, 2009 at  
10:00 am at Linda Vista Recreation Center**

Youth may play up one division with an official **WAIVER, RELEASE OF LIABILITY AND AUTHORIZATION FOR MEDICAL TREATMENT** and approval of league director. A player may participate on only one youth flag football team during the season.

***[Penalty: If a participant plays on more than one youth flag football team during the season, that player will be ineligible to participate in the Post-Season Flag Football Tournament].***

- A. Each team will be limited to a maximum of fifteen (15) and a minimum of eight (8) players on the roster. A minimum of eight (8) eligible players is necessary for any team to advance to post season play. The 16 & Under Division plays a 6-on-6 format and must have a minimum of six (6) eligible players.
- B. Only the players listed on the official team roster are eligible to play.
- C. In order to participate in any Post-Season Tournament, the players and teams must have played a minimum of four games in their documented league.

- D. Teams may not be comprised of All-Star, San Diego Youth Football, Pop Warner, Public, Private, Charter, Parochial Schools' (Varsity, Junior Varsity and Freshman), Boys and Girls Club or YMCA team players.
- E. No individual or team registration is permitted after October 16, 2009. This will allow coaches and Center Directors to put together their roster in the appropriate format.
- F. **INDIVIDUAL PLAYER PHOTO IS MANDATORY. PICTURES MUST BE A HEAD SHOT AND A MINIMUM SIZE OF ONE INCH SQUARE.**
- G. The official team roster form (found on the "S" drive) must be typed with attached player's waiver and proof of age in the order they appear. Both coach's name and phone number must appear on the official roster as well as the signatures of both Center Director and Area Manager. It is **mandatory** that each roster include the name of an Assistant Coach. If necessary, list the supervisor as the Assistant Coach.
- H. Completed rosters with attached player documentation, COACHES GOALS, GUIDELINES AND CODE OF CONDUCT, League Schedule, and Volunteer Clearance form, if applicable, must be turned in at the Balboa Park Activity Center, Friday, October 23, 2009 from 11:00 am - 12:30 pm.

***[Penalty: If a coach does not turn in all required paperwork including individual player photo, players and/or team may not be eligible to participate in a City of San Diego Park and Recreation Department sponsored tournament.]***

#### **FILLER TEAM**

- A. A Park and Recreation team may participate in a league outside their Area/District as a filler team. To advance to the post-season tournament, Recreation Filler Teams must qualify within their Area/District Tournament.
- B. Non-Park and Recreation Filler Teams are ineligible to advance to any Post-Season Tournament. It is the responsibility of the Center Director to inform the coach, in writing, of their ineligibility for post season play. A copy of the roster, with attached player and coach documentation, including volunteer clearance, and a signed copy of the memorandum stating their ineligibility for post season play must be turned in at roster check.
- C. According to C.I.F. regulations, it is illegal for any high school football player to participate in any non-sanctioned C.I.F. league during football season. Any High School player found playing in any Park and Recreation League may cause their High School team to forfeit all their wins. This rule is enforced only by CIF or School District personnel. If a violation has occurred, a S.P.O.R.T.S. Committee representative will contact the C.I.F. Office.

#### **PLAYER DRAFT**

- A. It is highly encouraged that each center participating in a City of San Diego Youth Flag Football League institutes a player draft. The draft must be completed prior to the beginning of the first regular season game.
- B. If after the draft and players are still needed, the Center Director or League Director will be responsible for placing players on a team as they register provided that they register before October 16, 2009.

## **RULES**

- A. Current C.I.F. eight-man rules will govern play, unless otherwise stated in these rules.
- B. The S.P.O.R.T.S. Committee reserves the right to alter these rules when special circumstances arise and will make every effort to inform all participating teams prior to the start of the season.

## **THE FIELD**

- A. The field shall be marked off into four equal segments and two equal segments for the end zone. The length and width will be regulated by the area available.
- B. Official dimensions for the playing field are 80 yards by 40 yards with 10 yards end zones.
- C. All bicycles, scooters, skateboards, chairs, ice chest/coolers must be at least 5 yards from the sidelines.

## **THE PLAYERS**

- A. The game shall be played between two teams each with eight (8) players on the field. In the case of the 16 & Under Division, between two teams with six (6) players each.
- B. All participants **must play** in each game at least ten (10) downs (not necessarily consecutive) this includes punts and kick-offs.

