

NFL Flag Calgary

Official League Rules

June 2026

1. Game Overview

1. All games consist of 5 on 5 style play. The offense has a quarterback, a center to snap the ball and three (3) other receivers. Any player can act as a running back receiving handoffs, except for the center who cannot receive a handoff directly from the snap. However, the center can receive passes.
2. The defense consists of four (4) backs plus one (1) designated rusher to rush the quarterback. The defense can choose not to rush the quarterback. The rusher can defend a play if they choose to leave the rush line.
3. There are two (2) x 25-minute halves, with a 3–5-minute halftime, determined by the referee. Regardless of game start time, the official game time is the time the referee keeps and communicates. Sometimes, the 25 minutes is paused for injury or long inquiries.
4. A coin toss/bean bag flip at the beginning of the game determines the choice to start on offense or defer to the other team (other team starts on offense). The winner of the bean bag flip can elect to choose which side to start on instead of offense/defense. The other team would then choose if they wanted offense or defense to start. For playoffs, the higher seeded team gets the choice without a bean bag flip.
5. The team starting the game on defense starts the second half on offense. Teams switch ends of the field at halftime.
6. The offensive team starts with possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
7. If the offensive team fails to cross midfield on the first three (3) downs and elects to “punt” on fourth down, possession changes and the opposing team starts its drive from its own 5-yard line.
8. There is no kicking. If the offensive team “goes for it” on 4th down and does not cross midfield, the opposing team starts its possession from the spot where the offense was stopped.
9. If a team fails to score on its three (3) downs past midfield, the ball is placed on the opposing team’s 5-yard line to begin its possession.
10. Teams change sides after the first half. Possession is given to the team that started the game on defense. The offense has one (1) minute to get their play off between plays. Failure to do so leads to a 5-yard penalty and loss of down. Referees will warn coaches in the huddle at the 45-second mark that they have 15 seconds to break the huddle and start the play.
11. This 1-minute period is when coaches can huddle with their players to give the play call, or players can do it on their own. Offensive coaches are allowed on the field to huddle and during the play as well, but they must stay out of the way of players and cannot impede the play in

any way. This is best done at a safe distance behind the quarterback, not downfield. One (1) or two (2) coaches on the field during the actual play is sufficient. Defensive coaches must be on the sidelines before the play begins but can remain near where the action is taking place.

12. The referee/timekeeper updates teams on time remaining. If a team starts a drive and the time before the half or end of the game runs out, the half is over, or the game is over. The offensive team can play their final down if there is any time left when the previous play completes. This acts as a time-out to allow for that final play. The referee gives teams a warning that the final play of the half or the game is coming up, based on time remaining.
13. Penalties are called for infractions such as flag guarding, offside, pass interference, rough play, illegal passes and rushes, illegal rushing of the quarterback too early, and any unsportsmanlike conduct. Other penalties are called at the referee's discretion. See the Penalty section below for a detailed list of penalties.
14. There are no fumbles. The ball becomes a dead ball if the runner loses possession. If the ball is fumbled forwards or backwards, the ball is spotted where the ball carrier lost possession. Play then moves on to the next down. If a pitch takes place and is botched before the player has possession, it is a dead ball and returned to the spot of the pitch.
15. Each defense is allowed to return their first interception in each half and only the first interception that they make. If they reach the end zone, the score is counted. If they don't reach the end zone, they will still retain possession from the spot where the flag is pulled. If the defense intercepts a second ball or others in the same half, those cannot be returned. They retain possession from the spot of the interception. Only one interception return attempt per half is allowed.
16. If the team's first interception of the half is caught and the intercepting player's flag is pulled, they proceed out of bounds or they are called down, that still counts as the only interception that can be returned by the defense for that half.
17. The ball cannot be returned if intercepted during a conversion attempt. The play is dead, and the defense gets the ball on their 5-yard line as per usual. An interception on an extra point does not count towards the team's returnable interception of the half.
18. Any interception is marked at the spot or when flagged/downed for the first interception. If the interception is in the defensive team's end zone and the returner is flagged/downed/out of bounds, the ball is placed at the 5 yard line.

