

<b>Offense</b>	Action	Penalty	Location	Down	Extra
Assisting Ball Carrier		10	Spot	Loss	
Delay of Game	Stop play	5	LOS	Redo	
Diving		10	Spot	Loss	
False Start	Stop play	5	LOS	Redo	
Flag Guarding		10	Spot	Loss	
Holding		10	LOS	Redo	
Illegal Contact (Moving Screen)		10	Spot	Loss	
Illegal Forward Pass		10	LOS	Loss	
Illegal Pass		5	LOS	Loss	Clock continues
Illegal Motion	Stop play	5	LOS	Redo	
Illegal Forward Pitch		5	Spot	Loss	
Illegal Sub	Stop play	5	LOS	Redo	
Intentional Grounding		10	LOS	Loss	Clock continues
Less than 4 on the LOS	Stop play	5	LOS	Redo	
Offensive Pass Int.		10	LOS	Redo	

<b>Defense</b>	Action	Penalty	Location	Down	Extra
Bull Rush		10	LOS	Redo	
Encroachment	Stop play	5	LOS	Redo	Play can be blown dead
Holding		10		Loss	Added to the end of the play
Illegal Pull		10	Spot	Loss	
Mocking Count		10	LOS	Redo	
Pass Int.		15	LOS	Auto 1st	
Roughing the QB		10	LOS	Redo	

<b>General</b>	Action	Penalty	Location	Down	Extra
Illegal Contact		10	Spot	Loss	
Illegal Equipment		15	LOS	Loss	
More than 7		10	LOS	Redo	
Personal Fouls		15	LOS	Loss	
Offsides		5	LOS	Redo	
Unsportsmanlike Conduct		15	LOS	Loss	