***[Penalty: Forfeiture of game - Exception: Injuries, ejection, official's penalty or discipline]***

## **COACHES AND SPECTATORS**

- A. Coaches, fans and players must stay between the 20 yard lines when on the sidelines.
- B. Coaches may not go onto the field unless an official grants permission.
- C. During a time out, only one coach is allowed on the field.
- D. Spectators must remain in the stands whenever bleachers are available. If bleachers are not available, spectators must be at least five (5) yards from the sideline.
- E. Coaches/teams will be responsible for their fans conduct.

***[Penalty: One warning will be given by the officials to the coach. Second infraction: 15 yards for unsportsmanlike conduct.]***

- F. **Volunteer Coaches** must be fingerprinted and cleared by the City of San Diego before practicing with the team. A copy of their fingerprint clearance must be attached to every roster their name appears on.

## **THE GAME**

- A. The official will determine the home team.
- B. Each game will begin with a coin toss. The winner of the coin toss shall have the option of starting on offense, defense, or defending a goal. The remaining

options will be given to the opposing captain. The options will be reversed to start the second half.

- C. The teams automatically switch goal at the half.
- D. Any offensive formation will be allowed.
- E. A team cannot start a game with less than eight (8) eligible players. Six (6) eligible players for the 16 & Under Division.
- F. Direct runs by the quarterback are allowed.
- G. The defense may blitz on any down.
- H. All players are eligible to touch or catch a pass.
- I. An offensive lineman may receive a handoff only after they left the line of scrimmage, faced his or her own end line and was at least one yard behind the scrimmage line when receiving the ball.

***[Penalty: 5 yards back and repeat down]***

- J. Coaches must alert the officials of any “trick” plays prior to the game or play.

***[Penalty: 5 yards back and repeat down]***

- K. A \$50 forfeit bond will be charged to any team/recreation center forfeiting a game during the Post-Season Tournament.

### **TIME**

- A. Game time is forfeit time.
- B. The length of the game shall be two 20-minute halves. The intermission between halves shall be three (3) minutes.
- C. The clock will run continuously for the first 18 minutes of each half unless it is stopped for a Team’s time-out or a Referee’s time-out.
- D. In the last two minutes of each half, the clock will stop for the following:
  - a) Incomplete Pass
  - b) Out-of-Bounds
  - c) Score
  - d) Team time-out
  - e) Penalty and administration
  - f) Referee’s time-out (starts at their discretion)
  - g) Touchback
  - h) Change of Possession
  - i) Team attempting to conserve time illegally
- E. A half may be extended by an un-timed down when, during the last timed down, one of the following occurred:
  - a) A Defensive foul
  - b) A double foul
  - c) An inadvertent whistle
  - d) If a touchdown was scored

### **TIME-OUTS**

- A. Each team will receive two time-outs per half. No carry over.

- B. Each team will receive one time-out per overtime period.
- C. Time-outs shall not exceed 1 ½ minutes.

### **EQUIPMENT**

- A. Football Size:
  - a) 10 & Under and 12 & Under Divisions will use a Junior Size Ball.
  - b) 14 & Under and 16 & Under Divisions will use an Intermediate Size Ball.
- B. Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. Flags and shorts/pants must be of different colors.
- C. Mouth guards are suggested.
- D. Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass.
- E. No specific jersey is required, but players must wear shirts or jerseys which are uniform in color. THE JERSEY MUST BE TUCKED INTO PANTS AT ALL TIMES. The jersey should not cover any part of the flag belt. During Post-Season play, numbered uniforms will be required. Jerseys with alcohol or tobacco endorsements will not be allowed. Players of opposing teams must wear contrasting colored jerseys.
- F. During post season play, teams must bring an alternative set of jerseys/shirts.
- G. Players may wear multi-purpose athletic shoes or football cleats. Shoes with cleats must be made of soft pliable plastic or rubber. Bare feet, street shoes, boots and sandals are not allowed.
- H. Players wearing illegal equipment shall not be permitted to play.
  - a) Headgear including but not limited to bandanas, du-rags or items containing any hard unyielding or stiff material, including billed hats and hair beads
  - b) Jewelry.
  - c) No regulation football equipment (shoulder pads, hip pads, and helmets)
  - d) Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in.
  - e) No Casts.