2. Overtime

1. If overtime is needed, each team will have one (1) possession starting just over mid-field on the 5-yard no rush line, 20 yards from the opponent's end zone. The winner of a coin/beanbag toss will determine who selects if they want to start on defense or offense. Both teams will go in the same direction, chosen by the referee.
2. Each team will have 3 downs to try and reach the end zone, the same as the half-field offense once crossing mid-field during regular gameplay. If a team scores, they will attempt a 1-point or 2-point conversion as usual. The opposing team will get the chance to have the ball for this

same sequence immediately afterwards. Whoever gets the most points after each team possesses the ball once is the winner of the game.

3. If the score is still tied after both teams have had one (1) possession, then both teams will get another possession. For this possession and any further possessions required to break the tie, each team will now start on the opposing team's 10-yard line and have 2 downs to try and score. If they score a touchdown, they can elect to go for a one-point or two-point conversion.
4. During the playoffs, this sequence will then repeat until there is a winner. During the regular season, there can only be a maximum of two possessions by each team. If it is still tied after each has had two overtime possessions, the game ends in a tie.
5. If there is an interception during overtime, possession then changes hands, but the ball cannot be returned and no points are awarded. The defense would then take their possession starting at the 20-yard line (5-yard no rush line that is just past mid-field) or the 10-yard line (if it is the second possession or beyond). If the defense is already ahead in the score, the game would be over after the interception.
6. Any overtime scoring would just be added to the score from regulation, for final score-keeping purposes.

3. Scoring

1. Touchdown: 6 points.
2. PAT (point after touchdown): 1 point from the 5-yard line or 2 points from the 10-yard line. There are no rushes allowed on a 1-point conversion; only passes are permitted. For a 2-point conversion, teams may run or pass.
3. Note: A 1-point PAT must be a pass; a 2-point PAT may be a run or a pass.
4. A safety occurs when the ball-carrier is declared down in their own end zone. Runners are called down when a defensive player pulls their flags, a flag falls out, they step out of bounds, they are ruled down, the quarterback is whistled for an 8-second violation, a fumble occurs in the end zone, or a snapped ball goes beyond the end zone. A safety is worth 2 points for the defensive team, which then takes possession at its own 5-yard line.
5. After scoring a touchdown, a team must declare whether it will attempt a 1-point conversion from the 5-yard line or a 2-point conversion from the 10-yard line.
6. Teams may score 6 points on an interception return for a touchdown. Each team may do this only once per half. After an interception return touchdown, the team may attempt a 1-point or 2-point conversion.

4. Running

1. The ball is spotted in-line with wherever the ball is located, at the moment the flag is pulled.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap. The quarterback can drop back to throw and run parallel to the line of scrimmage to make their throw. The quarterback can never run with the ball past the line of

scrimmage. They can, however, hand the ball off and then run downfield to be an eligible receiver.

3. Direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.
4. "Center sneak" play is not allowed. The quarterback is not allowed to handoff to the center on the first handoff of the play. The center can remain behind the line of scrimmage for a handoff if it is the second handoff of the play. The center is eligible to receive the ball from a pass beyond the line of scrimmage.
5. Pitches are permitted. Pitches of the ball sideways or backwards behind the line of scrimmage are allowed. Any pitches, lateral passes, backwards passes or handoffs of the ball beyond the line of scrimmage result in a dead ball at the spot of the throw. The ball is marked in line with where the dead ball occurs. All pitches are counted as a running play. Multiple pitches of the ball are allowed if they take place behind the line of scrimmage. Pitches can also be combined with direct handoffs. Pitches must be done underhanded.
6. If the quarterback or a player pitches the ball behind the line of scrimmage, the ball can be handed off again if the ball is still behind the line of scrimmage. A ball can be handed off to a player and then that player can turn around and pitch the ball backwards to the quarterback or another player. All pitches count as a running play, even if the runner ends up throwing the ball after receiving the pitch. Unlimited handoffs and pitches are allowed behind the line of scrimmage when teams are eligible for a running play.
7. No-run zones are located five (5) yards before each end zone and five (5) yards on either side of midfield. No-run zones are designed to avoid short-yardage power-running situations. Each offensive team approaches only TWO (2) no-run zones in each drive – one no-run zone is 5 yards from midfield to gain the first down, and the other no-run zone is 5 yards from the goal line to score a touchdown. If a team is penalized and pushed out of the no-run zone, they still cannot run on the subsequent down. Once the team has entered the no-run zone, the only way to run again is to cross midfield but still must have 2 consecutive passing plays (1 for older ages) after the last time they ran before they can run again, regardless of downs resetting once past mid-field. If teams score a touchdown, they are allowed to run the ball if they choose a 2-point conversion. Only passing plays are allowed on a 1-point conversion.
8. Any diving, leaping or jumping to avoid a flag pull is considered flag guarding. Spinning/jump cuts are allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding. A player cannot dive into the end zone with the ball to try and score.
9. No blocking or screening is allowed at any time. Offensive players in proximity of the ballcarrier must stop their motion once the ball has crossed the line of scrimmage. Offensive players cannot run with the ballcarrier.
10. Runners are called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee, shin, elbow, shoulder or arm touches the ground, a fumble occurs, or if a snapped ball lands out of bounds.

