

Barrington Youth Flag Football Rules

7v7 Girls & Boys Red Divisions

Updated July 23, 2025

Equal Participation

- Equal participation is a core principle of the Barrington Youth Football Flag Program. Playing time must be divided as equally as possible. At a bare minimum, every player must be assigned an offensive or defensive position during each half of the game. No player should be assigned a position for the entire game on offense or defense while another player sits out two halves on either offense or defense. No player should “sit” twice before all other players have “sat” once.
- Players should be assigned a position for the first half of the game and then all players rotate to a new position for the second half of the game. A first half and second half line-up should be made by coaches, shared with the opposing coach and field commissioner before the game. Line-ups will also be submitted to division commissioners.
- Switching players between positions within a half is not allowed, unless due to injury or a player arriving late or leaving early from the game.
- Coaches must prepare a position/playing chart in advance of each game to assure that playing time is distributed as equally as possible. Extra copies should be shared with the opposing coach and Field Commissioner before kickoff.
- Another key objective of the Barrington Youth Football Flag Program is to allow players to learn the fundamentals of football by gaining exposure to all aspects of the game. Consistent with this, all players should be assigned to, and given the opportunity to play, all offensive and defensive positions during the regular season. In the event of an unplanned absence a coach should make their best effort to accommodate position assignments and rotations.
- In the spirit of equal participation, every player will be required to play quarterback for at least one full half in the regular season. The quarterback must actually receive the center snap and have real experience playing quarterback. The quarterback must take the ball from the center. The center cannot hand the ball or snap the ball to anyone except the quarterback. Furthermore, each quarterback should have the opportunity to attempt one forward or lateral pass per game. Players who indicate that they are reluctant to play these positions must be actively encouraged to do so, and absent a written note from a player’s parent, coaches must strictly adhere to this rule. Depending on the number of players on your team, once everyone has played quarterback once, you should continue the rotation for the remainder of the regular season games. By the end of the regular season, each child should have played an equal number of halves, except due to injury or absence.
- In the regular season you can seek substitute players only if you are unable to field a full line-up. Substitute players must be from your division and registered to play in BYF. The substitute player may not play quarterback or running back as well as rush the passer on defense. For

playoff games, substitute players are not allowed. If a team is missing 2 or more players, they will forfeit the game.

Field Dimensions

- Junior Division: Field length is 80 yards
 - Balls starts on 30-yard line; first down lines are 40-yard line (mid-field), 25-yard line, 10-yard line and goal line
- Middle Division: Field length is 80 yards
 - Balls starts on 30-yard line; first down lines are 40-yard line (mid-field), 20-yard line, and goal line
- Senior & Boys Red Division: Field length is 100 yards
 - Balls starts on 30-yard line; first down lines are 40-yard line, opposite 40-yard line, opposite 20-yard line and goal line
- Field width is 53.5 yards for all divisions
- End zone length is 10 yards for all divisions
- The designated away team is responsible for a parent or volunteer to hold the first down marker. Chains are not needed as the first down markers are stationary points on the field.
- Turnovers (by downs or turnovers) will occur at the spot of the ball and first downs as laid out above are still in effect. Example – offense in Middle Division executes a play that gets them over mid field (40 yd line) by 2 yards resulting in a first down. They don't advance the ball on the next four downs and turn the ball over on downs. The ball is turned over and the [new] offense now has 1st down and 2 yards to go for a first down.
 - No Run Zone rule is in effect in this example as the team is 5 yards or less from the first down

Equipment

- Flags: Each player must always have a flag belt on the outside of the jersey. Jerseys, shorts, or other garments must not hang over the flag belt or impede a defender from pulling a flag belt off. Flag belts cannot be tied or secured with any outside device and must be used as intended.
- All players must always wear a mouthpiece during practice and games. All other protective gear is optional. Braces or protective gear must not contain any metal.
- Players must wear appropriate athletic shoes; cleats are encouraged but must be molded cleats and not contain any metal.
- Game ball sizes:
 - Junior and Middle Division: Pee-Wee
 - Senior Division: Junior
 - Boys Red Division: Youth
- Players must remove all jewelry, watches, earrings, etc... Tape over recently pierced ears is acceptable

- Game jerseys: During games players on the same team must wear matching jerseys. Jerseys will be provided by BYF.
- Hair should be controlled so it does not interfere with the waist and flag belt.