All game equipment, such as game balls, timers, flags, kicking-tees, etc. will be furnished by individual teams/Recreation Centers. (Exception: Citywide Tournament.)

### **TIE GAME**

- A. Each overtime period begins with a coin toss. The winner of the toss will be given the option of offense or defense. The loser of the toss shall get the remaining option.
- B. To start the overtime, the offensive team (Team A) shall put the ball in play on the 10-yard line.
- C. Team A shall have a series of four downs. The series shall be terminated by any score by Team A or at the end of the series.
- D. If Team A scores a touchdown, it is entitled to the opportunity to try for the point after attempt, except when it is unnecessary to break the tie.

- E. If the defensive team gains possession, they may return it for a touchdown and Team A's series has ended. If the flag is pulled, the ball will be placed back at the 10 yard line for Team B's four downs.
- F. After Team A has completed its series, Team B will become the offensive team with the ball in its possession.
- G. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time.
- H. If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two minutes during which the loser of the initial coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

### **THE KICK-OFF:**

- A. The ***kick-off*** shall be made from the 30 yard line from either end of the playing area.
- B. The receiving team must place a minimum of three (3) players a distance of 10 yards in front of the ball.
- C. The kick-off must originate from the ground or from a kicking tee. The ball shall not be placed on the foot of anyone and kicked.
- D. The player is in possession when he/she has control of the ball.
- E. In the event the ball goes out-of-bounds on the kick-off, the receiving team shall put the ball in play 15 yards in from the sideline.
- F. If the ball goes out of bounds between the 30 yard line and goal line. The ball will be placed on the 30 yard line.
- G. If the ball is kicked into the end zone that ball shall be placed on the 20 yard line.

### **ON-SIDE KICK:**

- A. The ball is free after traveling 10 yards or when touched by the receiving team prior to traveling 10 yards.
- B. If the on-side kick is kicked out of bounds the receiving team must put the ball in play on the 15 yards from the sideline.

### **PUNTS:**

- A. Teams must declare a free kick on all downs and before the ball is ready-for-play. Once announced, the kick must be attempted.
- B. The defensive team must have a minimum of three (3) players on the line of scrimmage.
- C. Once the ball makes contact with any player on either team and then touches the ground, the ball is dead at the spot.
- D. When regulation stop clock is in effect, an offensive team's declaration of a free kick will stop the clock and the clock will not start again until the ball is kicked.
- E. Punts crossing the goal line shall be declared "dead ball" and automatic touchbacks, whether touched or not, and be put in play on the 20 yard line.

- F. If the receiving team blocks the punt, the kicking team may recover and advance the ball as long as it occurred behind the line of scrimmage. To retain possession, the kicking team must advance the ball into the next zone unless it was 3<sup>rd</sup> down or less.

### **PASSES**

- A. All players are eligible pass receivers.
- B. An incomplete lateral pass is dead at the point of contact with the ground.
- C. A backward pass or fumble which touches the ground behind the line of scrimmage is dead at the point of contact with the ground.
- D. There may be any number of legal forward passes during a down as long as each pass is thrown from behind the line of scrimmage.
- E. An intercepted pass in the defensive team's end zone may be advanced.
- F. Illegal Forward Pass/Handoff
  - 1. Passer is beyond the line of scrimmage.
  - 2. A forward handoff beyond the line of scrimmage.
  - 3. Intentional grounding.
- G. Defensive players may attempt to block a pass in flight.

### **THE FIRST DOWN:**

- A. The team in possession of the ball has four consecutive downs to advance to the next zone.
- B. A new series of downs will be awarded when the team moves the ball into the next zone on a play free from penalty.

### **PUTTING THE BALL IN PLAY:**

- A. After the ball has been declared ready-for-play, the ball becomes live when it is snapped or free kicked.
- B. The offense has 30 seconds to put the ball into play after the ready-for-play signal.

***[Penalty: 5 yards back and repeat down]***

- C. After the center has adjusted the ball and is set, the center may not pick up the ball unless it is a snap.

***[Penalty: 5 yards back and repeat down]***

- D. After the center has placed his/her hands on the ball, it is encroachment for any player to break the scrimmage line, except the snapper.

***[Penalty: 5 yards back and repeat down]***

- E. If either players line up offside, the flag will be throw and the play will continue. The penalty will be assessed at the end of the play.

