



# Moody Family YMCA



## FLAG FOOTBALL RULE BOOK

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Team Sideline <https://www.teamsideline.com/sites/DallasYMCA-Moody/home>  
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**YMCA PLEDGE:**

**WIN OR LOSE,  
I PLEDGE BEFORE GOD,  
TO PLAY THE GAME AS WELL AS I KNOW HOW,  
TO OBEY THE RULES,  
TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND AND BODY.**

**YMCA Mission Statement:**

**To put Christian values into practice through programs that build healthy spirit, mind, and body for all.**

**YMCA Philosophy:**

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

### **YMCA Coaches' Code of Conduct:**

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.
2. I will place the emotional and physical well being of my players ahead of a personal desire to win.
3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.
4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.
5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
6. I will abide by all the rules and regulations of the YMCA.

### **YMCA Coaches' Code of Conduct Continued:**

7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- Restriction of water.
- Restriction of use of bathroom.
- Physical exercise.
- Harsh, demeaning or negative yelling.
- Physical force (including shaking or striking).

## **PLAYER REGISTRATION:**

- (a) A player must be a program or family member in good standing of the MOODY FAMILY YMCA, must be registered on a YMCA sports registration form (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid for the child to play.
- (c) **Coaches may not recruit or promise players a specific team assignment.** Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the MOODY FAMILY YMCA will be suspended and have games forfeited.

SPECIAL REQUESTS - All special requests must be submitted in writing to the MOODY FAMILY YMCA Sports Department prior to the registration deadline. The Sports Department staff in collaboration with the Sports Committee reviews special requests at periodic meetings. A decision will be communicated to the requester as timely as possible. The decision is final.

## **RULES FOR TEAMS & PLAYERS:**

1. Each player must attend a scheduled weekly practice or have an approved absence to be eligible to play the required amount in that week's game. If a player misses a practice without an approved absence, the coach has the option of not allowing the player to play in that week's game. If a coach intends to not allow a player to participate in a game or to limit the players' participation due to a failure to attend practice, **the coach must notify both the MOODY FAMILY YMCA Sports Department and the player's parents 24 hours in advance of the game.** Absences must be communicated with the coach prior to the practice and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.
2. Every player must play in the grade in which he or she is enrolled in school.

## **RULES FOR COACHES:**

1. Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide an adult replacement (Asst) to carry out the duties of head coach.
2. The YMCA prohibits the hiring of coaches for game day coaching. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community. **Trainers for practice are allowed but participants cannot be forced or coerced into paying for the trainer. If a player does not wish to pay for a trainer then that is their decision and cannot be considered when coaches assign playing time. Any violation of this will result in coach suspension.**
3. Coaches are required to distribute a copy of this rulebook to all team parents. **Coaches are responsible for the behavior of the parents and fans of their team.** Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting, the following information should be conveyed:
  - The YMCA Coaches' Code of Conduct also applies to parents and players.
  - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
  - Parents are expected to conduct themselves in an adult manner always and to set an example of good citizenship and sportsmanship.
  - Information about Games & Practice times.
  - Explain team discipline (e.g., if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
  - Describe any rules of play that are unique to the MOODY FAMILY YMCA.
  - Make sure parents know their views are welcome **after** a game or practice.
4. If there are any issues with officials please bring it to the attention of the Moody Sports Team. Confrontation on a field is prohibited.
5. YMCA of Metropolitan of Dallas Coaching Requirements  
There are three requirements that must be completed to be a volunteer coach prior to the first practice:
  - Assignment for year and seasonal sport (ie 2025 Spring)
  - Criminal Background Check (ss# submitted and/or not expired)
  - Athlete Protection training (submitted and/or not expired)

Visit: <https://ymcadallas.volunteermatters.org/project-catalog/307>

If the volunteer coach is not compliant, the Sports Director has the right to:

1. Cancel/postpone practice session
2. Cancel/reschedule their next game
3. Forfeit their next game
4. Have one of a sports coordinator step in to coach at the game with the non-compliant coach not at the game or can be a spectator away from the coaching area.
5. Find a replacement compliant volunteer coach

# General Rules for Kindergarten-6<sup>th</sup> Grade Flag Football

## 1. Medical Conditions

Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file in the MOODY FAMILY YMCA Sports Department office prior to participation in any MOODY FAMILY YMCA event and/or practice.