Length of games

- The designated home team is responsible for a parent or volunteer to run the clock and scoreboard
- Two (2) 25-minute halves with a running clock.
- The clock stops in the final two (2) minutes of each half. All clock stoppages are limited to out of bounds, change of possession, touchdowns, extra-point attempts, timeouts, dead balls, incomplete passes, injury or walking off a penalty. Clock will re-start after walking off penalty unless one of the other clock stoppages occurred prior to the penalty.
- Halftime: Five (5) minutes.
- The half and game cannot end on a defensive penalty.
- The clock does not stop if a team is ahead by 23 or more points.

Coin toss

- Field commissioners will call coaches and captains to mid-field prior to the start of the game to do the coin toss. The teams listed as the visiting team will get to make the call of either “heads” or “tails”. The winner of the coin toss will get the option to decide which one you would like to do first:
 - Offense or Defense
 - In the 2nd half, both teams will go the opposite direction from where they were going in the 1st half. The team that started on offense in the 1st half will start on defense in the 2nd half.

Play Clock

- Junior Division: 35 second play clock
- Middle Division: 35 second play clock
- Senior & Boys Red Division: 30 second play clock
- Officials will let the offense know when the play is at 10 seconds and will count down from 5.

Timeouts

- Two (2) 1-minute timeouts per half.
- Timeouts do not carry over to the second half.
- Clock will stop for timeouts and not restart until the snap of the next play.

On-Field Coaching

- Teams will be allowed to have a limited number of coaches on the field
 - Junior and Middle Division: 2 coaches
 - Senior & Boys Red Division: 1 coach
- Coaches may instruct players BETWEEN plays.
- Once the quarterback starts the cadence, all coaches AND parents need to be silent and allow players to adjust without coach instruction. Players can communicate with each other.

- Coaches AND parents cannot coach or provide direction during the play, or call out action on the field, for example yelling “reverse” or “pass”.
- **The first violation of this rule will result in a warning. Further violations shall result in an unsportsmanlike conduct penalty**
- Coaches are encouraged to be vocal if it would mean a player avoiding an injury or for safety purposes.
- Cheering by coaches is encouraged
- Offensive coaches should be 5-10 yards behind the deepest offensive player when the ball is snapped.
- Defensive coaches should be at least 20 yards from the line of scrimmage or 5-10 behind the deepest defensive player, whichever is greater.
- Coaches should make all effort to not interfere with a play.

Team Configuration

- Each team must have seven (7) players on offense and seven (7) players on defense.
- The offense should consist of one (1) quarterback and six (6) eligible receivers.
- The defense is allowed 7 players.
- Games can start with 6 players.
- Should one or both teams be short players, coaches can agree to play 6 v 6, but only in regular season games. Other team is allowed to play with 7 in playoffs even if other team only has 6

Offensive Formations

- The offense must have three (3) players on the line of scrimmage, and up to five (5) players on the line of scrimmage, including the center. Center must be on the line of scrimmage when snapping the ball.
- Quarterback must be off the line of scrimmage. Quarterback can take a direct or shotgun snap.
- Offensive players not on the line of scrimmage must be at least one (1) yard off the line of scrimmage
- One player at a time may go into motion behind and parallel to the line of scrimmage. No motion is allowed moving toward the line of scrimmage.
- Offensive players must be “set” for one second before the ball is snapped, unless they are the only player in motion.
- Movement by a player not in motion, or motion running toward the line of scrimmage is considered a false start.

Defensive Formations

- Defenders must be at least one (1) yard off the line of scrimmage.
- Defenders must remain at least one (1) yard off the line of scrimmage until an eligible action (handoff, pass, lateral, etc...) occurs. If they cross prior to this, it is a penalty
- Rushing/ blitzing defender must be behind the appropriate rush line/ distance.
- Man to man coverage or zone defenses are allowed.