### **DE-FLAGGING**

- A. A player must have possession of the ball before they can legally be de-flagged.
- B. There shall be no tackling of the ball carrier or passer.

- C. The player carrying or having possession of the ball is down when the flag belt is removed. The defensive player shall hold the flag belt above his head.
- D. The defensive player cannot hold or push the ball carrier to remove their flag. An accidental touching of the body or shoulder shall not be considered a violation.
- E. A defensive player must go for the passer's flag. They cannot touch the passer's arm.

***[Penalty: 15 yards and 1<sup>st</sup> Down]***

- F. When a player inadvertently loses their flag in the course of play, the play will continue. The ball carrier is considered down when a one-hand tag between the shoulders and knees by the defensive player occurs.
- G. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
- H. A runner shall not flag guard by using their hands, arms, or the ball to deny the defender the opportunity to pull or remove the flag belt.

**DEAD BALL:**

- A. The official shall declare the ball dead when:
  1. When the ball goes out-of-bounds.
  2. When the center, after adjusting the ball, picks it up and sets it back down.
  3. When any part of the ball carrier touches the ground other than the hand or foot.
  4. When a touchdown, touchback, safety, or successful point after attempt.
  5. A muff of a punt.
  6. Incomplete forward pass.
  7. A backward or sideward pass or a lateral ball touches the ground. It is dead at the point of contact.
  8. De-flagging or one-hand tag of the ball carrier.
  9. At any other time the official declares the ball dead.
  10. When the officials blows an inadvertent whistle.

**CHARGING AND TACKLING:**

- A. The ball carrier may not run over or through a defensive player, but must attempt to avoid the defensive player. The defensive player must not hold or run through the ball carrier. Any collisions will be called like the charge/block situation in basketball.
- B. Defensive roughness calls:  
Violators involved in the following fouls may be ejected from the game by the officials if they feel the action is flagrant.
  1. Tackling the ball carrier
  2. Holding the ball carrier
  3. Blocking the ball carrier
  4. Tripping the ball carrier
  5. Pushing the ball carrier
  6. Charging the ball carrier
  7. Bumping the ball carrier
  8. Pushing any player out of bounds

***[Penalty: 15 yards and possible player ejection if deemed excessive or flagrant.]***

- C. At the discretion of the official, if the last defensive player between the ball carrier and the goal line is guilty of the about violations, the ball carrier may be awarded the touchdown he/she would have attained if not fouled.
- D. A defensive player may leave his/her feet to pull a flag, however, if he/she runs or dives into the offensive player, unnecessary roughness will be called.

***[Official's Judgment]***

- E. The center shall be allowed sufficient time to snap the ball and assume a blocking position. The defensive player cannot touch the center before he/she assumes a blocking position.

***[Penalty: 15 yards and repeat down. Player(s) may be ejected***

- F. Intentionally "canning the center" or any offensive lineman, will be considered unnecessary roughness.
- G. A ball carrier may spin under control.
- H. The ball carrier may hurdle to avoid a de-flagging.

### **BLOCKING:**

- A. It is legal for the offensive blockers to lock their arms and use their palms of the hand to block the defender within five yards of the line of scrimmage.
- B. On an open field block, the offensive player while making a block must not stiff arm, lock arms or push down any player.
- C. Any block technique is legal as long as the following is not violated:
  - 1. Striking
  - 2. Slapping
  - 3. Lowering the shoulder
  - 4. Stiff arming
  - 5. Punching
- D. No players shall be permitted to hold or grasp the opponent's jersey.
- E. Players must remain on their feet when blocking.
- F. No defensive player can line up in front of the center.
- G. The center must be in a blocking position before he/she engages the defensive player.
- H. Contact on a block must be made within the opponent's field of vision. It is not a violation if the player turns his/her back so that contact is made from behind.
- I. Defensive players will be restricted in the use of his/her hands to the blocker's body and shoulder. Blows to the neck and head are prohibited.
- J. During a pass, an offensive or defensive player may not make any contact with the offensive or defensive player beyond 5 yards of the line of scrimmage prior to the pass.

### **CLIPPING:**

- A. Clipping is running or diving into the back or throwing the body across the back of the leg or legs of an opponent, or pushing an opponent on the back.

