Flag Football Added Rules

Two 20 minute halves with continuous clock unless injuries or timeouts.

One timeout per each half given.

1. **Mouthguard is not required but highly suggested.**
2. **If a safety is called the defensive team gets 2 points and the ball on their 5 yard line.**
3. **1 or 2 point conversion. If defense intercepts the ball and runs it back to the other TD area then they would get 2 points.**
4. **No ties. See other rule book for explanation on tie breakers.**
5. **No fumbles. Hits the ground, it's a dead ball.**
6. **K-2nd cannot rush the QB and the QB cannot run.**
7. **3-8th defense can blitz the QB but must be 7 yards back from the scrimmage line. The QB can run when being Blitzed. The QB cannot run unless being blitzed by defense.**
8. **Motion plays are legal.**

9. Lateral plays are illegal.

10. You cannot dive to score a TD on all grade levels.

11. K-4th grade coaches can be on the field to help the team if they struggle with play calling. If a 5-8th grade team is struggling then ask the other coach if you can go to the huddle to help play calling. We want to make this fair but fun for the kids as well.

12. The QB has 7 seconds to throw the ball. If the ball hasn't been thrown within the 7 seconds play is dead and loss of down.

13. Teams compete 5 on 5, however we could also do 6 on 6, 7 on 7, 9 on 9—depending on the team sizes and age group. This will be discussed prior to the start of the game with coaches! We will allow up to 14 players total per team.

14. We will give a two minute warning that will consist of a 2 minute time out during the second half of the game. During the last two minutes the ref will stop the clock when the player gets to the first down (50 yard line), Scores a TD (Time will restart after the extra point conversion and at the snap of the other teams first play), and everytime the player goes out of bounds before a flag is pulled.

15. To keep games as fair and balanced as possible, we are updating our substitute policy.

- **If your team only has two players it will be a forfeit.**
- **If your team has 3 players, you may use up to 2 substitute players from other teams.**
- **If your team has 4 players, you may use 1 substitute player from another team.**
- **If your team has 5 players, no substitute players will be allowed.**

Regardless if the opposing team is willing to play 6v6 or 7v7, all games

will remain 5v5. There will be no exceptions.

Game Cancellations Due to Weather

a. If a game is called due to weather (rain, lighting, etc.), light failure or other acts of God and cannot be resumed, it is a regulation game if four innings have been completed or three and half innings have been completed and the home team is leading.

b. Cloud-9 will oversee alerting teams in the events of cancellations or rescheduled due to the weather. This will be done through Facebook, email, texts, or phone calls to coaches, and updated on the league website.

c. Rescheduling of the game shall follow the guidelines set below.

d. A game that cannot be declared a regulation game, shall be declared a rained-out game.

Games that are cancelled due to weather is to be handled as follows:

e. HEAT DELAY/CANCELATION base of AccuWeather: Game cancellations/alterations will be based on the following:

1. A game time heat index of 105 degrees or higher will result in postponement.

2. A game time heat index of 100 - 104 degrees games will be shortened. All divisions will be reduced to 15 halves.

3. A game time heat index of 99 degrees or lower will result in normal length of games.

Any game cancellations, postponements, or heat-related schedule changes will typically be announced no earlier than 11:00AM. We monitor weather conditions and heat indexes throughout the day to make the safest and most informed decision possible.

Coaches will be notified first, followed by updates on our Facebook page and website.

Drink Early, Drink Often:

Remember, the best protection for heat illness is water and rest. The maxim is: drink early, drink often, even when players aren't thirsty. Players should arrive for games/practices adequately hydrated and drink at least five (5) ounces of water every 15-20 minutes while they are active in the heat.

Ask players to bring water or a sports drink with modest amounts of electrolytes, but nothing with caffeine that acts as a diuretic and drains water from the body.

Try to provide water for players wherever possible at your facility.

Evidence shows that sunscreen of at least SPF 15 should be applied to exposed skin every time children are in the sun for extended periods, to help keep the player cool and to protect against future skin cancer risk.

Game Cancellations (Other than Weather)

a. If a coach needs to cancel a game for any reason outside of weather, they will need to contact Cloud-9 and opposing coach outside of 48 hours of the date of the game to be canceled.

b. Rescheduling of the game shall follow the guidelines set below.

c. Any team reporting a cancellation within 48 hours due to any reason other than weather shall be subject to forfeiture if the opposing team is not willing to reschedule.

