

Summary of Penalties

Summary of Enforcement of Penalties

National Federation Rules

NF Rule	Illegal Action	Foul	Yardage	Official's Signal(s)
3-6-4	Failure by a team to play within 2 minutes after being ordered to do so by the Referee	Forfeiture of the Game	Forfeiture	
6-1-8	Free Kick goes out of bounds either untouched by the receivers or last touched by the kickers	Illegal Procedure	OPTIONS: 1) 5 yds and rekick 2) put the ball in play 25 yds beyond the free kick spot 3) Start new series at inbounds line on yd line where the kick went OOB	19
9-8-1k	Being outside the team box, but not on the field	1) Sideline Warning 2) Sideline Interference 3+) Sideline Interference/UC	1st Time) Warning 2nd Time) 5 yards 3rd or more) - 15 yds	15 7-29 7-29-27
9-8-3	A non-player is outside the team box who is not becoming a player nor returning as a replaced player - and/or- more than 3 coaches are in the coaches' area.	1) Sideline Warning 2) Sideline Interference 3+) Sideline Interference/UC	1st Time) Warning 2nd Time) 5 yards 3rd or more) - 15 yds	15 7-29 7-29-27
1-5-6	Failing to wear mandatory equipment (usually removing mandatory equipment) during a down.	Failure to wear required equipment during the down.	5	27-23
3-6-2a	Failing to snap or free kick the ball within 25 seconds after the ball is made ready for play	Delay of Game	5	7-21
3-6-2b	Unnecessarily carrying the ball after it is has become dead - or - Consuming time in failing to unpile at the end of the down	Delay of Game	5	7-21
3-6-2c	Requesting a Coach-Referee conference after all time-outs have been used and the ruling remains unchanged	Delay of Game	5	7-21
3-6-2d	Failure by a player to wear legal or required equipment when the ball is about to become live	Delay of Game	5	7-21-23
3-6-2e	Snapping or kicking the ball before the ready for play is made by the referee	Delay of Game	5	7-21
3-6-2f	Any conduct which unduly prolongs the game	Delay of Game	5	7-21
3-7-1	Substitute enters during a down (and remains a non-player)	Illegal Substitution	5	22
3-7-2	Failure of replaced players to leave the field immediately	Illegal Substitution	5	7-22
3-7-3	Replaced Player (or substitute unable to complete the substitution) fails to leave the field on his side of field and/or go directly to his team box	Illegal Substitution	5	7-22
3-7-4	Substitute becomes a player and then withdraws from the field during the same dead ball interval or a; Player withdraws from the field and then re-enters the	Illegal Substitution	5	7-22

	field as a substitute during the same dead-ball interval			
3-7-5	A replaced player or substitute attempts to leave the field during the down but does not participate or affect the play	Illegal Substitution	5	22
3-7-6	Failure of a substitute to be on his side of the neutral zone when the ball is snapped or free-kicked	Illegal Substitution	5	22
6-1-2	Moving the ball to a new spot once it has been designated on a free kick - or - failing to kick the ball within one step of K's free-kick line if a punt is used after a safety.	Illegal Procedure	5	7-19
6-1-3	Other than the place holder and kicker, any player of either team is beyond the respective free-kick lines before the ball is kicked	Encroachment	5	7-18
6-5-5	Advancing the ball after a valid or invalid signal has been given by any member of the receiving team	Delay of Game	5	21
6-5-7	Using an improper fair catch signal	Invalid Fair Catch Signal	5	32
6-5-8	Runner gives a fair catch signal after catching or recovering the kick	Illegal Fair Catch Signal	5	32
7-1-1	Snapper is beyond the ball (except for his hand(s) touching the ball	Encroachment	5	7-18
7-1-2	Snapper rotates the ball spinning it end to end or fails to keep the ball parallel to the sideline	Snap Infraction	5	7-19
7-1-3	Snapper: removes both hands from the ball; makes any movement that simulates a snap; fails to clearly pause before the snap; after adjustment, lifts or moves the ball other than to snap	Snap Infraction	5	7-19
7-1-5	After the ready for play: Touching the ball, touching an opponent, or being in the neutral zone calling defensive signals	Encroachment	5	7-18
7-1-6	Any player breaks the plane of the neutral zone before the snap after the snapper has placed his hand(s) on the ball	Encroachment	5	7-18
7-1-7	A shift or feigned shift simulates action at the snap; any act that is clearly intended to cause B to encroach; - and/or - any player between the snapper and the player at the end of the offensive line moves his hand or makes any quick movement after placing his hand(s) on or near the ground	False Start	5	7-19
7-2-1	A Team A player does not get within 15 yards of the ball at any time after the ready for play and before the snap	Illegal Procedure	5	19
7-2-2	Any Team A lineman has his legs interlocked with any player other than the snapper at the snap	Illegal Formation	5	19
7-2-3	More than one player is in position to receive a hand-to-hand snap, - or - the person who is breaking the plane of the waistline of the nearest lineman does not have his hands in position to receive the ball if the ball is snapped between the snapper's legs.	Illegal Formation	5	19
7-2-4	Snap fails to immediately leave the hand(s) of the snapper and touch a back or Snap fails to immediately touch the ground before touching a Team A lineman	Illegal Snap	5	7-19