## 2. Required Equipment (**players may not practice or play a game without the required equipment**):

- All players are required to wear a jersey with a MOODY FAMILY YMCA logo affixed. **No player's name may be placed on the jersey.**
- Shoes with rubber soles either molded rubber cleats or flat bottomed.

**NOTE: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.**

**JEWELRY: No jewelry may be worn during games. This includes (but is not limited to) rings, earrings, bracelets, watches and necklaces.**

**Revision 2/7/2013:** The YMCA understands that there may be some circumstances with **newly pierced ears** that may require the earrings to be left in during the initial healing period. Although we still strongly recommend that the earrings be removed in these situations we will allow parents to make the decision for their child and their child's health and well-being. Again, Earrings will only be allowed to remain in if they are newly pierced and the healing phase and then only under the following conditions:

- Earrings must be taped appropriately before each game/practice
- Only stud type earrings will be allowed to remain in ears
- It is highly recommended that if earrings will remain in during play that parents purchase safety backs or plastic earrings for sports; these types of earrings reduce the likelihood of injury to the child wearing them and others.
- Parents making the choice to not remove accept all risk of injury to their own child as well as other children who may be injured due to the presence of the jewelry.

**Revision 4/10/2017: Medical Alert Bracelets** may be worn by players as long as the bracelet is fitted to the players arm or covered and does not pose a safety hazard to other players.

## 3. Team Formation

- (a) Kindergarten teams are formed on a coaches draw by school attending, in the fall and return intact for the spring season. This is overseen by the Moody YMCA on a zoom call.

Coaches will have final say in their team unless there is a dispute. At which point the Moody YMCA Sports team will decide on rosters. (**Revised 8/20/2023**)

First, Second(**Revised 2/1/2023**), and Third Grade Flag Football teams return from the previous year for the fall season, and return intact for the spring season  
All free agents are randomly placed on school teams.

(b) **Each team is limited to a maximum of 2 parent coaches.**

(c) Only players enrolled in the K-4<sup>th</sup> grade are allowed to play in the MOODY FAMILY YMCA Flag Football league (Fall) & K-6<sup>th</sup> grade (Spring).

#### **4. Zero Tolerance Policy**

The MOODY FAMILY YMCA requires coaches, parents and spectators to abide by the **Zero Tolerance Policy**.

(a) **The following actions will not be tolerated before, during, or after practices or games:**

- Verbal/physical abuse of referees, players, coaches, or spectators;
- Charging onto the field;
- Arguing with referees, coaches, or spectators;
- Profanity or derogatory names or comments; and
- Any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans.

(b) **Steps the referees may take:**

- Give the coach, player or spectator a warning.
- Immediate ejection of the coach, player or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the grounds of the school or park.
- Penalize the team (i.e., loss of yards, downs, time-outs).
- If the offending behavior causes the referee to feel threatened, the referee may “abandon the game”. If abandonment of the game occurs, the offender’s team will suffer a loss by forfeit of the game.

(c) **Steps the Sports Department and Committee may take:**

- Immediate suspension of the offender from participation in practices or games for an indeterminate length of time sufficient for a complete investigation of the offender’s behavior in question;
- Require the offender to appear before a disciplinary subcommittee; and
- Probation, suspension, or expulsion of the offender from participating in MOODY FAMILY YMCA sports.



**NOTE:** Anyone involved in the MOODY FAMILY YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the MOODY FAMILY YMCA Sports Department. These situations will be handled case by case depending on the circumstances of the incident.

## 5. Practices

- (a) Practices may begin after the Coaches Meeting (specific date will be given).
- (b) **All teams will have 1 practice a week.**
- (c) **Practices are limited to one hour. Teams should not practice on Sunday prior to 12:00 PM.**
- (d) **Scrimmages with other teams count against the weekly practice limit (see 5. (b)). The scrimmage may not exceed the practice time limit (see 5. (c)) for one team, not both teams combined.**

❖ **NOTE: Practices, scrimmages or games with non-MOODY FAMILY YMCA teams are prohibited.**

- (e) There shall be no team assembly to conduct football or training activity other than games or practices. Team meetings to discuss football (e.g., discuss game strategy or watch game films) count against the weekly practice limit.
- (f) Coaches may not offer “optional” practices that exceed the practice limit rule
- (g) Each player must attend a scheduled weekly practice or have an approved absence in order to be eligible to play the required amount in that week’s game. If a player misses a practice without an approved absence, the coach has the option of not allowing the player to play in that week’s game. If a coach intends to not allow a player to participate in a game or to limit the players’ participation due to a failure to attend practice, **the coach must notify both the MOODY FAMILY YMCA Sports Department and the players’ parents 24 hours in advance of the game.** Absences must be communicated with the coach prior to the practice and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.
- (h) **If a team has a bye, the team may conduct a practice instead of a game during the week of the bye.**

- (i) Practice will not be permitted on game days. A pre-game warm-up period should not exceed 15 minutes before game time.