Rescheduling

a. In the event of a reschedule Cloud-9 will reschedule the game after talking with both coaches.

b. This email shall include the home team coach, away team coach, Cloud-9 scheduler, and the home teams scheduler/field manager.

c. All coaches are required to have a working email. Please “Reply All” when responding to emails so that everyone can see responses.

d. Both coaches will be given 1 week from the date of the cancellation to work out a reschedule date with Cloud-9 via email, text, phone call with the agreed upon date(s) to confirm availability.

e. Once confirmed, the rescheduled date shall be updated via the online schedule.

f. If coaches are unable to agree on a reschedule date within the 1-week requirement, then the game will be rescheduled for the first date that both teams are available per the online schedule.

g. If one coach responds and the other doesn’t within the 1-week requirement, the original game will be declared a forfeit for the non-responding coach with the win going to the responding coach. NOTE: A great deal of time goes into preparing the fields, scheduling concession stand workers, scheduling umpires, etc. Cloud-9 will not waste money on these activities in lieu of a non-responsive coach by assuming you will show up to a rescheduled game that you haven’t responded. Please work with us to ensure that everyone has a positive experience.

h. Any team failing to show up for a rescheduled game shall be declared as a forfeit and a win awarded to the other team in attendance.

Game Setup & Flow

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. There is no option to defer. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.

3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

• If the offensive team fails to cross midfield after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.

• Any time there is a ‘PUNT or PLAY decision on 4th or 3rd down, the referee WILL ask the offense’s Head Coach to declare ‘Punt or Play’. The coach MUST make an immediate decision or risk a delay of game penalty.

• Teams may use a timeout to change the declaration of “Play” at any time prior to the expiration of the play clock.

• After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offensive team starts at its 5-yard line.

Terminology

Boundary Lines - The outer lines marking the playing field's perimeter, including sidelines and end zones.

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 yard line the offense must reach for a first down.

Rush Line - An imaginary line 7 yards from the line of scrimmage on the defense's side.

Offense - The team with possession of the ball. Defense The team is trying to stop the offense and regain possession.

Passer - Any offensive player who throws the ball, not just the quarterback.

Rusher - The defensive player who starts from the rush line and tries to pressure the quarterback by either pulling flags or blocking passes.

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 - The time between plays when no action is occurring.

Whistle - Official's signal to stop play for timeouts, end of plays, or game periods.

Inadvertent Whistle - An official’s whistle that is sounded in error.

Charging - When a ball-carrier illegally runs directly into a set defensive player. This includes leading with the head or making contact with shoulder, forearm, or chest.

Flag Guarding - An illegal act when the ball-carrier tries to block defenders from pulling their flags - whether by stiff-arming, dropping their elbow/head, or using the ball itself as a shield.

Shovel Pass - A legal forward pass across the LOS (Underhand, backhand or by pushing the ball forward). Lateral A backward or parallel toss of the ball by the ball-carrier.

Unsportsmanlike Conduct - Confrontational or offensive behavior or language

Equipment Checklist

1. All players must wear FLAG belts and flags.Game balls should be age specific.

2. Players must wear shoes or cleats. This will be specified by your league organizer or site director. However, cleats with exposed metal are never allowed and must be removed.

3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

4. Players must remove all jewelry and hats. Headbands or winter beanies are allowed.

5. Players may wear soft shell helmets, halos and sunglasses but they must be secured at all times while on the field. Prescription glasses are permitted without a strap.

6. Players' jerseys must be tucked into shorts or pants, if they hang below the belt line.

7. We recommend players wear shorts or pants that do not have pockets or belt loops. Games will not be delayed for a player to tape their pockets.

8. Footballs will be provided. • flags cannot be the same color as the player's shorts or pants.

Field

Field Dimensions and Layout Two standard field size options:

Option A: 25 yards wide × 70 yards long with 10-yard endzones

Option B: 25 yards wide × 64 yards long with 7-yard endzones

1. Both field layouts will have a midfield line to gain for a first down. 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone.

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

3. 'No Run' Zones are in place to prevent teams from conducting run plays. While in the 'No Run' Zones, teams cannot run the ball across the line of scrimmage. All plays must result in a forward pass across the Line of Scrimmage.

