

PENALTY CHART • NON-CONTACT/SCREEN FORMATS

Penalty	Yards	Assessment	Result
Flag Guarding	5	Spot of Foul	Loss of Down
Illegal Advancement	5	Spot of Foul	Loss of Down
Illegal Forward Pass	5	Previous Spot	Loss of Down
Offensive PI	5	Previous Spot	Loss of Down
Defensive PI	10	10 or Spot of Foul	Automatic First Down
Personal Foul	15	Spot of Foul	Off: LOD Def: First Down
Unsportsmanlike	15	Spot of Foul or Previous	Off: LOD Def: First Down
Cool Down Period	0	No Foul	Must sit out 5 plays
Roughing Passer	10	Previous Spot	Automatic First Down
Delay & False Start	5	Dead- Previous Spot	Replay Down**
Offsides	5	Dead- Previous Spot	Replay Down**
Encroachment	5	Dead- Previous Spot	Replay Down**
Illegal Rush	5	Live- Previous Spot	Loss of Down
Impeding the Rusher	5	Previous Spot	Loss of Down
Illegal Shift/Motion	5	Previous Spot	Loss of Down
Stripping	5	Spot of Foul	Automatic First Down
Illegal Contact	5	Spot of Foul or Previous	Off: LOD Def: First Down
Deflagging/Early Flag Pull	5	Previous Spot	Automatic First Down
Illegal Participation	5	Previous Spot	Off: LOD Def: First Down
Illegal Blocking	5	Spot of Foul or Previous	Loss of Down
Holding	5	Spot of Foul	Automatic First Down
Charging	5	Spot of Foul	Loss of Down
Last Man Rule	15 or TD	Spot of Foul	1st down or TD (5)

** When Applicable, LOD or Automatic First down if less than 2 minutes in either half

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Flag Guarding	5	Spot of Foul	Loss of Down
Illegal Advancement	5	Spot of Foul	Loss of Down
Illegal Forward Pass	5	Previous Spot	Loss of Down
Offensive PI	5	Previous Spot	Loss of Down
Defensive PI	10	10 or Spot of Foul	Automatic First Down
Personal Foul	15	Spot of Foul	Off: LOD Def: First Down
Unsportsmanlike	15	End of Play or Previous	Off: LOD Def: First Down
Cool Down Period	0	No Foul	Must sit out 5 plays
Roughing Passer	10	Previous Spot	Automatic First Down
Delay & False Start	5	Dead- Previous Spot	Replay Down
Offsides	5	Dead- Previous Spot	Replay Down
Encroachment	5	Dead- Previous Spot	Replay Down
Illegal Shift/Motion	5	Previous Spot	Loss of Down
Stripping	5	Spot of Foul	Automatic First Down
Illegal Contact	5	Spot of Foul or Previous	Off: LOD Def: First Down
Deflagging/Early Flag Pull	5	Previous Spot	Automatic First Down
Illegal Participation	5	Previous Spot	Off: LOD Def: First Down
Illegal Blocking	5	Spot of Foul or Previous	Loss of Down
Off. Holding	5	Previous Spot	Replay Down
Def. Holding	5	Spot of Foul or Previous	Automatic First Down
Charging	5	Spot of Foul	Loss of Down
Last Man Rule	15 or TD	Spot of Foul	1st down or TD (5)
Last Man Rule	15 or TD	Spot of Foul	1st down or TD (5)