

Penalties: Offense

- **Unsportsmanlike Conduct:** 10 yards dead ball spot and **possible ejection**.
- **Illegal Contact or Screen Blocking:** 5- yards previous or succeeding spot.
- **Offensive Pass Interference:** 10-yards live ball foul, previous spot.
- **Unfair Act:** 10-Yards, live or dead ball foul.
- **Illegal use of Hands/Arms:** 5 yard, spot foul or previous spot if behind the LOS.
- **Charging, Hurdling, Tripping and Striking:** 10-yards live ball foul.
- **Flagrant Personal Foul:** 10 yard and **Ejection**.
- **False Start:** 5-yards dead ball foul.
- **Illegal Shift, Snap, Illegal Motion & Formation:** 5-yard, live ball foul previous spot.
- **Delay of Game:** 5 yards, dead ball foul.
- **Intentional Grounding or Throwing backwards pass out of bounds:** 5-Yard spot foul and **Loss of Down**.
- **Illegal Forward Pass:** 5-yard & **Loss of Down** at the spot of the foul.
- **Illegally Batting or Kicking the Ball:** 5-yard & **Loss of Down**.
- **Flag Guarding:** 5-yards, live ball foul from the spot of the infraction, **Loss of down**.
- **10-Second Run-off: No Yardage**



Penalties: Defense

- **Roughing The Passer:** 10-yard, live ball foul, previous spot or Succeeding Spot & **Automatic 1st Down**.
- **Unsportsmanlike Conduct:** 10-yards previous spot or succeeding spot.
- **Illegal Flagrant Contact:** 10-yards previous or succeeding spot and **Automatic 1st Down** if by the defense and **possible ejection**.
- **Tripping & Charging :** 10-yards live ball foul.
- **Defensive Pass Interference:** 10-yards, live ball foul, previous spot & **Automatic 1st Down**. Or spot she caught the ball.
- **Illegal Batting, Stripping & Kicking:** 10-yard, spot foul.
- **Throwing/Pushing To The Ground:** 10 Yards
- **Early Flag Removal:** 10-yards, spot foul, and replay the down.
- **Illegal Equipment:** 10-yards live ball foul.
- **Kick Catch Interference:** 10-Yards.
- **Illegal Use of the Hands & Illegal Contact:** 5-Yards live ball spot & **Automatic 1st Down**
- **Holding:** 5-yards, live ball, & replay down or succeeding spot tack on.
- **Encroachment:** 5-yards, dead ball foul.
- **Illegal Forward Pass:** 5-yard, spot foul.
- **Illegal Rush:** 5-Yard, live ball foul.