



BEAVER COUNTY FLAG FOOTBALL
REGULAR SEASON RULE BOOK

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I. Game

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
4. If the offense fails to score, after crossing midfield, the ball changes possession, and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, in three (3) downs, possession of the ball changes, and the opposition starts its drive from its own 5-yard line.
6. Teams change sides after the first half. Possession changes to the team that started the game on defense.

7. *We will play 6 vs 6 at all age groups in 2023.

Spring 2023

Prek-1	6 vs 6
2nd-4th	6 vs 6
5th-6th	6 vs 6
7+	6 vs 6

II. Terminology

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the field's width seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	The sound made by an official using a whistle signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
Shovel Pass	A legal forward pass across the LOS underhand backhand or by pushing the ball forward.
Lateral	A backward or sideways toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	Rude, confrontational, or offensive behavior or language.

III. Equipment

1. Participants must wear their own official BCFF belts. Mouthguards are available to all players, and we recommend they be worn at all times; however, it is up to the parent's discretion if their child wears one. Players with braces must wear a mouthguard at all times. Extra belts and mouthguards will be available for purchase.
2. All players must wear official BCFF Champro belts with three(3) flags per belt at all times.
3. A BCFF football will be provided to each coach at the beginning of the season. This football must be used when your team is on offense. No other footballs are allowed.
4. Players must wear molded plastic cleats must be worn at all times. NO METAL CLEATS OF ANY KIND CAN BE WORN.
5. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
6. Players must remove all jewelry, hats, and do-rags. Winter beanies are allowed. All hoodies or apparel with a hood must be tucked inside their jersey at all times.
7. Players' jerseys must be tucked into shorts, pants, or under their flag belt. If the flags are covered, it is considered flag guarding. if a player needs to tuck his or her jersey in pants or under a flag belt, it is best to substitute a player for them if possible.
8. Players must wear shorts provided by BCFF or pants that do not have pockets or belt loops. Any shorts or pants with belt loops or pockets must be approved by a league board member and taped down to prevent injury. Games will not be delayed for a player to tape up pockets.
 - a. If alternative shorts or pants are approved, they cannot be the same color as the player's Flag belt.

IV. Field

1. The field dimensions are 30 yards by 70 yards with two 10-yard end zones and a midfield line-to-gain. No-run zones precede each end zone and midfield line-to-gain by 5 yards. However, some BCFF games may use smaller fields at any time.

2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. THE ONLY EXCEPTION ARE THE YOUNGEST AGE DIVISION (K-1)

3. Stepping on the boundary line is considered out of bounds.

4. Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from 10 midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

V. Rosters

1. All teams must wear jerseys provided by the league unless previously approved by a league board member. Head coaches must wear the shirt provided by the league to all games.

2. Teams must consist of at least six players with a maximum of 13 players. In the event that we need to make larger rosters there is a possibility that we play 6 vs 6.

3. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

V. Timing

1. Games are played on a 30 or 40 minute continuous clock with two 15 or 20 minute halves depending on age group. K-2 play two 15 minute halves and all other age groups play two 20 minute halves.
2. If one team gains a 28-point advantage, the game is ended. Game times are reduced to 24 minutes with two 12 minute halves for the first two weeks of the season. Clock stops only for timeouts or injuries. *If roster sizes are larger we may add to the time each game is played if possible. This will not apply to Spring 2023.
3. Halftime is one minute.
4. Each time the line of scrimmage puck and rush puck (if applicable) spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. *THE OFFENSIVE TEAM IS RESPONSIBLE FOR RETRIEVE THE BALL ON ANY INCOMPLETE AND BRING THE BALL TO THE LINE OF SCRIMMAGE.
5. Each team has one 30-second timeout per half.
6. Officials can stop the clock at their discretion.
7. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

VI. Overtime

1. If the score is tied at the end of 28 or 24 minute games, an overtime period will be used to determine a winner. Overtime format is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Both teams must "go for two" from the 10-yard line starting with the second round of overtime.
 - i.
 - d. The game will end after the 3rd overtime, if neither team scores the game will end in tie.
 - i.
 - e. All regulation period rules and penalties are in effect.
 - i.
 - f. There are no timeouts in overtime.
 - i.
 - g. INTERCEPTIONS ARE NOT RETURNABLE IN OVERTIME OR ON EXTRA POINTS.**
 - h. Both teams must have an offensive possession in OT. (Example-If first possession results in Interception that is returned, they must still take an Offensive Possession.)

