OFFENSIVE INFRACTION	DESCRIPTION	PENALTY
Offsides/ Illegal substitution	Offensive player crosses the line of scrimmage before the center snaps the ball. Too many players or illegal substitution	5 yards from line of scrimmage and loss of down
Delay of game	The offense does not snap the ball within the 30-second play clock.	5 yards from line of scrimmage and loss of down
False start	A player movement simulating a snap after he or she has gotten into a set position.	5 yards from line of scrimmage and loss of down
Illegal Motion/procedure	More than one person on a team is moving at the same time or toward the line of scrimmage at the time of the snap.	5 yards from line of scrimmage and loss of down
Impeding the rusher	Interference by an offensive player or players to impede the progress of the rusher's path to the passer. The path is set pre snap.	5 yards from line of scrimmage and loss of down
Flag guarding	An offensive player uses hands, arms, shoulder or another action to intentionally obstruct a defender's access to the flag.	5 yards from the spot of the foul and loss of down
Screening or blocking	An offensive player running with or near the ball-carrier to impede a defender or defenders.	5 yards from the spot of the foul and loss of down
Charging	A ball-carrier charges into a defender who has established position on the field of play	5 yards from the spot of the foul and loss of down
Unnecessary roughness	Any conduct or safety related infraction. If flagrant, officials can determine to eject that player from the game.	10 yards from the spot of the foul and loss of down
Unsportsmanlike conduct	Players or coaches from a team engage in an unsportsmanlike manner. This includes taunting.	10 yards from the dead ball spot and loss of down
Illegal running	An offense uses a running play when starting inside the No Running Zone.	5 yards from line of scrimmage and loss of down
Illegal forward pass	Pass completed behind the LOS, any part of QB's body crosses LOS, Ball to ground behind LOS unless touched by defender	5 yards from line of scrimmage and loss of down



Offensive pass interference	An offensive player interferes with a defensive player's opportunity to cover, move toward or catch a legal forward pass beyond the neutral zone.	5 yards from line of scrimmage and loss of down	
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DEFENSIVE INFRACTION	DESCRIPTION	PENALTY
Offsides	Defensive player crosses the line of scrimmage before the center snaps the ball. Too many players or illegal substitution	5 yards from line of scrimmage and automatic first down
Roughing the passer	Contact with the quarterback by a defensive player not initiated by the QB or deemed incidental by the official.	5 yards from line of scrimmage and automatic first down
Illegal rush	Defensive player(s) who rush inside the 7-yard marker and cross the LOS before a legal handoff	5 yards from line of scrimmage and automatic first down
Defensive pass interference	Interference with an eligible offensive player 's opportunity to move toward the ball or catch a legal forward pass thrown beyond the neutral zone.	Spot of the foul and automatic first down
Illegal flag pulling	A ball-carrier's flag pulled by a defensive player before he or she has possession of the ball.	5 yards from line of scrimmage and automatic first down
Holding	Any act by the defense to hold, grab or pull to impede the progress of the ball-carrier	10 yards from the spot of the foul and automatic first down
Unnecessary roughness	Any conduct or safety-related infraction. If flagrant, officials can determine to eject that player from the game.	10 yards from the spot of the foul and automatic first down
Unsportsmanlike conduct	Players or coaches from a team engage in an unsportsmanlike manner. This includes taunting.	10 yards from the dead ball spot and automatic first down
Stripping	Pulling the ball away from an offensive player once possession is established or while possession is being established.	10 yards from the spot of the foul and automatic first down



PENALTY SIGNAL CHART

Illegal Flag pull