11. All jerseys MUST be tucked into a player's shorts/pants before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags are considered flag guarding and result in a loss of down penalty from the spot of the foul.
12. Any player who receives a handoff can throw the ball from behind the line of scrimmage. Once the quarterback has handed off the ball, the quarterback can run past the line of scrimmage and become an eligible receiver.
13. Once the ball is handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
14. The offense can only hand the ball off for a running play once every three (3) plays. For example, three (3) plays in a row would be pass, pass, run, if a team decides to include a run. If a team rushes the ball, they must then go pass, pass, and can then attempt another run if they choose on the next play, after those two (2) consecutive passing plays. Running plays are always permitted on a 2-point conversion, even if the touchdown was on a running play, but they are not permitted on a 1-point conversion at any time.
15. For the oldest divisions, ages 14–17, running plays can occur once every two (2) plays. There cannot be two running plays in a row. There must be at least one passing play between runs.
16. If flags or the flag belts become turned during a play and the flags are no longer on the hips, the play is called dead at the spot where any defender is within the vicinity of the runner.

5. Passing

1. All passes must be thrown from behind the line of scrimmage, with the ball out of the hand prior to any part of the thrower's body touching the ground beyond the line of scrimmage. There are no overhand passes allowed behind the line of scrimmage that don't reach the line of scrimmage, including if they are thrown overhand laterally or backwards. Any underhanded forward-passes must also cross the line of scrimmage. Forward passes not reaching the line of scrimmage result in loss of down and the ball is placed back at the original line of scrimmage.
2. If the quarterback pitches the ball laterally or backwards while behind the line of scrimmage, this is allowed. A pitch must be done underhanded.
3. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes. If this happens, the play is dead and loss of down is incurred. If the ball is tipped by a defender, then caught by an offensive player beyond the line of scrimmage, it is a live ball and can be advanced by the offense. If it is tipped by the defense or hits a member of either the offense or defense and then caught by any member of the offense but behind the line of scrimmage, the ball is ruled dead and loss of down for illegal forward pass. The only exception would be a pitch laterally or backwards behind the line of scrimmage, as this would be a live ball if hitting another player, but still caught out of the air.
4. Shovel passes are allowed but must be received beyond the line of scrimmage. Underhand-forward passes are allowed, provided they cross the line of scrimmage.
5. Quarterbacks/passers cannot intentionally ground the ball from anywhere on the field. The quarterback/passers must make a reasonable attempt to throw the ball near a receiver to avoid

a sack. If the ball is thrown straight to the ground or nowhere near a receiver on purpose, it is a loss of down and the ball is spotted wherever the quarterback was standing at the time of the throw.

6. The quarterback has an 8-second "pass clock." Any passing play where a pass is not thrown within the 8 seconds, the play is whistled dead, the down is consumed, and the ball is returned to the line of scrimmage. The referee quietly counts the 8 seconds to themselves, but if the play is going on too long, at the 5-second mark, they yell out and warn players by saying, "Ok, have to throw, 3-2-1." If the quarterback has not thrown the ball at the end of this countdown, the play is blown dead, loss of down incurs and the ball is returned to the line of scrimmage.
7. If the ball is handed off, the 8-second rule is no longer in effect, even if the runner ends up passing the ball.
8. If the quarterback is standing in the end zone at the end of the 8-second clock, this results in a safety.