## 6. Game Films

Coaches, parents, and team representatives are prohibited from photographing or videotaping any team other than their own team at all practices and scrimmages. Sharing or trading games films is also prohibited. Game film violations will result in suspension of coaches.

## Game Rules for Grades Kinder-4th (Fall) & Kinder-6<sup>th</sup> (Spring) Flag Football

NOTE: All rules must be followed as stated herein. No exceptions are allowed even if opposing coaches mutually agree to a rule change prior to a game (i.e. the rules are **NOT negotiable**).

### 1. YMCA Pledge

Before each game both teams will recite the YMCA pledge at midfield.

### 2. Game Ball

**Nerf ball (kindergarten)**

**Nike or Wilson Pee Wee (1<sup>st</sup> & 2<sup>nd</sup> Grade) & Wilson K2 (3<sup>rd</sup> Grade),**

**Wilson TDJ (4<sup>th</sup> & 5<sup>th</sup> Grade) & Wilson TDY (6<sup>th</sup> Grade).**

**\*ALL TEAMS WILL PROVIDE THEIR OWN GAME BALL\***

### 3. Flags

Coaches and parents will be responsible for their own teams flags. Teams may use their own flags for games only if they have Flag-A-Tag's Sonic Boom belts and flags. The flags may not be altered in any way.

### 4. The Field

(a) The field size is approximately **50 yards in length (goal line to goal line) by 30 yards in width.**

(b) The **end zones are 5 yards deep.**

## 5. Required Players

- (a) 6 players for Grades Kinder, 1<sup>st</sup>, and 3<sup>rd</sup> (minimum of 5 players must be present to start the game);
- 2<sup>nd</sup> Grade will be 5 players (minimum of 4 to start the game).

7 players for Grades 4-6<sup>th</sup> (minimum of 6 players must be present to start the game).

- (b) When a team's 6<sup>th</sup> (Grades K-3<sup>rd</sup>) & 7<sup>th</sup> (Grades 4-6<sup>th</sup>) player arrives during the game, the sixth player may enter the game at any time**

## 6. Jersey Color Conflicts

All players are required to wear a jersey with a MOODY FAMILY YMCA logo. In case of jersey color conflicts of opposing teams (even if the color of the lettering is different), **the Visiting team is responsible for wearing a different colored replacement jersey for that game (i.e. pennies)**. The replacement jersey does not need a logo.

## 6. Timing of Game

- (a) **The game will consist of four quarters. The first three quarters are ten-minute quarters with a running clock. The fourth quarter is an eight-minute quarter with a running clock followed by 7 offensive plays to end the game. Extra points do not count towards the 7 plays. The game may not end on a defensive penalty unless the offense declines the penalty.**
- (b) **One-minute time-out between quarters, with a three-minute halftime.**
- (c) **The clock will stop during the last two minutes of the second quarter for dead balls. The clock will start once the ball is snapped.**
- (d) **Each team is allowed two (30 second) timeouts per half.**
- (e) No overtime period will be played. Games tied after four quarters will remain tied.

## 7. Player Participation/Substitution

### For Grades Kinder. – 6<sup>th</sup>:

- (a) Each player must play at least  $\frac{1}{2}$  of each half of the game. Playing  $\frac{1}{2}$  of both quarters in a half does meet the requirements of this rule, as does playing all of one quarter of each half.
- (b) A player must play on offense and defense during a game. Ideally, a player will spend  $\frac{1}{2}$  of his playing time on offense and  $\frac{1}{2}$  of his playing time on defense. However, it may be that during a particular game, a player spends more time on offense than defense, or

vice versa. However, a player cannot play exclusively on offense or play exclusively on defense.