**FUMBLE:**

- A. A loss of player possession other than by handing, passing, or kicking the ball.
- B. The ball is dead at the point of contact with the ground (Clock will not stop in the last two minutes of each half).

**SUBSTITUTIONS:**

- A. Free substitution shall be employed at all times.
- B. No Substitute shall enter during a down. All Substitutions must enter the game during a dead ball.

**ILLEGAL HIDEOUTS:**

- A. After a huddle, all players must be **at least three (3) yards in from the sidelines** when the ball is put into play.

**UNSPORTSMANLIKE CONDUCT:**

- A. The use of profanity, obscene or offensive language, threats, dangerous actions, or any form of unsportsmanlike conduct, either on or off the field by players, coaches or spectators will not be tolerated.  
***[Penalty for Unsportsmanlike Conduct: 15 yards. Player/coach may be ejected from the game based on the severity of the infraction. Official's judgment]***

**SAFETY:**

- A. The official will signal a safety when:
  - 1. A fumble in one's own end zone.
  - 2. The ball carrier's flag is pulled in his/her own end zone.
  - 3. A blocked punt is downed by the offensive team in its own end zone.
  - 4. A dropped sideward or backward pass in the end zone.
  - 5. A blocked punt which rolls out of the end zone.
  - 6. Offensive foul in a team's own end zone.
- B. After a safety the offensive team must punt the ball from their 20 yard line.

**SCORING:**

- A. Touchdown                   **6 points**
- B. Safety:                       **2 points**
- C. Conversion:               **1 point** (Ball must be placed 2 yards from the goal line.)
- D. Conversion:               **2 points** (Ball must be placed 5 yards from the goal line.)
- E. **There will be no kicking conversions allowed.**

**PENALTY ENFORCEMENT:**

- A. No single penalty will be assessed that will move the ball more than half the distance to the goal line, whether the penalty be against the offensive or defensive team. For example: (If the ball is on the twelve yard line and it's a ten yard penalty. The ball will be placed on the six yard line, hence half the distance to the goal line.)
- B. For any foul between downs, enforce from spot of snap.

- C Fouls will be enforced from spot of foul or line of scrimmage depending on the infraction.

### **INADVERTANT WHISTLE:**

- A. In case the official blows the whistle by mistake prior to the end of the play, the ball is dead and the end of the play is over. The offensive team has the choice to accept the play at that point or replay the down. (If it is the last two minutes of the half or game time will be added on to the clock at the official's discretion)

### **BLOOD RULE:**

- A. A player, coach or official who is bleeding, has an open wound or has blood on his/her body or clothing shall be prohibited from participating further in the game until appropriate treatment has been administered.
- B. If First Aid is required, the injured person must be immediately removed unless treatment can be administered in a reasonable amount of time.
- C. A player, coach or official will not be allowed to participate unless:
  1. All bleeding has stopped.
  2. Any exposed cut/scrape, which has bled, is completely covered.
  3. Bloody clothing is removed. It is recommended that teams have spare clothing or jerseys available at the game to be used if necessary.

### **MERCY RULE:**

- A. 28 point lead will nullify the 2 minute stop clock rule during the first half.
- B. If a team is 28 points ahead with 2 minutes left in the second half, the game shall be called.
- C. Teams may continue to play if they want with a running clock.

### **UNETHICAL BEHAVIOR**

- A. Cheating of any kind will not be tolerated.
- B. If you suspect someone of unethical behavior, you should notify an S.P.O.R.T.S. Committee representative. Note: Accuser must provide evidence of such behavior.
- C. Any individual who violates the **Coaches Goals, Guidelines and Code of Conduct** will be subject to disciplinary action and possible expulsion from further participation in future S.P.O.R.T.S. Committee Tournament.

**IMPORTANT DATES:**

1. Age cutoff date is **December 13, 2009**.
2. Mandatory Supervisors meeting is **Thursday, September 10, 2009 at 10:00 am at Linda Vista Recreation Center**.
3. Last day for football registration is **October 16, 2009**.
4. Rosters are due **Friday, October 23, 2009 at Balboa Park Activity Center from 11:00 am – 12:30 pm**.
5. District Tournaments must be played no later than **Saturday, December 5, 2009**.
6. Mandatory Coaches Meeting for teams advancing to the Citywide Tournament **Wednesday, December 9, 2009 at Linda Vista Recreation Center at 6:30 pm – 7:30 pm**.
7. Citywide Flag Football Tournament will be held at Robb Field on **Saturday, December 12, 2009** from 9:00 am to dusk.