6. Receiving

1. All players are eligible to receive passes, including the center. The quarterback is also eligible to receive a pass if the ball has been handed off behind the line of scrimmage.
2. There is a maximum of one (1) player in motion parallel to the line of scrimmage leading up to the snap. The player in motion can still be in motion when the ball is snapped, if they are not past the line of scrimmage. The player in motion can start in one direction, and reverse to another if they choose, if they are behind the line of scrimmage and they are not moving toward the line of scrimmage at the time of the snap. If multiple players are in motion or a receiver is moving towards the line of scrimmage, this leads to an immediate whistle, 5-yard penalty and replay of down.
3. A player must possess the ball while having one (1) point of contact inbounds for it to be called a catch. This could be one (1) foot, one (1) hand, etc. A catch is considered a catch when a player is in full possession of the ball, holds onto it long enough to make a move, or demonstrate possession, or until their flag is pulled.
4. If a player possesses the ball long enough to catch the ball but then fumbles, the play is dead, but the spot of the ball is in line with the spot of the fumble.
5. The ground cannot aid with the catch. If a player catches the ball with hands underneath or in full control of the ball, and then the ball touches the ground, even soon after, it is still considered a catch.
6. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
7. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.
8. If the quarterback throws the ball and it deflects off a player beyond the line of scrimmage, then the quarterback or another offensive player catches it, the play remains live and the ball

may be advanced. If the defense catches it, the play is ruled an interception and possession changes.

7. Rushing the Passer

1. A player who is rushing the passer must be at the beanbag placed ten (10) yards from the line of scrimmage. The rusher can begin to rush the quarterback as soon as the ball has been snapped. The rusher cannot leave the rush line until the ball is snapped. The rusher can also choose just to stay back as a safety for extra coverage; however, they must at least start at the spot of the beanbag before the snap. No player, other than the designated rusher, can cross the line of scrimmage unless there is a handoff. The designated rusher could delay their rush and then rush at any point if they choose. Players not rushing the quarterback can defend on the line of scrimmage but cannot cross until the ball has been handed off, fumbled on the snap, passed or pitched. Any player can cross the line of scrimmage if this has taken place.
2. A special beanbag marker placed by the referee designates a rush line 10 yards from the line of scrimmage. Defensive players can verify that they are in the correct position with the official.

A legal rush is:

- Any rush from the spot of the beanbag and 10-yards from the line of scrimmage by the designated rusher.
- A rush from anywhere on the field, by any player, AFTER the ball has been handed off by the quarterback or fumbled on the snap. If a ball is fumbled on the snap, only the quarterback is allowed to pick it up and continue the play if their flag has not been pulled. The play is dead if the defense pulls the quarterback's flag before they recover or advance the ball, or if the defence touches the ball first. If the ball crosses the line of scrimmage on a fumbled snap, it is a dead ball and is marked at the line of scrimmage with a loss of down.
- The rusher can defend a pass if they do not rush the quarterback. They can also attempt to grab the flag of ball carriers, just like any other defender. They must start at the designated bean bag. They can drop into coverage once the ball is snapped if they choose.

A penalty will be called if:

- The rusher leaves the designated rush line before the ball is snapped – this is an illegal rush and would result in a 5-yard penalty from the line of scrimmage and a repeat of down. The play is blown dead as soon as the rusher takes a step towards the offense from the bean bag spot, even if the offense does not snap the ball immediately.
- Any defensive player or offensive player crosses the line of scrimmage before the ball is snapped. This is offside and the play is blown dead. 5-yard penalty from line of scrimmage and repeat of down.

3. Any defensive player that did not line up at the bean bag but crossed the line of scrimmage before the ball was passed or handed off would create an illegal rush (5-yard penalty from the line of scrimmage and repeat of down).
4. Players rushing the quarterback may attempt to block a pass; however, any contact to the QB results in a roughing the passer penalty. This includes contact with the ball while the quarterback has it in his/her hands.
5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback. If the "path or line" to the quarterback is occupied by an offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact results in an impeding the rusher penalty.
6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is spotted where possession of the ball is once the flag is pulled.

Special circumstances:

- Teams are not required to rush the quarterback with the 8-second clock in effect.
- Teams need to put one player at the beanbag spot as the designated rusher; however, that player can also act as a safety and defend plays if they choose not to rush the quarterback.

8. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball. The ball is spotted in line with its location at the time of the flag pull.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling 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 a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag fell out.
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 cannot intentionally pull flags off a player who is not in possession of the ball. Early pulling of flags will result in an illegal flag pull penalty.
7. Flag guarding is an attempt by the ballcarrier to obstruct the defender's access to the flags by stiff arming, blocking with their hands, ball, arm, shoulder, or any body part or intentionally covering the flags with the jersey or shirt, pants, shorts, etc. Flag guarding is not allowed and results in a penalty at the spot of the foul.
8. Flags not at a player's hips will result in a spot foul, provided there are defenders in the area and the play is affected.