Kick-offs

- There are no kick-offs

- Each team will take possession of the ball at the appropriate starting yard line, at the beginning of the game, after half and after a score.
 - Junior Division: 30-yard line
 - Middle Division: 30-yard line
 - Senior & Boys Red Division: 30-yard line

Snap

- The snap may be an underhand toss (shotgun), handoff (direct snap) or between the legs. Snaps both shotgun and direct can be done from the side. If the center has one foot in front of the ball when snapping it is not a penalty but must have their back foot behind the ball.
- The exchange of the snap must be from one offensive player to another offensive player, the quarterback may not snap the ball to themselves.
- The quarterback must take the snap from center. The center cannot hand the ball or snap the ball to anyone except the quarterback.
- If a snap is dropped, the ball is spotted at the line of scrimmage and there is a loss of a down

Contact

- ALL players, both offensively and defensively, are charged with avoiding contact when possible. Rough play will not be tolerated. The officials will determine incidental contact that occurs during the normal execution of each play

Running and Flag Pulling

- The spot of the ball is determined by the location of the ball when the flag is pulled. Forward progress is determined by the runner's front foot.
- The Quarterback cannot run the ball across the line of scrimmage in junior and middle divisions. Quarterback can scramble to avoid the rusher but may not advance past the line of scrimmage in these divisions.
- The Quarterback may run the ball across the line of scrimmage in senior division so long as they are not in a no run zone
- Handoffs, laterals, and pitches behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side, but must be behind the line of scrimmage.
- Offense may use multiple hand-offs.
- A player who takes a hand-off behind the line of scrimmage can throw the ball but must throw from behind the line of scrimmage.
- The runner may not intentionally or unintentionally hold or grab their flag belt or knock away defender's hands to avoid a flag pull. This is considered flag guarding and will result in a penalty.
- The runner may not stiff-arm or intentionally make contact with the defender.
- A runner may not dive forward in an attempt to gain extra yards.
- Spinning is allowed, but a runner may not leave their feet or jump in the air in a forward motion to advance the ball unless in senior division. Only senior division can jump to advance. Lateral moves to the right or left are permitted.
- Laterals and pitches down field are permitted but must be backwards. Any forward laterals will be a dead ball spotted at the point of which the lateral was made.

- Any runner's flag which inadvertently falls off will be a dead ball and the ball will be spotted where the flag belt comes off. A runner cannot hold on to the belt to keep it from coming off.
- If a receiver's flags come off while going out for a pass and she catches a pass while her flags are not attached, the ball is down at the spot of the catch.
- A defender may not intentionally pull off the flag belt of a player not in possession of the ball.
 - It will be a judgment call of the referee if this were to occur in a situation such as a defender pulling flags off of an offensive player involved in a fake handoff, as an example
- Tackling is considered unnecessary roughness. The defender's **intention** must be to pull the flag belt off and not grab the offensive player to slow them down or pull them to the ground.
 - If a defender tackles an offensive player, it will be an unnecessary roughness penalty.
 - A second tackling penalty on the same player will be a penalty and a warning.
 - A third tackling penalty on the same player will be a penalty and an ejection from the game.
- Tackling occurs if:
 - A player wraps their arms around a player and brings them to the ground.
 - A player pushes the ball carrier out of bounds with no attempt to grab the player's flag.
 - A player slides or dives in front of a ball carrier and knocks them down to stop their progress.

Passing, Catching, and Possession

- It will be considered a legal forward pass when the offensive player, from behind the line of scrimmage, throws the ball forward. This is only allowed once per down.
 - A team **CANNOT** throw multiple forward passes in a single play.
- If players from opposing teams catch the football simultaneously, the ball will be declared a catch for the offense.
- A player must have one (1) foot down inbounds for it to be considered a catch / possession.
- Unlimited backwards passes and laterals are allowed.
- When a receiver leaves the line of scrimmage on a pass play, it must be their intention to catch a pass and not block the rusher, set a screen on a defender or intentionally impede any defender to allow a teammate to be open for a pass. Receivers can set a stationary screen (block) on a running play where the ball is handed off, pitched or lateraled to a runner and after a teammate catches the ball to help them gain yards.