VII. Scoring

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
3. Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone. If a flag pull occurs or a flag falls off and the player has one foot in the end zone a safety is awarded.
4. Extra points are not returnable.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
6. After one team is winning by 28 points or more, the game is over. Once a 28 or more point advantage is gained, no PAT will be attempted. (If both coaches agree to keep playing the score will not change regardless of any score from that point.
7. Forfeits are scored 28-0 for the winning team.
8. *Coaches should verify the score with officials after each game and keep track of it. To avoid any disputes over scores or game outcomes coaches should email coaches to the league after the day of games.

VIII. Coaches

1. Coaches are expected to adhere to BCFF philosophies, coaching guidelines and code of conduct.
2. Only two coaches per team are allowed on the sidelines. All team photographers, managers, position coaches, team moms, fans, etc. must remain a minimum of 10 yards off the field beyond the end zone area.
 - a. Coaches, this is your responsibility to keep your fans in the designated areas.
3. Coaches must have their team on the sideline of the field they are to play on 15 minutes before the start of the game. If a captain is not sent out when called for by the referee it will result in a delay of game penalty. When your game is over, wave to the other team or shake hands immediately to get the field for the next game. If it is your last game, remove your team from the field and address them in an area that doesn't hinder the start of the next game. Also make sure when you leave your sideline you take all equipment, longings and dispose of trash appropriately.
4. *Head Coaches receive a shirt to identify who for the referees and league officials who is the head coach. Teams are not permitted to have more than one head coach and two assistants inside the gate. Only the head coach is permitted to address referees. Assistant coaches are not permitted to address referees in any capacity including but not limited to questioning calls or making any derogatory comments. Doing so can result in ejection from the game.
5. *All head coaches and assistant coaches are required to be reported to the league and must have the proper background checks required by Pennsylvania State Laws.

IX. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone (all defensive players must be lined up one yard off of the line of scrimmage. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as the first that foot comes down is in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled "dead" when:
 - a. The ball hits the ground.i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier's flag is pulled.
 - c. The ball-carrier steps out of bounds.

- d. A touchdown, Point After Attempt (PAT) or safety is scored.
- e. The ball-carrier's knee or arm hits the ground.
- f. The ball-carrier's flag falls out.
- g. The receiver catches the ball while in possession of one or no flag(s).
- h. The 7 second pass clock expires.
- i. Inadvertent whistle (coaches this sometimes occurs. Complaining or arguing an inadvertent whistle will not be tolerated and result in an unsportsmanlike conduct penalty.

NOTE: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards then it will be spotted where the ball carrier lost possession.

8. If an inadvertent whistle occurs with no time left on the clock at halftime or end of game, the offense will have one untimed down. The offense has two options:
- a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.

9. *A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If two referees interpret a rule or call differently they may stop the game and get together to discuss and make the call as they see fit. COACHES ARE NOT INVOLVED IN THIS DISCUSSION. GO TO YOUR HUDDLE OR SIDELINE TO AWAIT A RULING. ANY COACH WHO INTERVENES WILL BE SUBJECT TO EJECTION.

X. Running

1. The ball is spotted where the player's front foot is when the flag is pulled.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only 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.
 - a. "Center sneak" play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.

B. Quarterbacks may not run the ball from a direct snap. The ball must be a completed hand off to another teammate and then complete a second handoff to the quarterback before he or she can advance the ball.
4. Absolutely NO laterals of any kind. A hand is only legal if both the player handing the ball off and the player receiving the ball have their hands on the ball simultaneously.
5. No-run Zones are located 5 yards before each end zone, and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD). The only exception to this rule is the youngest age or grade group; however, no power run plays are permitted.
6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
9. Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull. a. Players spinning out of control will be called for flag guarding.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
11. No blocking, "screening," or picking is allowed at any time.
12. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier. Any player doing so will receive a flag guarding penalty from the spot of the foul or where the ball carrier is down (whichever is shorter, regardless of the result of the play)
13. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

XI. Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

XII. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. INTERCEPTIONS ARE NEVER RETURNABLE IN PREK-1. IN THE GRADES 2ND-7+ INTERCEPTIONS ARE ONLY RETURNABLE DURING REGULATION. INTERCEPTIONS OF EXTRA POINTS AND DURING OVERTIME ARE NOT PERMITTED. (Updated 03/23/22)

XII. Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A cone marker will be set by the referee prior to the snap of the ball, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a A legal rush is:
 - i. Any rush from a point 7-yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - b. A penalty may be called if:

- i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5-yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5-yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down). If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap
 - iv. If the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.
 - v. If a rusher crosses the rush puck prior to the snap of the ball he she cannot no longer rush. Redeclearing is not allowed.
- c. Special circumstances:
- i. Teams are not required to rush the quarterback with the seven second clock in effect. ii. Teams are not required to identify their rusher before the play.