7-2-5	Failure to have 5 offensive lineman wearing numbers that are 50 through 79 (except during a scrimmage kick formation)	Illegal Numbering	5	19
7-2-6	Failure of all 11 Team A Players to be stationary simultaneously (at the same time) without movement of hand, foot, head or body for at least one second prior to the snap after a huddle or shift	Illegal Shift	5	20
7-2-7	A team A player is in motion towards his opponents goal at the snap - or - the player in motion is not 5 yards behind the line if he started in motion from a position not clearly behind the line and did not stop for one second to establish himself as a back	Illegal Motion	5	20
7-2-8	A Team A lineman advances a planned loose ball without the referee having been notified prior to the snap that that play would be run during the down	Planned Loose Ball Infraction	5	19
7-3-2a	Handing the ball forward to a lineman behind the line when the lineman has not moved his feet 180 degrees (faced his own goal) and/or is not 1 yard behind the line when receiving the ball	Illegal Handing	5 and loss of Down	35-9
7-3-3	Handing the ball forward to any teammate after a change of possession	Illegal Handing	5	35
7-5-2a	Any forward pass after team possession has changed	Illegal Forward Pass	5	35
7-5-2b	A forward pass from beyond the neutral zone	Illegal Forward Pass	5 and loss of down	35
7-5-2c	A forward pass intentionally thrown into an area where there are no eligible receivers	Intentional Grounding	5 and loss of down	36
7-5-2d	A forward pass thrown intentionally to save loss of yardage or to conserve time (except for the legal "spike" after an hand-to-hand snap)	Intentional Grounding	5 and loss of down	36
7-12	An ineligible receiver is beyond the expanded neutral zone before the last legal forward pass is thrown from behind the neutral zone to beyond the neutral zone	Ineligible downfield	5	37
7-13	An ineligible A player bats, muffs, or catches a forward pass while in or behind the neutral zone prior to the pass being touched by B	Illegal Touching	5 and loss of down	16-9
9-1	Pushing, pulling or lifting the runner to aid his forward progress	Helping the runner	5	44
9-2-1a	Using an illegal blocking technique (Rule2)	Illegal use of hands	10	43
9-2-1b	Grasping or encircling a teammate to form interlocked blocking	Illegal Use of hands	10	43
9-2-1c	Using hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain and opponent	Holding	10	42
9-2-2	Runner grasps a teammate	Illegal Use of hands	10	43
9-2-3-a	Defensive player uses a illegal technique (Rule 2)	Illegal Use of Hands	10	43
9-2-3b	Defensive player uses his hands to add to the charge of his teammate who is on the line	Illegal Use of Hands	10	43
9-2-3-c	Defensive player uses hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent other than the runner	Holding	10	42
9-2-3d	Defensive player contacts an eligible receiver who is no longer a potential blocker	Illegal Use of Hands	10	43
9-8-2	During an authorized conference, more than 3 attendants enter the field; - and/or -	Illegal rocedure Unsportsmanlike onduct	1st time - 5 yards 2nd or more 15 yards	19 7-29