Blocking / Screening

- NO MOVING PICKS OR SCREENS ARE ALLOWED
- Hands and arms must be behind you back or across the chest and within the body's framework.
- Blocking for a runner can only take place without moving. Stationary screens (blocks) can take place anywhere on the field while a runner is running with the ball.
- No screens are allowed after a throw
- No intentional screens on the blitz/rusher
- No blocking after an interception (senior division)
- No blocking on punting plays

Stripping the Ball

- Once the player has possession, the opposing player CANNOT knock the ball out of the runner's hand or a penalty will be assessed. A player running with the ball cannot be stripped of the ball.
 - Exception: A defensive player is allowed to break up an intended pass to an offensive player. If the defensive player simultaneously breaks up the pass as the receiver is catching the ball, this is legal and allowed.

Scoring

- Touchdowns: Six (6) points for a touchdown
- Extra point attempts:
 - One (1) point for an extra point from the 5-yard line
 - Two (2) points for an extra point from the 10-yard line (junior/Middle)
 - Two (2) points for an extra point from the 8-yard line (senior)
- The offense must declare their intent to the referee in a timely manner. Decision on 1 or 2 point attempts CANNOT be changed following a penalty.
- Interceptions on extra point attempts cannot be returned for points.
- Clock will stop for extra point attempts in the last two (2) minutes of each half.

NO-RUN ZONE

- Anytime the offense is 5 yards or less from the first down or end zone, the offense is in the 'NO-RUN' zone and MUST pass to advance the ball. A one-handed forward shovel pass is allowed.
- The no-run zone rule is for all divisions, junior, middle and senior.
- If it's not clear if the offense is in a no-run zone, offense should clarify with the referee.
- If a team hands off the ball in the no-run zone and that player runs beyond the line of scrimmage, at the end of the play the ball will be brought back to the original line of scrimmage and the play results in a loss of down. A team can hand the ball off, but the player receiving the hand-off must pass the ball across the line of scrimmage.
- Once a team is in the no-run zone, no offensive penalty can take the team out of a "no-run" status even though the opposing team has the option to decline the penalty. The referees will remind the offense of the "no-run" status, but it is ultimately up to the offensive coach to adhere to the rule.
- Teams are allowed to rush the ball on extra points

Blitzing/ Rushing the Passer

- Teams can blitz on any play from an allowable depth from the line of scrimmage
 - Junior Division: 15 yards depth
 - Middle Division: 10 yards depth
 - Senior & Boys Red Division: 10 yards depth
- Referee will establish the "blitz line". All rushers should check with the referee to be sure they are at proper depth.
- It must be an immediate blitz.
- If blitzer/ rusher leaves the rush line before the snap, they may NOT reset and rush legally.
- If after the defender leaves the rush line before the snap, and they attempt to blitz prior to handoff or thrown pass, that would result in a penalty. Free play for the offense unless the blitzer crosses the line of scrimmage prior to the snap of the ball

- If blitzers/ rusher leaves the rush line before the snap, it is an illegal rush penalty.
- Only one (1) player per play can rush the passer before the ball leaves the quarterback's hand (junior/middle). Senior and Boys Red division can have multiple blitzers. Players who are not rushing may defend the line of scrimmage.
- Once the ball is handed off, lateralled, pitched or thrown behind the line of scrimmage, all defensive players can cross the line of scrimmage to pursue the offensive player.
- Offensive players cannot block the rushing defender.
- Blitzers/rusher can only go for the flag of the QB and cannot put arms up to block a pass

Overtime

- There will be no overtime. If the score is tied at the end of regulation the game results in a tie.

Safeties

- Safeties are worth two (2) points and are only allowed in the below scenarios:
 - An offensive player's flag is pulled in their own end zone.
 - An offensive player fumbles in their own end zone.
 - An offensive player snaps the ball out of the back of their own end zone.
 - An offensive player is called for intentional grounding in their own end zone.
 - A defensive player's flag is pulled in their own end zone, after established possession across their own goal line.
 - A defensive player fumbles in their own endzone, after establishing possession across their own goal line.
 - Defense takes possession of the ball after the safety has occurred

Mercy Rules

- If a team is losing by 16 points or more, they will start their offensive possessions at the first, first down marker.
 - Junior and Middle Division: 40-yard line (mid-field)
 - Senior & Boys Red Division: 40-yard line
- If the lead goes back under a 16-point deficit, possession will revert to normal rules.
- If a team is down by 23 or more points the clock does not stop with one (1) minute left before the end of the game.