9. 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 is stopped and the player can be ejected from the game. The decision is made at the referee's discretion. No appeals are considered. FOUL PLAY IS NOT TOLERATED!
2. Offensive or confrontational language is not allowed. Officials have the authority to determine whether language is offensive or confrontational and whether a warning or immediate ejection is warranted.
3. Two unsportsmanlike conduct penalties is an automatic ejection from the game of the penalized player, coach or spectator.
4. Players and coaches may not physically or verbally abuse any opponent, coach, or referee.

10. Miscellaneous Rules

1. If a player falls to the ground and their knee, shin, elbow, shoulder or arm contacts the ground, they are considered down, even if untouched by the other team. The player cannot get back up and continue the play. The ball is a dead ball and placed at the spot where the player went down. Placing hands on the ground is not considered to be down.
2. A player cannot cross the line of scrimmage and then go back behind the line of scrimmage to take a hand-off, become the quarterback, or make any kind of play behind the line. The player must stay beyond the line of scrimmage once crossed.
3. There must be a center on the line of scrimmage to snap the ball and a quarterback to receive it. There can be multiple players lined up beside each other to disguise who the quarterback is when the ball is snapped. Whoever receives the snap becomes the quarterback and all quarterback rules apply to that player. The other players can be along the line of scrimmage but can also line up in other formations behind the line of scrimmage, if they are set for at least one (1) second before the ball is snapped.
4. A snap is the movement of the ball from the center to the quarterback starting at the beanbag. The center must actively deliver the ball — it cannot simply be left on the ground. Side snaps are permitted; between-the-legs snaps are as well. The ball is considered snapped when the center moves it, regardless of any verbal cue from the quarterback. The quarterback must take full possession of the ball prior to making a hand off or pass.
5. The referees will wait for the defense only at the start of each half, if there is an injury and if there are substitutions prior to the play (within reason). Otherwise, the referees will set the ball once the bean bags are set and officials are ready. It is up to the defense to be ready when the offence breaks their huddle and approaches the line of scrimmage. (Referees for the youngest divisions (6-7 & 8-9) may wait a little longer for the defense to be ready, prior to placing the ball in play.)
6. Teams may decline penalties called against the other team if the result of the play is more advantageous than the penalty, but only on plays that were completed and not blown dead.
7. **Celebration Rule** — When players score a touchdown or conversion, they are allowed to celebrate in a respectful, controlled manner. Players can take a moment to do a small celebration on their own or with their teammates, if it is away from the opposing team and

does not do anything to degrade them. No celebrations can be in the face of the opposing team. Any celebrations must be quick, non-excessive, in good spirit and in their own general surroundings (5 seconds or less). Any celebrations deemed excessive or unsportsmanlike will result in the referee issuing a 10-yard penalty on the conversion (or on the opposing team's first play of their next possession if the unsportsmanlike penalty was after a conversion was completed).

8. **Mercy Rule** — The mercy rule takes effect once a team leads by 30 or more points at any point in the game. Once a 30-point lead is reached, scorekeeping stops and the score at that moment becomes the official score recorded on the scoresheet. The game may continue, but no further score will be kept. At that point, teams are strongly encouraged to rotate players into different positions, get the ball into the hands of players who may not receive it as often, and take a less competitive approach to scoring. This rule is intended to discourage teams from running up the score to improve point differential in the standings and to preserve fairness and enjoyment for both teams.
9. **Forfeit Rule** — If a team cannot field a full roster of five (5) players, it may choose to play with fewer players, but they must be players from that team. If a team cannot field five (5) of its own players and chooses not to play short-handed, the game is forfeited. The official score recorded in the standings will be 20–0 for the winning team. Teams may still choose to share players, add players from the crowd, or play a modified game for fun, but the result will not count in the standings.
10. **Ringer Rule** — A team may not add players to their roster other than the official list of players provided by the league. If a player is not part of the roster, the game is considered a forfeit by the team that added the extra player. Any roster changes for any part of the season must be approved by the league.

11. Penalties

1. The referees call all penalties immediately. The majority of penalties are an immediate stop of play but some may let the play continue.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties are assessed from the line of scrimmage, except as noted (spot fouls).
4. Players and coaches may ask the referee questions for rule clarifications and interpretations. Players and coaches may not question calls on the field. They can ask a referee to watch for something they are noticing the other team doing that might be a rules violation.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed 'half the distance to the goal' yardage when the penalty yardage is more than half the distance to the goal.
7. Offensive spot fouls in the end zone result in a safety.