	any other non-player (other than a substitute) enters the field without the referee's permission			
1-5-6	Failure to wear required equipment during the down	Unsportsmanlike Conduct	15	27-23
1-5-2	A player wears Auxiliary Equipment not sanctioned by the Umpire as being soft, non-abrasive, nonhardening material	Unsportsmanlike Conduct	15	27
1-5-3	Wearing of Illegal Equipment by a player	Unsportsmanlike Conduct	15	27
1-5-5	Failing to correct missing or required equipment - or - Failing to remove illegal equipment by a player prior to his participation	Unsportsmanlike Conduct	15	27
1-6-1	Use of prohibited electronic communication (such as computers, film, television and video tape) during the game or between periods	Unsportsmanlike Conduct	15	27
1-6-2	Use of phones and/or headsets by players	Unsportsmanlike Conduct	15	27
6-2-1	Kicking the ball by a punt, drop kick or place kick beyond the neutral zone - or - kicking the ball after possession has changed during a down	Illegal Kicking	15	31
6-5-1	A player gives a valid or invalid fair catch signal and then blocks an opponent before the kick has ended	Illegal Blocking	15	40
6-5-6	Obstructing the receiver's path to a kick in flight; Kicking team member touching a kick in flight prior to R touching the ball.	Kick Catch Interference	OPTION: 15 yds or Awarded Fair Catch	33
7-5-10a	Any player of A interferes with any team B player's opportunity to to move toward, catch or bat a legal forward pass beyond the neutral prior to the ball being touched by any player of B or eligible receivers of A;	Pass Interference	15 and loss of down	33-9
7-5-10b	Ineligible receiver touches or is touched by a forward pass beyond the neutral zone before a Player of Team B touches it	Pass Interference	15 and loss of down	33-9
9-3-2	Blocking an opponent below the waist, other than when the free blocking zone exists and its requirements are met - or - Blocking an opponent below the waist other than to tackle a runner or pretended runner	Blocking below the waist	15	40
9-3-3 (same as 6-5-1)	A player who gives a valid or invalid fair catch signal and then blocks an opponent before the kick has ended	Blocking after giving a fair catch signal	15	40
9-3-4	Blocking the kicker or placeholder of a free kick either before the ball has touched the ground or the opponent to be blocked has advanced 5 yards beyond the free-kick line	Illegally blocking the kicker /placekick holder	15	40
9-3-5a	Charging into or falling into the back or legs of an opponent who is not the runner or pretending to be a runner - or - pushing into the back of an opponent using arms or hands (except when free blocking zone requirements are met)	Clipping	15	39
9-3-6	A delayed block at the knees or below of an opponent who is already in contact with a teammate in the free blocking zone	Chop Block	15	41
9-3-7	Use the lower legs or foot to obstruct an opponent who is not the runner.	Tripping	15	46

9-4-1	Any player or non-player attempts to strike or engage an opponent in a combative manner unrelated to football, by such acts as attempting to strike the opponent with the arm(s), hand(s), leg(s), foot (feet) whether or not there is contact	Fighting	15 and disqualification	38-47
9-4-2a	Swing the foot, shin or knee into a an opponent or extend a knee to meet a blocker	Personal Foul	15	38
9-4-2b	Charge into an opponent after he is clearly out of the play or after the ball is clearly dead	Personal Foul	15	38
9-4-2c	Pile onto any player who is lying on the ground	Personal Foul	15	38
9-4-2d	Hurdle an opponent	Hurdling	15	38
9-4-2e	Position on the shoulders or body of a teammate or opponent to gain an advantage	Personal Foul	15	38
9-4-2f	Throw a helmet to trip an opponent	Personal Foul	15	38
9-4-2g	Make any contact which is deemed unnecessary and which incites roughness	Personal Foul	15	38
9-4-2h	Grasp an opponent's face mask or any edge of a helmet opening	Face Mask	15	45
9-4-2i	Butt block, face tackle or spear	Illegal Helmet Contact	15	24
9-4-2j	Intentionally use the helmet to butt or ram	Illegal Helmet Contact	15	24
9-4-2k	Hide the ball under a jersey	Personal Foul	15	38
9-4-2l	Strike with a fist, locked hand, forearm or elbow or kick or knee an opponent	Striking or kneeing	15 and disqualification	38-47
9-4-6	Intentionally contact an official	Contacting an Official	15 and disqualification	38-47
9-4-7	Defensive player uses his hand(s) to slap the blocker's head	Slap to the Head	15	38
9-5-1a	Bait or taunt through acts, words or insignia which engender ill will	Unsportsmanlike Conduct	15	27
9-5-1b	Use profanity, insulting or vulgar language or gestures	Unsportsmanlike Conduct	15	27
9-5-1c	Any delayed, excessive or prolonged act attempting to bring attention upon one's self	Unsportsmanlike Conduct	15	27
9-5-1d	Use of disconcerting acts or words prior to the snap to interfere with A's signals or movements	Unsportsmanlike Conduct	15	27
9-5-1e	Intentionally kicking at the ball other than during a legal kick	Unsportsmanlike Conduct	15	27
9-5-1f	Leaving the field between downs to gain an advantage unless replaced	Unsportsmanlike Conduct	15	27
9-5-1g	Refusing to comply with an official's request	Unsportsmanlike Conduct	15	27
9-5-1h	Use of tobacco or smokeless tobacco	Unsportsmanlike Conduct	15	27
9-5-2a	A player who after the ball is dead in his possession: Intentionally kicks the ball	Unsportsmanlike Conduct	15	27
9-5-2b	Spikes the ball	Unsportsmanlike Conduct	15	27
9-5-2c	Throws the ball high into the air or from the field of play	Unsportsmanlike Conduct	15	27
9-5-2d	Intentionally failing to place the ball on the ground or return it to a nearby official	Unsportsmanlike Conduct	15	27
9-6-1	Except when blockedout by an opponent, any player of A or K goes out of bounds and returns during the down prior to any change of possession or if there is no change of possession	Illegal Participation	15	28
9-6-2	A player intentionally goes out of bounds and then returns	Illegal Participation	15	28
9-6-3	A replaced, player or a substitute hinders an opponent, touches the ball or influences the play	Illegal Participation	15	28