**S.P.O.R.T.S. Committee Flag Football Coordinators**

Ira L. Patron, Linda Vista Recreation Center	(858) 573-1343	(619) 985-6191
Michele García, Balboa Park Activity Center	(619) 235-5997	(619) 980-5420

**Charger Junior Training Camps: Sponsored by STAR/PAL**

<b>October 5</b>	<b>Mt. View Recreation Center</b>
<b>October 26</b>	<b>TBA</b>
<b>November 11</b>	<b>Colina Del Sol Recreation Center</b>
<b>November 23</b>	<b>Robert Egger, Sr.-South Bay Recreation Center</b>
<b>December 7</b>	<b>Skyline Recreation Center</b>

City of San Diego  
Park and Recreation Department  
S.P.O.R.T.S. Committee  
YOUTH FLAG FOOTBALL

**VIOLATIONS AND PENALTIES**

<b>VIOLATION</b>	<b>PENALTY</b>	<b>DOWN</b>	<b>ENFORCE FROM</b>
<b>{DEAD BALL VIOLATIONS}</b>			
(1) Encroachment	<b>5 YARDS</b>	Same	L.O.S.
(2) Delay of Game (30 seconds)	<b>5 YARDS</b>	Same	L.O.S.
<b>{OFFENSIVE VIOLATIONS}</b>			
(3) Illegal Procedure	<b>5 YARDS</b>	Same	L.O.S.
(4) "Trick" Play	<b>5 YARDS</b>	Same	L.O.S.
(5) Intentionally grounded pass	<b>5 YARDS</b>	Loss of Down	Spot of foul
(6) "Tucking" or other illegal arrangement of flags	<b>10 YARDS</b>	Loss of Down	B.E.S.
(7) Illegal Hideout	<b>5 YARDS</b>	Loss of Down	B.E.S.
(8) Illegal Forward Pass	<b>5 YARDS</b>	Loss of Down	L.O.S.
(9) Delay on Punt (10 seconds)	<b>5 YARDS</b>	Same	L.O.S.
(10) Diving in making Blocks	<b>10 YARDS</b>	Loss of Down	B.E.S.
(11) Illegal use of Hands (offensive)	<b>10 YARDS</b>	Same	B.E.S.
(12) Stiff arming, hacking, guarding Flags (by ball carrier)	<b>10 YARDS</b>	Same	B.E.S.
(13) Clipping	<b>10 YARDS</b>	Same	B.E.S.
(14) Offensive Pass Interference	<b>10 YARDS</b>	Loss of Down	L.O.S.
(15) Illegal Punt	<b>5 YARDS</b>	Same	L.O.S.
(16) Un-tucked shirt by ball carrier	<b>15 YARDS</b>	Same	Spot of Foul
<b>{DEFENSIVE VIOLATIONS}</b>			
(17) Defensive holding or illegal use of hands	<b>10 YARDS</b>	Same	B.E.S.
(18) Premature pulling of flags	<b>10 YARDS</b>	Same	B.E.S.
(19) Roughing kicker or passer	<b>15 YARDS</b>	1 <sup>st</sup> Down	L.O.S.
(20) Defensive Pass Interference	<b>10 YARDS</b>	1 <sup>st</sup> Down	L.O.S.
<b>{GENERAL VIOLATIONS}</b>			
(21) Unnecessary roughness: any flagrant roughness, includes running over the defense by the ball carriers	<b>15 YARDS</b>	Same	B.E.S.
(22) Unsportsmanlike Conduct	<b>15 YARDS</b>	Same	B.E.S.
(23) Tripping	<b>15 YARDS</b>	Same	B.E.S.
(24) Intentional kicking of a free ball	<b>15 YARDS</b>	Same	B.E.S.
(25) Intentional hurdling, diving, or jumping over any player (offense or defense) which creates an unsafe condition	<b>15 YARDS</b>	Same	B.E.S.

**Note:**

**L.O.S. = Line of Scrimmage**

**B.E.S. = Basic Enforcement Spot {Term used to describe the location on the field all penalties are measured}**