Dead Ball/Play Stops

- Once the ball hits the ground, it is considered a dead ball, whether the ball was dropped or fumbled it is considered dead where it lands. Fumbles cannot be recovered; they are a dead ball and the ball will be spotted where it hits the ground.

Turnovers

- Turnovers occur when the offensive team doesn't get a first down in the four (4) given downs or an interception occurs.
- There are no fumbles. Ball is dead where it lands.
- Interceptions:
 - Junior Division: interceptions are not allowed; intercepted passes are the same as incompletions.
 - Middle Division: Interceptions are allowed; but cannot be returned. Intercepting team will take possession of the ball where the interception is caught.

- Senior & Boys Red Division: Interceptions are allowed; and can be returned. The intercepting team will take possession where the flag is pulled of the intercepting player. Interceptions can be returned for a touchdown.
- An interception by the defensive player, where the momentum of the player is carried into their own end zone, will result in a touchback and the ball coming out to the 20 yd line for the intercepting team.

Punting

- Notification: The offensive team must notify the officials of their decision to either punt or go for it on 4th down. **If the official is not informed in a timely manner, the default is a punt.** Once the decision is made it cannot be changed unless a timeout is called by either team.
- Guidelines: Both teams must have at least four (4) players on the line of scrimmage, and they must not be in motion until the ball is kicked.
- No snap should occur and the punter should hold the ball to start the play
- The ref will blow the whistle to start the play
- **The kicking team has 5 second count** (1-One Thousand, 2-One Thousand, 3-One Thousand...) to punt the ball or the ball will be considered dead at the spot the kicker is standing and it will be a turnover on downs at that spot.
- The kicker gets one attempt to punt the ball. If the kicker misses the ball while trying to punt, the ball will be spotted where the ball touches the ground.
- The punt can be either caught in the air or on subsequent bounces and advanced. However, if in the official's judgement, possession was not established, (MUFF) after 1st contact by the receiving Team the play shall be whistled dead, and the ball placed where it contacted the ground 1st as the succeeding spot for the offense.
 - Example of a play that ***is not*** a muff – a punt comes towards the receiver of the punt and touches their fingertips and the ball continues on without possession is not a muff
 - Example of a play that ***is*** a muff – a punt comes towards the receiver of the punt and the receiver catches the ball momentarily and the ball comes loose from the receiver's possession is a muff.
- If the ball is fumbled or touched by the receiving team, the ball will be considered dead where the ball hits the ground.
- Once the ball is no longer bouncing or comes to a complete stop, the ball will be considered dead and will be spotted there
- Once the ball enters the end zone, the ball is considered dead and will be advanced to the 20-yard line.

General Rules

- **Flag Vice-President.** The vice-president of the flag league has all necessary powers to enforce these rules, including penalizing teams and individuals appropriately.
- **Park District and School Rules.** All players, coaches, parents, referees, field commissioners and all others must obey Barrington Park District and District 220 rules, with regard to all safety issues, including but not limited to warnings to leave the field due to dangerous weather.
- **Practice.** Practice can begin on August 1, but not before August 1. From August 1 until kickoff weekend, practice is limited to 4 ½ hours per week. Starting the Monday after Kickoff weekend practice is limited to three hours per week, Sunday, 12:01 a.m.-Saturday 11:59 p.m. In addition,

coaches can request that players appear at the field one hour before official games for additional practice.