- (c) Coaches will be allowed to freely substitute players. Generally speaking, a player who is on the sideline during an entire offensive series should be on the field during the following defensive series, and vice versa.
- (d) A coach may freely rotate players in and out on offense or defense, but it is the responsibility of each coach on a team to make sure that each player plays  $\frac{1}{2}$  of each half of a game. If a coach on a team violates the rule, all other coaches on the team are subject to punishment.
- (e) If a player did not play in the 1<sup>st</sup> quarter of a game, he must play the entire 2<sup>nd</sup> quarter of the game (absent injury, illness, or special circumstances).
- (f) If a player did not play in the 3<sup>rd</sup> quarter of a game, he must play the entire 4<sup>th</sup> quarter of the game (absent injury, illness, or special circumstances).
- (g) If a coach is found to have violated this rule, the punishment shall be determined by the Moody Family YMCA Sports Department. Such punishment may include game forfeiture by the offending team and/or suspension of any coach on the offending team for one or more games or for the entire season.

### The Basics

- A coin toss determines the first possession. The visiting team will call “heads” or “tails”. The winner of the toss chooses to defend an end or take the ball. No deferring.
- Possession changes to loser of coin toss for the second half.
- Teams switch directions at halftime.
- **Snaps occur between the legs for 3<sup>rd</sup> Grade and up. Side snaps are allowed for 2<sup>nd</sup> Grade and below.**
- **One coach per team is allowed on the field at any given time. Players not in the game must be outside the field of play on the sidelines. (For 4<sup>th</sup> – 6<sup>th</sup> Grade, one coach is allowed on the field for offense only. No coach may be on the field for the defense.)**

## 2<sup>ND</sup> Grade Kid QB (REVISED 8/1/2024)

1. There will be 5 players on the field for offense and defense with a 6 player on offense being the kid QB. The kid QB will adhere to the same rules as a coach QB (ie 6 second pass clock, no pump fakes, and no running the ball).
2. The QB is only allowed to play one half. He cannot play both halves.
3. There will be no pass rusher. The QB will only be marked down if they try to run the ball past the line of scrimmage, or do not get the ball off in time.

### Scoring

- **Touchdown:** 6 points
- **Extra point:** 1 point (**played from the 6 yd line**) or 2 points (played from the 12 yd line)
- **Safety:** 2 points

### Running

- The quarterback cannot run with the ball.
- Offense may use multiple handoffs.
- “No-run zones” are located 3 yards from each end zone are designed to avoid short yardage, power running situations. Passes (including shovel) must be past the line of scrimmage in the “No-run zones”.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

- Absolutely no laterals or pitches, after the ball crosses the line of scrimmage.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

### **Passing**

- Shovel passes are allowed.
- The quarterback has a 6-second “pass clock” if no rush. No 6-second clock if a rusher passes the line of scrimmage.
- If a pass is not thrown within 6 seconds, the play is called dead resulting in a loss of down.
- Once the ball is handed off or a rusher passes the line of scrimmage, the 6 second rule is no longer in effect.
- Interceptions may be returned.

### **SPECIFIC RULES FOR COACH QUARTERBACK LEAGUES:**

- ❖ Parent is the QB
- ❖ Parent QB has 6 seconds to get the ball out of their hands
- ❖ This can be a pass or a handoff (the line judge will keep official time)
- ❖ Coach may snap the ball without having a center exchange
- ❖ No rushing the Coach QB
- ❖ Ball must be visible to defense at all times. Example fake hand offs or fake passes.
- ❖ No defensive player may progress past the line of scrimmage until a hand-off has taken place.

### **Dead Balls**

- Play is ruled “dead” when:
  - Ball carriers flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - Ball carriers knee hits the ground
  - Ball carriers flag falls out

- Ball snapped over quarterback's head is returned to the line of scrimmage with a loss of down.
- Quarterback may pick up a bad snap in the area or a fumbled snap (Referee discretion)
- There are no fumbles. The ball is spotted where the ball hits the ground.

### **Rushing the Quarterback (Grades 3<sup>rd</sup> - 6<sup>th</sup>)**

- **The defensive team is allowed to pass-rush one player on every play.** The pass-rusher is the only defensive player that may cross the line of scrimmage into the offensive backfield before a second ball exchange (e.g., hand-off, pitch or pass) takes place.
- **A special marker, or the referee, will designate ten yards from the line of scrimmage. The pass-rusher must remain behind the marker until the ball is snapped.** The pass-rusher is free to rush as soon as the ball is snapped.
- **Any and all defensive players may cross the line of scrimmage immediately after a second ball exchange or a play action fake takes place.**
- **Once the ball is exchanged, the ten-yard rule no longer is in effect, and all the defenders may go behind the line of scrimmage.**

### **Kickoffs**

**No kickoffs will take place.** At the beginning of each half and after touchdowns and safeties, the ball will be placed on the "receiving team's" 15-yard line.