4. The referee will spot the ball in the middle of the field prior to the ‘Ready to Play’ whistle. The ball may NOT be closer than 10-yards to any sideline.

Timing and Overtime

Regular Season Games are played on a 40-minute continuous clock with 2 - 20-minute halves. The clock stops for halftime, injuries and 2 minute warning.

SEASON PLAY: Teams will have 1 - 60-second timeout per half. They do not carry over. Officials will stop the clock for team timeouts, player injuries and at their discretion.

If the score is tied at the end of regulation play, an overtime period will be used to determine the winner.

Overtime format is as follows: Home team calls the coin toss to determine the team that chooses to be on offense or defense first. 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 the choice to be on offense or defense to start every round of overtime. The referee will determine which end of the field the entire overtime will be played.

a. 1st OVERTIME: Each team will get one (1) play from the defense’s 5-yard line for one point or the defense’s 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

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.

If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.

b. Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line.

c. Starting with the 3rd overtime, each team will get 1 play from the 10 yard line going out from the endzone.. And will continue this way until you get a winner.

All regulation period rules and penalties are in effect. There are no timeouts in

overtime.

Interceptions are returnable for a score in OT and are worth 2 points.

Scoring GUIDE

1. Touchdown: 6 points 2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line) •

A 1 point extra point is pass only; 2 point extra point can be a run or pass.

3. Interceptions returned for scores during a regulation scrimmage down are worth 6 points. 1 and 2 pt. extra point conversions or overtime interceptions returned are worth 2 points.

4. Safety: 2 points • 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. If a snapped ball goes into the endzone it is not a safety. It is a loss of a down and the ball is placed back at the scrimmage line.

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.

CoachING GUIDELINES

1. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and code of conduct.

2. Coaches are permitted to coach on the sideline (see page 17 for grade based and 8, 7, 6U coaching guidelines)

• All team photographers, managers, position coaches, team moms, fans, etc. are required to remain off the playing field in the designated league viewing area.

• Coaches are responsible for their fans' conduct and behavior plus any other associated team members in their designated team area.

Live Ball /Dead Ba REGULATIONS

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. • It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. The game officials may give teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.

3. A player who gains possession of the ball in the air is considered in bounds, as long as the first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession.

4. Substitutions may be made during any dead ball period.

5. The defense may not simulate the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. Other unfair acts would be; not returning five (5) eligible players to the field of play after halftime, a team or officials' time out prior to the ‘Ready to Play’ signal by the referee. This will result in an unsportsmanlike conduct penalty on the Head Coach.

6. Any official can whistle the play dead. Play is ruled “dead” when:

a. The ball hits the ground.

• If the ball hits the ground as a result of a snap, backwards pitch or lateral, the ball will be 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, PAT or safety is scored.

e. The ball-carrier’s knee, shin, leg, forearm or arm hits the ground.

f. The ball-carrier’s flag falls out.

g. The receiver catches the ball while in possession of 1 or 0 flag(s).

h. The 7 second pass clock expires.

i. Inadvertent whistle

j. Ball-carrier leaves their feet to dive, jump or hurdle a player. (Exception: A PLAYER CAN DIVE TO CATCH A PASS OR PULL A FLAG)

NOTE: Fumbles / loss of possession: Ground contact must be made for the play to be dead at that spot. A fumble is loss of possession by a player, resulting in the ball contacting the ground.

8. If an inadvertent whistle occurs, the team in possession has two options: Take the ball where the whistle blew and the down will count Replay the down from the original line of scrimmage If an IW occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

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.

Running GAME

1. The ball is spotted where the ball is when the flag is pulled.

2. The quarterback cannot directly run with the ball across the Line of Scrimmage. The quarterback is the offensive player who receives the snap under center directly or in shotgun formation.

3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.

• "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.

• Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.

• Once the ball has been handed off, in front, behind or to the side of the quarterback, or a back ward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush.

4. Definition of a “Legal Handoff” - Total loss of possession directly from 1 offensive play to another.

5. Teams are not allowed to run in the ‘NO RUN ZONES’ - (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).

6. Runners are not permitted to jump, leap or hurdle, in the officials' judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.

7. Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB’s passing or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. However, if while leaving the ground, illegal contact is made, a penalty may be enforced by the official.

8. No blocking or “screening” is allowed at any time.

9. Offensive players in close proximity to the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

10. 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.

11. Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead

Passing

1. Only 1 forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. There can be unlimited backward passes behind the line of scrimmage.

• There is no intentional grounding. The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.

• All forward passes that do not cross the line of scrimmage are illegal forward

passes, unless touched by a defender. All forward passes must go beyond the line of scrimmage.

2. Shovel passes are allowed and must be a forward pass, from behind the line of scrimmage, and received beyond the line of scrimmage.

3. The quarterback has a 7 second “pass clock.” If a pass is not thrown within 7 seconds, the play is dead, the down counts and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 7 second rule is no longer in effect.

• 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) and it will be the next down.

• If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).

2. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

4. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.

Rushing the Passer

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.

2. Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag.

3. A special marker, or the game official, will designate a rush line 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

A legal rush is:

• Any rush by the 1 or 2 designated rushers, 7 yards from the line of scrimmage.

• A rush from anywhere on the field AFTER the ball has been handed off, pitched or thrown backwards by the player receiving the snap.

A penalty may be called if:

• The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass – Illegal rush (5-yards from the line of scrimmage and first down).

• Any defensive player crosses the line of scrimmage before the ball is snapped – Encroachment (5-yards from line of scrimmage and first down).

• Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off – Illegal rush (5-yards from the line of scrimmage and first down).

• If the offense draws the identified rusher(s) across the 7 yard marker prior to the snap of the ball, the rusher(s) CANNOT legally rush. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to a handoff, pitch, lateral or forward pass. Teams are never required to rush the quarterback with the 7 second clock in effect

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.

5. The offense cannot impede the rusher's PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. 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 avoid contact. AP03242025

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 when the flag is pulled.

• A 2-point Safety is awarded if a flag pull takes place in the offensive team’s end zone.

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 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 a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

5. If a player who has one or no flags on their belt takes possession of the ball, the play is dead at that spot on the field.

6. A defensive player may not intentionally pull the flag(s) off a player who is not in possession of the ball.

7. 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, ball, arm or shoulder or intentionally covering the flags with the football jersey.

Unsportsmanlike Conduct

If the field monitor or game officials’ witnesses any acts of intentional tackling, elbowing, cheap shots, 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 game officials' discretion. No appeals will be considered. INTENTIONAL PHYSICAL PLAY WILL NOT BE PERMITTED! Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials' will penalize for unsportsmanlike conduct and determine if an ejection is warranted. Players or Coaches may not physically or verbally abuse any opponent, coach or game official. Ball-carriers MUST make an effort to avoid defenders with an established position.

5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball carrier when pulling flags. Offensive players may NOT initiate contact at the line of scrimmage with defenders.

6. Fans must also adhere to good sportsmanship as well:

• Fans should cheer on their players only, not harass officials or opposing team.

• Comments must be clean and profanity free.

• Compliment ALL players, not just one child or team.

1. Fans are required to keep fields safe and kids friendly and adhere to league requirements for seating:

• Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.

• Stay in the end zone area, not between fields.

• Dispose of ALL trash in designated trash cans.

1. Unsportsmanlike conduct penalties:

• Defensive penalty +10 yards from the dead ball spot and an automatic first down Offensive penalty -10 yards from the dead ball spot and a loss of down

• Two (2) unsportsmanlike penalties on any player or coach in a game result in a disqualification and may lead to additional discipline.

Penalties

Defensive spot fouls

Defensive pass interference - Automatic first down

Holding/Illegal Contact - +5 yards and automatic first down

Stripping - +5 yards and automatic first down

Offensive spot fouls

Screening or blocking - -5 yards and loss of down

Charging - -5 yards and loss of down

Holding/Illegal Contact - -5 yards and loss of down

Flag guarding - -5 yards and loss of down

Defensive penalties

Defensive unnecessary roughness - +10 yards and automatic first down

Defensive unsportsmanlike conduct - +10 yards and automatic first down

Offside / illegal substitution - +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 - +10 yards from line of scrimmage and automatic first down

Offensive penalties

Offensive unnecessary roughness - -10 yards and loss of down

Offensive unsportsmanlike conduct - -10 yards and loss of down

Offside / false start / illegal substitution - -5 yards from line of scrimmage and loss of down

Illegal Forward Pass 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

Taunting - -10 yards from line of scrimmage and loss of down

Illegal Procedure - -5 yards from line of scrimmage and loss of down