

## **Intramural Flag Football Penalties Fall 2011**

\*\* Any penalty where there isn't enough yardage to cover the penalty will be marked half the distance to the goal

1. **Flag Guarding.** Flag guarding is any use of hands that attempts to prevent the defense from pulling your flags.
  - 10 yard penalty from line of scrimmage, repeat down
  
2. **No Excessive Trash Talking or Cursing.**
  - First offense will result in verbal warning
  - Second offense by same player will result in ejection and 5 yard penalty from the line of scrimmage and a loss of down
  - Second offense by team in general will result in 5 yard penalty from the line of scrimmage and a loss of down
  - Third offense will result in a forfeit of game regardless of progress up to that point

### **Unsportsmanlike Conduct**

- Consists of any action deemed to be aggressive or unnecessary by the referee
    - The penalty will be up to the discretion of the ref. based on the severity of the infraction  
from 5 yds to ejection or forfeit or any combination thereof
3. **No Excessive Celebration or Taunting.** This is up to the discretion of the referee.
    - First offense will result in a verbal warning
    - Second offense will result in a 10 yard penalty, enforced at the end of the kickoff return
- \*\* Taunting**
- First offense will result in a verbal warning
  - Second offense will result in loss of touchdown and 15 yard penalty from the line of scrimmage
    - \* if there was no touchdown just enforce the yardage
4. **Illegal Block.** Consists of bocks to the back, chop blocks and bumps off the line of scrimmage.
    - \* Chop block. Any block below the waist.
      - 15 yard penalty, from the line of scrimmage, repeat down
  
  5. **Illegal Contact.** Any contact that is not a legal block and is meant to stop the receiver/back in order to pull a flag, make a block or knock a player out of bounds. This includes shoulder hits and wrap ups.

- Defense, 5 yard penalty from spot of the foul, automatic first down.
  - Offense, 5 yard penalty from the line of scrimmage, loss of down.
6. **Illegal Man Downfield.** Offensive lineman leaving the line of scrimmage on a passing play.
    - 5 yard penalty from the line of scrimmage, repeat down
  7. **Illegal Formation.** This is a failure to have three down linemen on either offense or defense at the start of a play.
    - 5 yard penalty from the line of scrimmage, repeat down
  8. **Holding.** An offensive blocker grabbing a defender in order to keep him/her from making the play on the ball, or a defensive player grabbing an offensive player in order to keep him/her from making a lead block down field. Not to be confused with Illegal Contact.
    - 5 yard penalty from the line of scrimmage, repeat down
  9. **Offsides.** Offensive player or defensive player crossing the line of scrimmage before the snap of the ball, or offensive or defensive player coaxing an opponent to cross by moving before the snap.
    - 5 yard penalty from the line of scrimmage, repeat down
  10. **Encroachment.** Defensive player lining up over the line of scrimmage.
    - 5 yard penalty from the line of scrimmage, repeat down
  11. **Illegal Blitz.** When the defense blitzes after already having used their one per four downs. However, the defense may come in before the three count if there is a handoff in the backfield.
    - 5 yard penalty from the line of scrimmage, repeat down
  12. **No Quarterback Sneaks.** They may move laterally or backwards only. Quarterbacks may only rush when being rushed.
    - 5 yard penalty from the line of scrimmage, repeat down
  13. **Offensive Pass Interference.** Any contact on the part of the receiver, which inhibits the defensive back from making the play on a *catchable* ball.
    - 15 yard penalty from the line of scrimmage, loss of down
  14. **Defensive Pass Interference.** Any contact on the part of the defender, which inhibits the receiver from making the play on a *catchable* ball.
    - 15 yard penalty from the spot of the foul, automatic first down
  15. **Too Many Men on the Field.** More than 7 players on a given side.
    - 5 yard penalty from the line of scrimmage, repeat down

16. **Closed Play Violation.** Failure to involve a female on a closed play.
- Results in loss of down and it remains closed.

\*In a situation where both teams have penalties, the result will be called as offsetting penalties and repeat down, **NOT RESULT OF PLAY**

\* **Safety** anytime the offense is tackled inside their own endzone, or the ball is snapped or fumbled outside the back or sides of their own endzone.

It will result in 2 points for the defensive team, and the offense must then **punt off** to the defense

\* **Kickoff out of bounds**

The first infraction will result in an option to the receiving team to have a re-kick or to receive the ball on the 20 yd line

Second infraction will result in automatic first down on the receiving team's 40 yd line

**Remember that this is meant to be fun, so let's go out and have a great time! Good Luck!!!**