9-6-4a	Have 12 or more players participating at the snap or free kick	Illegal Participation	15	28
9-6-4b	When an injured player returns not having been replaced for one down (except after halftime or overtime intermission)	Illegal Participation	15	28
9-6-4c	Use a replaced player or a substitute in a substitution or pretended substitution to deceive the opponents at or immediately before the snap or free kick	Illegal Participation	15	28
9-6-4d	A player lies on the ground to deceive the opponents at or immediately before the snap or free kick	Illegal Participation	15	28
9-6-4e	A disqualified player re-enters the game	Illegal Participation	15	28
9-7-1	Intentionally kicking the ball other than as a free or scrimmage kick	Illegal Kicking	15	31
9-7-2	Batting a loose ball other than a pass or fumble in flight or a low scrimmage kick in flight in an attempt to block it in or behind the neutral zone	Illegal Batting	15	31
9-7-3	Batting a backwards pass forward by the passing team	Illegal Batting	15	31
9-7-4	Batting a ball in player possession by a member of the team in possession	Illegal Batting	15	31
9-8-1a	Use profanity, insulting or vulgar language or gestures	Unsportsmanlike Conduct	15	27
9-8-1b	Attempt to influence an official's decision	Unsportsmanlike Conduct	15	27
9-8-1c	Disrespectfully address an official	Unsportsmanlike Conduct	15	27
9-8-1e	Use illegal communication equipment	Unsportsmanlike Conduct	15	27
9-8-1g	Fail to be ready at the start of either half	Unsportsmanlike Conduct	15	27
9-8-1h	Following verification, the head coach fails to have his players wearing legal and required equipment	Unsportsmanlike Conduct	15	27
9-8-1i	Being on the field except as a substitute or a replaced player	Unsportsmanlike Conduct	15	27
9-8-1j	Use tobacco or smokeless tobacco	Unsportsmanlike Conduct	15	27
9-8-1l	A substitute leaves the team box during a fight	Unsportsmanlike Conduct	15 and disqualification	27-47
7-5-10a	Any player of B interferes with any team A player's opportunity to to move toward, catch or bat a legal forward pass beyond the neutral zone prior to the ball being touched by any player	Pass Interference	15 and Automatic 1st Down	33-8
9-4-3	Rough the passer	Roughing the passer	15 and Automatic 1st down	34
9-4-4	Rough the kicker or the holder	Roughing the kicker or holder	15 and Automatic 1st down	30
9-4-5	Charge directly into the snapper when offense is in a scrimmage kick formation	Roughing the snapper	15 and Automatic 1st down	38

Enforcement of Penalties

NF 10-1-1 The distance penalty for any foul may be declined.

If there is a double foul, no loss of distance occurs.

The captain's choice of options may not be revoked.

Decisions about penalties shall be made before any charged time-out may be granted to either team.

NF 10-1-2 The ball shall not be permitted to become live if a dead ball foul occurs.

The captain may accept or decline the penalty.

NF 10-1-3 When a live ball foul by one team is followed by a dead ball foul by the other team, the penalties are

administered separately and in the order in which they occurred.

NF 10-1-4 When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

NF 10-1-5 Enforcement of a penalty cannot take the ball more than half the distance from the enforcement spot to the team's goal. The ball is placed halfway from the spot of enforcement to the goal line when the penalty yardage prescribed is greater than half the distance to the goal.