4. *Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty. **MAKING CONTACT BY HITTING THE OFFENSIVE PLAYERS THROWING ARM WILL RESULT IN A ROUGHING THE PASSER CALL.**

5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up PRIOR to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid therusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.**

6. A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is, based on the ball carriers back foot once the flag is pulled.

- a. A Safety is awarded if the sack takes place in the offensive team’s end zone. If the player has one foot in the end zone when a flag is pulled or falls off it will result in a safety.

6. Referees do not spot the football. Referees mark a cone at the line of scrimmage and a rush cone. At that point the offense is free to run a play. Both the offense and defense must be aware of this. Once the pucks are set the 30 second play clock begins. Once the pucks are set the offense does not have to wait on the defense to be set to run a play due to the running clock. If the offense is responsible to retrieve the ball on a change of possession, incomplete pass or fumble(not the referee).

XIII. Flag Pulling

- 1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- 2. Defenders can dive to pull flags but cannot tackle, hold or run through, or make contact with 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 the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- 5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

6. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or intentionally covering the flags with the football jersey.

7. *Defenders are not allowed to impede the forward progress of an offensive player by stepping in front of them, wrapping their arms around them, holding the flag belt, shorts, pants or jerseys a teammate can make a flag pull. This will be considered an UNSPORTSMANLIKE CONDUCT PENALTY.

XIV. Formations

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to five players on the line of scrimmage. The quarterback must be off the line of scrimmage.

- a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- b. No motion is allowed toward the line of scrimmage.

2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. (The only exception to this rule is in the K-1 age group. The center can hand the ball to the quarterback on either hip) If any snap is fumbled, it is down where the ball hits the ground and a loss of down. A ball fumbled into the end zone results in a safety.

XV. Unsportsmanlike Conduct

1. If the field monitor, league official or referee witnesses any acts of intentional tackling, elbowing, cheap shots,, use of stiff arm, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players & coaches may not physically or verbally abuse any opponent, fan, coach or official. This includes trash-talking or taunting.
4. Ball-carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials, coaches, other teams or your own child..
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields. Parents are not allowed on the field of play under any circumstances.
 - c. Dispose of ALL trash in designated trash cans.
 - d. Parents are not permitted on the turf at anytime. If there is a stoppage in play and there is a serious injury a coach or league official will come to escort a parent onto the field.
8. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

XVI. Penalties

i. General

The referee will call all penalties.

Referees determine incidental contact that may result from normal run of play.

All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

Only the head coach may ask the referee questions about rule clarification and interpretations. Once an explanation is provided that is the end of it. No arguing or complaint. Players, parents or assistant coaches may not question calls.

Games may not end on a defensive penalty unless the offense declines it.

Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

In the last 2 minutes of the game offensive offside/false start will result in a LOSS OF A DOWN.

LAST MAN RULE. If a defensive player is the last defender and pulls a player to the ground, tackles, pushes or intentionally trips the offensive ball carrier is an automatic touchdown (6 points) and half the distance to the goal on the extra point. A one point conversion would then be from the 2.5 yard line and a two point conversion would be from the 5 yard line.

XVII. Penalty Quick Reference

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+5 yards and automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct *(including holding up an offensive player so a flag pull can occur)	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down

*Updated Spring 2022

XVIII. Player Substitution Tracker

Player Substitution Tracker						
	WEEK 1	WEEK 1	Week 2	Week 2	Week 3	Week 3
Player 1	1			3		
Player 2	2			4		
Player 3	3			5		
Player 4	4			6		
Player 5	5				1	
Player 6	6				2	
Player 7		1			3	
Player 8		2			4	
Player 9		3			5	
Player 10		4			6	
Player 11		5				1
Player 12		6				2
Player 13			1			3
Player 14			2			4