- **Referees and Field Commissioners.** A minimum of one referee and one field commissioner will be present at each non-play-off game. The field commissioner's primary objective is to promote and enforce safety rules and to act as a sounding board for student referees. The Field Commissioner does not have the authority to reverse official calls within the game but is available to discuss the rulings as an unbiased witness and authority of the BYF Flag Rules. Field Commissioners do serve as the responsible party in overseeing that BYF Rules and Regulations are observed and retains the right to uphold BYF rules when it comes to section, Unsportsmanlike Conduct by Coaches and Players. Referees and coaches must also follow the field commissioner's rulings on all safety issues. The role of the Field Commissioner is critical to the success of our program on game day. The Field Commissioner is the neutral party responsible for organizing the start of play, monitoring play during the game, handling dispute resolution, maintaining order on and around the field, and carrying out disciplinary action, when necessary. Consequently, **he must always be an engaged observer** and clearly distinguishable from coaches, referees and other observers in order to be easily identified by all parties and be positioned on offensive side of the ball, approximately 15 yards from line of scrimmage. Coaches who fail to complete their field commissioner duties for a playoff game will be subject to a suspension. They will not be allowed to coach on the field the first half of their teams next game.
- **Specific Duties of the Field Commissioner**
 - **Game Prep**
 - The Field Commissioner should arrive for duty 15 minutes before their assigned game. They should have a copy of the rules, as well as mobile phone numbers for the Division Commissioner (Junior, Middle, Senior) with them in the event they are needed. Introductions should be made to the respective coaching staffs and a coin flip conducted to determine kicking and receiving teams, prior to taking the field, in order to keep the pace of play moving throughout the day.
 - The visiting team calls the coin flip:
 - The winner decides if they want to kick (start on Defense) or receive (start on Offense) in the 1st half (the opposite will then apply in the 2nd half).
 - The loser decides which goal to defend.
 - The teams switch sides of the field to start the 2nd half.
 - The Field Commissioner should review copies of both team's lineups prior to kickoff, to ensure an even distribution of playing time in accordance with rotation rules.
 - The Field Commissioner should take a picture of each game roster and send to the appropriate division commissioner to be tracked for enforcement of rotation rules.
 - The Field Commissioner should ensure that each team has assigned parents to work the scoreboard/time clock and manage the first down marker. Home team

runs the clock, visiting team runs the first down marker. Introductions should be made to all parents volunteering for these duties.

- An explanation should be given to both coaching staffs regarding the No Tolerance Policy.
- Upon completion of the prior game, the Field Commissioner and head coaches should introduce themselves to the assigned referees for their game. Any questions/discussion regarding specific rules and the enforcement of those rules should occur at this time. Remember, referees are the authority on the field and should be the primary voice in these conversations. However, the Field Commission should be available for clarification, should the referees need assistance.
- Before kickoff, there should always be one final review of the No Tolerance Policy with both referees and head coaches present.
- **Maintaining Order/ Instituting Disciplinary Measures**
 - In extreme situations, it may become necessary for the Field Commissioner to use their authority in order to shield players and/or referees from inappropriate behavior on the part of coaches and/or fans. In accordance with the No Tolerance Policy, there is to be NO game related interaction between referees and coaches or parents on the sideline. Should a coach or parent on the sideline address a referee in disputing or questioning a call, the Field Commissioner must move to stop that action. At their discretion, they may issue a reminder/warning or in the case of a more serious offense, an ejection from the game.
 - In the case of a coach or adult on the sideline using profanity towards a child or referee, the Field Commissioner will immediately interrupt the game and remove the offending party from the area.
 - Following a game in which a Field Commissioner is forced to offer a warning or ejection to any adult (coach or observer); he must contact his Division Commissioner and file a formal report.

Penalties

The opposing coach has the option to decline all penalties

- Penalties or declining of penalties that move the line of scrimmage outside of the no-run zone will not allow the offense to run the ball (see details in “no run zone” section above)

Loss of Down Only

Rushing in No-Run Zone

- If a team hands off the ball in the no-run zone and that player runs beyond the line of scrimmage, at the end of the play the ball will be brought back to the original line of scrimmage and the play results in a loss of down. A team can hand the ball off, but the player receiving the hand-off must

pass the ball across the line of scrimmage (this is also described in the “no run zone” section of these rules)