Defensive Spot Fouls (From spot of foul)

Penalty	Description	Consequence
Stripping the Ball	Any purposeful, excessive contact with the ball while in the offensive player's possession, whether it causes a fumble or not.	5-yard penalty
Illegal Flag Pull	If a defensive player pulls a flag before the receiver has possession.	5-yard penalty
Illegal Contact- Ball Carrier	If a defensive player impedes or intentionally contacts an offensive player who is running with the ball, it is considered illegal contact. This includes pushing the receiver out of bounds or to the ground. The defense must show intent to pull the flag only, not to initiate contact.	5-yd penalty
Unsportsmanlike Conduct	Examples include excessive celebration, taunting, using abusive or inappropriate language, or rough play.	10-yd penalty

Defensive Penalties

Penalty	Description	Consequence
Illegal Rusher	A defensive player, other than the designated rusher, crosses the line of scrimmage into the offensive side prior to the ball being handed off or thrown.	5-yd penalty + replay of down
Illegal Contact	If a defensive player impedes an offensive player from running or making a move, including holding, pushing or blocking the player's progress, prior to the ball being thrown. If the ball is thrown to the receiver at the same time, it then becomes pass interference.	5-yd penalty + replay of down
Offside	Any defensive player lined up in the offensive zone when the ball is snapped.	5-yd penalty + replay of down
Rusher Offside	The designated rusher takes a step towards the offense prior to the ball being snapped.	5-yd penalty + replay of down
Roughing the Passer – QB Contact	Any contact with the quarterback (or passer) other than a flag belt. This includes after the passer has thrown the ball.	5-yd penalty + replay of down
Pass Interference	The defensive player significantly hinders the receiver's ability to receive the ball, usually from illegal contact.	10-yd penalty + replay of down

Offensive Spot Fouls (Ball placed at spot of foul)

Penalty	Description	Consequence
Blocking	Any offensive player that runs with the ball carrier and obstructs the path of any defensive player.	Loss of down
Flag Guarding	A ball carrier prevents a defender from pulling their flag, either intentionally or unintentionally. This includes stiff arming, blocking with their hands, ball, arm, shoulder, or any body part or intentionally covering the flags with the football jersey or shirt, pants, shorts, etc.	Loss of down
Grounding	If the quarterback intentionally throws the ball away or into the ground or out of bounds with no receiver in the area. Spot is where the ball is released.	Loss of down
Jumping	Any ball carrier that intentionally jumps, dives or leaves the ground to avoid a defender pulling their flags. Diving/Jumping to make a reception is legal.	Loss of down
Improper Flag Belt	If the offensive player has the ball and their flags are not at their sides, not snug around their waist, or another part of the belt is hanging down other than flags, and it affects the defense's ability to pull the flags.	Loss of down
Unsportsmanlike Conduct	Examples include excessive celebration, taunting, using abusive or inappropriate language, or rough play.	10-yd penalty

Offensive Penalties

Penalty	Description	Consequence
Delay of Game	If the offense fails to snap the ball within 1 minute from the end of the previous play.	Loss of down
Illegal Forward Pass	Any forward pass (overhand or shovel pass) that does not cross the line of scrimmage is a penalty. (Underhand passes forward are allowed if it crosses the line of scrimmage.)	Loss of down
Illegal Run Play	If the offense is in either the 5-yard no run zone or they have already attempted a run play in the previous two plays (previous one play for older divisions).	Loss of down
Pass Interference	The receiver significantly hinders the defensive player's ability to intercept the ball. Intentional contact may result in unsportsmanlike conduct penalty as well.	5-yd penalty + loss of down
Illegal Contact	If an offensive player impedes a defensive player from running or making a move, including holding, pushing or blocking the player's progress.	5-yd penalty + replay of down
Impeding the Rusher	The defensive rusher is entitled to a clear, unobstructed path to the quarterback. The center or any other moving offensive player cannot interfere with that path in any way.	5-yd penalty + replay of down
Offside	Any offensive player that crosses the line of scrimmage prior to the ball being snapped is offside.	5-yd penalty + replay of down
Illegal Procedure	When multiple players are moving or any player is moving forward at the time of the snap. Only one player can be in motion laterally.	5-yd penalty + replay of down