NF 10-1-6 Fouls by A which include loss of down:

- Illegal forward handing
- Illegal forward pass
- Forward Pass Interference
- Illegal Touching (of a forward pass by ineligible behind the line)

NF 10-1-7 Fouls by B in which Team A will be given an automatic 1st down:

- Roughing the kicker or holder
- Roughing the passer
- Roughing the snapper
- Forward Pass Interference

NF 10-2-1 If both teams commit fouls (other than Unsportsmanlike or non-player fouls) during a down, it is a double foul and the down is replayed with the penalties canceling if:

- There is no change of team possession during the down.
- There is a change of team possession during the down, and the team in final possession accepts its opponent's foul.
- There is a change of team possession during the down, and the team in final possession fouled prior to gaining the final possession.

NF 10-2-2 If both teams commit fouls (other than Unsportsmanlike or non-player fouls) during a down, and the team in final possession fouled after gaining the final possession, it may keep the ball if it declines the opponent's foul(s). However, if that happens, the other team has no penalty options (Which means the penalty against the team retaining the ball must be accepted).

NF 10-2-3 When a team commits two or more live ball fouls, only one penalty may be enforced (except for unsportsmanlike fouls, the penalties for which if accepted are enforced from the succeeding spot after the administration of or declination of any live ball fouls). The offended team may choose which one penalty to accept, or they may choose to decline all penalties.

NF 10-2-4 Penalties for dead ball fouls are administered separately and in the order of their occurrence. Dead ball fouls are not coupled with other live ball or dead ball fouls to create a multiple foul or a double foul.

NF 10-4

- The basic spot is the previous spot for a foul which occurs simultaneously with the snap and for a foul which occurs during a loose ball play.
- The basic spot is the spot when the related run ended when a foul occurs during a running play.
- The basic spot is the succeeding spot for unsportsmanlike fouls, non-player fouls, Kick-catching interference, and when the final result is a touchback.

NF 10-5-2 If B fouls during a successful kick, try, Team A has 2 choices:

- Replay the down and accept enforcement of the penalty
- Accept the result of the play (Successful one point try) with enforcement of the penalty from the succeeding spot.

NF 10-5-3 If defense fouls when the run ends in the end zone and the result of the play would be a safety, the enforcement spot is the goal line.

NF 10-5-4 The penalty for a foul by the defense is automatically declined when either a touchdown or two point try is scored.

NF 10-5-5 If a team scores a touchdown, field goal, or try during a down commits any live ball foul (other than

unsportsmanlike) for which the penalty is accepted, the score is nullified.

NF 10-5-6 If the offensive team throws an illegal forward pass from its end zone, or if it commits any foul for which the penalty is accepted and the enforcement spot is from on or behind its goal line, it is a safety.

NF 10-5-7 If there has been no change of possession during the down, the enforcement spot for roughing the passer is from the end of the last run when the run ends beyond the neutral zone.

NF 10-5-8 Disqualified players shall be removed.

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Foul	Yardage	Signal(s)
Failure to wear required equipment during the down.	5	27-23
Delay of Game	5	7-21
Illegal Substitution	5	22
Encroachment	5	7-18
Invalid Fair Catch Signal	5	32
Illegal Fair Catch Signal	5	32
Snap Infraction	5	7-19
Encroachment	5	7-18
False Start	5	7-19
Illegal Procedure	5	19
Illegal Formation	5	19
Illegal Snap	5	7-19
Illegal Numbering	5	19
Illegal Shift	5	20
Illegal Motion	5	20
Planned Loose Ball Infraction	5	19
Illegal Handing	5	35
Illegal Forward Pass	5 and loss of down	35
Intentional Grounding	5 and loss of down	36
Ineligible downfield	5	37
Illegal Touching	5 and loss of down	16-9
Helping the runner	5	44
Illegal use of hands	10	43
Holding	10	42
Unsportsmanlike Conduct	15	27-23
Illegal Kicking	15	31
Illegal Blocking	15	40
Kick Catch Interference	OPTION: 15 yds or Awarded Fair Catch	33
Pass Interference	15 and loss of down	33-9
Blocking below the waist	15	40
Blocking after giving a fair catch signal	15	40
Illegally blocking the kicker /placekick holder	15	40
Clipping	15	39
Chop Block	15	41
Tripping	15	46
Fighting	15 and disqualification	38-47
Hurdling	15	38
Personal Foul	15	38
Face Mask	15	45
Illegal Helmet Contact	15	24
Personal Foul	15	38
Striking or kneeling	15 and disqualification	38-47
Contacting an Official	15 and disqualification	38-47

Slap to the Head	15	38
Unsportsmanlike Conduct	15	27
Illegal Participation	15	28
Illegal Kicking/Batting	15	31
Unsportsmanlike Conduct	15	27
Pass Interference Defensive	15 and Automatic 1st Down	33-8
Roughing the passer/kicker/holder	15 and Automatic 1st down	34 30 38