5 Yard Penalties (from line of scrimmage, unless specified)

- Illegal Procedure Penalty
 - Any defensive player attempting to block the kick or distract the kicker
- False Start
 - Any offensive player moving up the field, prior to the snap of the ball. If multiple players are moving to reset, all players must move at once and be set for at least one second prior to the snap of the ball
- Illegal Motion
 - More than one offensive player moving parallel to the line of scrimmage at one time or any offensive player moving, non-parallel to the line of scrimmage, prior to the snap
- Delay of Game
 - The offensive team doesn't snap the ball in the designated 25 seconds given for the play clock
- Offsides
 - Any member of the defensive team crossing the line of scrimmage prior to the snap of the ball
- Encroachment
 - Any member of the defensive team crossing the line of scrimmage, prior to the snap
- Illegal Participation
 - More than 7 players on the field when the ball is snapped
 - More than 7 players break the huddle
- Illegally Equipped
 - Any player without their flag properly secured prior to the snap of the ball. Play will be a free play for either the offense or defense. The opposing team gets choice of result of down or 5 yd penalty from line of scrimmage and replay of down
- Illegal Contact (automatic first down)
 - Any defensive player making contact with an offensive player, while they are running a route, and the ball is NOT in the air
- Illegal Touching of the Ball (loss of down)
 - Any player going out of bounds and is the first player to touch the ball in the field of play. If another player, their own team or opposing team, the player who went out of bounds is now eligible to touch it again
- Illegal Forward Pass (loss of down)
 - Any player throwing the ball forward, after any part of the body touches the ground across the line of scrimmage
- Intentional Grounding (loss of down)
 - QB throws the ball to an area of the field where no receiver is located
 - A quarterback spike can be used to stop the clock
- Illegal Formation
 - Line of Scrimmage must have at least 3 players on it.
- Illegal Rush

- Defensive player leaves the 7-yard rush line before the snap and blitzes the QB crossing the line of scrimmage
- If any defender crosses the 1 yard line “buffer” prior the proper point (i.e. handoff)

10 Yard Penalties (from line of scrimmage, unless specified)

- Offensive Holding (replay of down)
 - Impeding the opposing team progress by grabbing or holding the player
- Defensive Holding (replay of down)
 - Impeding the opposing team’s progress by grabbing or holding the player while the ball is not in the air
 - Defensive holding in the end zone will result in an automatic first down
- Offensive Picking (replay of down)
 - Impeding the progress of a downfield defender in order to allow a teammate to get open for a pass
- Defensive pass Interference
 - Impeding the offensive players’ ability to attempt to catch the ball by grabbing, pushing, or holding the player while the ball is in the air (automatic first down)
- Offensive Pass Interference (replay of down)
 - Impeding the defensive team’s ability to play defense on the ball by grabbing, pushing, or holding the player while the ball is in the air
- Illegally Removal of Flag Belt
 - Players must have possession of the ball before their flag can be removed. It is illegal for any player to intentionally pull a flag from any other player not in possession of the ball and will be a penalty if it occurs more than 1 full second before the player gains possession

15 Yard Penalties (from the line of scrimmage)

- Roughing the passer
 - A defender may not make any contact with the quarterback or the quarterback’s arm while attempting a pass other than attempting to pull the flag belt (automatic first down)
- Illegally Secured Flag Belt (loss of down)
 - The team will be assessed the 15 yd penalty from the previous line of scrimmage
 - Player will be issued a warning, if the same player illegally secures their belt a second time, a 15-yard penalty will be assessed, and the player will be removed from the game and may not return

Spot Fouls

10 Yards

- Flag Guarding (spot foul, down counts and result of the penalty will determine the down and distance). Any player with possession of the ball that attempts to prevent the opposing team from removing their flag by:
 - Swinging their hand
 - Placing the ball over the flag
 - Lowering their shoulder
 - Stiff-arming
 - Jumping in the air

- Any other movement deemed to prevent the opposing team from removing their flag
- Illegal Blocking (spot foul, down counts and result of the penalty will determine the down and distance)
 - Any blocker that is moving while blocking the opposing team
- Diving (spot foul)
 - Diving is only permitted to catch the ball. A dive is defined as both feet leaving the ground and launching themselves at the opposing team

15 Yards

- Unsportsmanlike Conduct (spot foul & automatic first down)
 - Includes but not limited to sideline warning, tackling, fighting, spitting, threatening, taunting, excessive contact, unnecessary roughness and can result in ejection, official's discretion
- Bump & Run (spot foul & automatic first down)
 - Any jamming or excessive contact on the line of scrimmage
- Stripping (spot foul & automatic first down)
 - A player knocking the ball out of an opposing team's player hands, after they have established possession of the ball

Automatic First Downs

- The following will result in an automatic first down
 - Defensive Pass interference (*spot foul*)
 - Roughing the passer
 - Illegal Contact
 - Defensive holding in the end zone
 - Unsportsmanlike Conduct
 - Bump & Run
 - Stripping