### **Blocking**

**-No Blocking or contact BEYOND the line of scrimmage. Revised 7-6-10**

### **Ball Carrier**

- a. The ball carrier may not stiff arm defensive players.
- b. The ball carrier may not deliberately run into/over a defensive player.
- c. The ball carrier cannot lower his head in a spearing manner to prevent a defensive player from removing his flag.
- d. The ball carrier may not use his arms and/or hands to protect the flag.
- e. The ball carrier may not leave his feet in order to protect the flag.

### **Tackling (Removing the Flag)**

- a. **A ball carrier is considered tackled when any or all flags are removed from his belt. It does not matter who removes a flag.**
  - A ball carrier is considered down if he or another player on his team accidentally removes the flag.
  - A ball carrier is down if the flag falls out on its own.
  - A player who has a flag removed is considered down if he comes into possession of the ball by pass, interception or handoff. He is considered down at the spot he got possession.

- b. A ball carrier is also considered down if he touches a knee to the ground. Accidental slips or tripping over own teammates are included.**
- c. Defensive players may not hold onto a ball carrier in order to remove the flag.
- d. Defensive players may not push a ball carrier down.
- e. Defensive players may not touch or grab the ball carrier's face.
- f. Defensive players may not block or push a ball carrier out of bounds.
- g. Before each snap every player must have all their belts fastened and all flags attached.
- h. No alternative methods of securing flags to a player (i.e. taping or tucking) are permitted.

#### **Offense**

- a. The offensive team must have a minimum of three players (including the center) on the line of scrimmage.**
- b. The quarterback or any player who receives the snap may not advance the ball beyond the line of scrimmage directly after receiving the snap.
- c. All players are eligible for a pass or hand-off.
- d. The ball may be handed off or thrown in any direction behind the line of scrimmage.
- e. Two or more exchanges must take place in order for the offense to run the ball beyond the line of scrimmage.
- f. In order for the center to be eligible for a forward pass, he must advance one yard beyond the line of scrimmage.
- g. A pass caught by the passer is dead and will be ruled incomplete.
- h. A pass must be caught by a player who gains possession with at least one foot in bounds (and no foot touching out of bounds) to be ruled a completed pass.
- i. The offense will have 25 seconds to snap the ball from the time the referee sets the ball.**



- j. Once the ball is set, no one (including the center) may pick up the ball other than to snap the ball to begin a play.
- k. First downs are gained by advancing the ball to the next **15-yard zone line**.
- l. Teams have 4 downs to gain a first down or a touchdown. Once a team gets a first down they will have 4 more downs to score. If the offense does not achieve a first down after 4 downs, they automatically “punt”. A change of possession results in the ball returning to a teams own 3 yard line.**
- m. If a penalty or yardage loss forces a team behind an additional **15-yard zone line**, the first down marker will remain at the original **15-yard zone line**.

#### **Fumbles and Interceptions**

- All fumbled balls are considered dead balls and will be spotted at the point of contact with the ground.
- A ball that is fumbled forward or caught by a defender will be spotted back at the point the fumble occurred.
- Offensive fumbles in their own end zone are safeties.
- Intercepted balls can be advanced by the intercepting team.
- An intercepting player must have at least one foot in bounds (and no foot touching out of bounds) when possession takes place.
  - a. A tipped or deflected pass is live and may be caught and advanced by the offensive team or intercepted and advanced by the defensive team.

#### **Penalties and Enforcement (not an all inclusive list)**

- **Illegal blocking or screening by the offense – 10 yard penalty.**
- **Illegal tackling by the defense – 10 yard penalty.**
- **Illegal protection of the flag (“flag guarding”) – 10 yard penalty from the spot of the foul.**
- **Illegal moving of the ball once it has been set by the referee – 5 yard penalty.**
- **Pass Interference by the offense – loss of down.**

- **Pass interference by the defense – 10 yard penalty.**
- **Unsportsmanlike conduct – 15 yard penalty.**
- **Illegal forward pass – 5 yard penalty.**
- **Offense runs ball across line of scrimmage without completing 2 exchanges – 5 yard penalty.**
- **False start, encroachment or illegal motion – 5 yard penalty.**
- **Illegal securing of flag(s) – 5 yard penalty.**
- **Delay of Game – 5 yard penalty.**
- **Illegal Pass Rush – 10 yard penalty.**