



2024 Maryland Girls High School Flag Football Rules (Full)

THE GAME, FIELD, PLAYERS AND EQUIPMENT

General Rules

1. The game should be played between 2 teams of 7 players each. Five players are required to avoid a forfeit. A speaking captain must be selected to make decisions.
2. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.
3. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss. Home team wears dark color jerseys; visiting team wears light color jerseys.
4. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half. Teams change sides after the first half. Possession changes to the team that started the game on defense.
5. The offensive team takes possession of the ball at its 14-yard line and has four (4) plays to cross the nearest line-to-gain. If they do, but did not score a touchdown, the offensive team gets four more plays to cross the next line-to-gain.
6. If the offensive team fails to cross the line-to-gain on 3 downs and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 14-yard line. If the offensive team goes for it on 4th down and does not cross the line-to-gain, the opposing team will start its possession from the spot.

The Field

1. The field should be 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end. Field size may vary based on field availability.
2. A one (2) yard wide line should be marked at each end at the three- and ten-yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.

Game and Player Equipment (Legal)

1. Football - The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. Women shall use the intermediate, junior, or youth size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.
2. Spot discs - Two ball spotters (rubber disks) are required. One, which shall mark the offensive scrimmage line.
3. The second will mark the defensive scrimmage line, one yard away from the offensive line of scrimmage.
4. Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
5. Pants / Shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) or exposed drawstrings. The pants or shorts must be a different color than the flags.

6. Flag belt - Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.
7. Penalty: Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.
8. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material.
9. Headwear – Players are not permitted to wear bandanas. Players may wear soft shell helmets, knit stocking caps, or elastic headbands. Hats may not have a bill.
10. Mouth-guards – Mouth-guards are required.
11. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted.

Game and Player Equipment (Illegal)

1. A player wearing illegal equipment will not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - a. Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - b. Jewelry.
 - c. Pads or braces worn above the waist.
 - d. Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
 - e. Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt or shirt that does not remain tucked in.
 - f. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s)
 - g. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
 - h. Towels attached at the player's waist (flag only).

An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

DEFINITIONS OF PLAYING TERMS

Catch - A catch is an act of establishing player possession of a live ball in flight.

Clipping – Clipping is running or diving into the back or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back.

Diving - a ball carrier may not dive (diving is defined as an offensive player leaving their feet without returning to their feet) in an effort to gain extra yardage. Defenders can dive to pull a flag.

Encroachment - Encroachment is a term to indicate a defensive player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone.

Fair Catch – A signal made by receiving person of a punt in which the receiver cannot run after catching the ball and the ball is immediately down when caught.

Foul – A foul is a rule infraction for which a penalty is assessed.

Fumble - A fumble is a loss of player possession other than by handing passing or kicking the ball.

Goal Line – Each goal line is a vertical plane separating the end zone from the field of play. The plane of goal extends beyond the sideline.

Hurdling - Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

Interception - A catch of an opponent's pass or fumble in flight is an interception.

Live Ball - A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

Neutral Zone - The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the spot cone markers and extends to each sideline. It is established when the ball is ready for play.

Pass (Forward and Backward) - A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Penalty – A penalty is a loss imposed by rule upon a team that has committed a foul.

Protective Scrimmage Kick – A punt in which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked.

Punting - A punt is kicking the ball by a player who drops it and kicks it before it hits the ground. There is no traditional punting in Maryland Girls Flag Football in 2024.

Tripping – Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

Screen Blocking - Screen Blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blocker's body. There shall be no moving screens beyond the line of scrimmage. Offensive players beyond the line scrimmage may set a standing pick (similar to basketball) or may follow the play in event of a backward pass (pitch play).

PERIODS, TIME FACTORS, SUBSTITUTIONS

1. Length of game - Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 3 minutes. When overtime is used, there will be a 2-minute intermission.
2. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - a. If there was a foul by either team and the penalty is accepted.
 - b. If there was a double foul.
 - c. If there was an inadvertent whistle and the down is to be replayed.
 - d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the
e. second half and the point(s) would not affect the outcome of the game or playoff qualifying.
3. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the first 18 minutes unless it is stopped for:
 - a. Team time-out (clock resumes on snap of next play)
 - b. Referee's time-out (clock resumes on official's ready to play whistle)
4. Two-Minute Warning - Approximately 2-minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final 1 minute.
5. Stopped Clock - During the final 1 minute of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
 - a. Incomplete Pass
 - b. Out-of-Bounds
 - c. Score (touchdown or safety; the PAT will be an untimed play in the final 2-minutes of each half)

- d. Team time-out
 - e. Penalty and administration
 - f. Referee's Time-out - starts at his/her discretion
 - g. Touchback
 - h. Change of Possession
 - i. Team attempting to conserve time illegally
6. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
 7. Tie Game – If the game is tied at the end of regulation, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting, the field captains will stay while the remaining players and coaches return to their respective sidelines.
 - a. A coin will be flipped to determine the options; coin flip called by the home team. The winner of the toss shall be given the option to start on offense or defense. The loser of the toss shall choose which end of the field overtime will be played on.
 - b. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
 - c. Each team will take turns getting one play from the 3-yard line (1 point), or 10-yard line (2 points). If the game is still tied after the first overtime, then the team that started on defense will now start on offense in the second overtime. Each team will take turns getting one play from the 3-yard line (1 point), or 10-yard line (2 points). If the game is still tied after two overtimes, then there will be a third overtime. For the third overtime, possession goes to team on offense in 1st overtime. Each team will take turns getting one play from the 3-yard line (1 point), or 10-yard line (2 points). If game is still tied there will be a 4th overtime. The ball will be spotted on the 5-yard line and each team will be given 1 play to the field side end zone. The team with the most yards will be the winner and awarded an additional point to their final score. There are no team timeouts in overtime.
 8. Time-Outs – Each team is entitled to 3 charged 60 second timeouts per game.
 - a. The Referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.
 - b. The Referee shall declare an official's time-out when a team is illegally conserving time and administer a five-yard penalty.
 - c. The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.

An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

9. Delays

Delay of Game - The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:

- a. Failure to snap within 25 seconds after the ball is ready for play.
- b. Putting the ball in play before it is declared ready for play.
- c. Deliberately advancing the ball after it has been declared dead.

Unfair Tactics - The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

Penalty: Delay of Game, 5 yards from previous spot.

10. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

SERIES OF DOWNS, NUMBER OF DOWN, & THE TEAM POSSESSION AFTER PENALTY

1. Each team receives four (4) downs to pass the zone line-to-gain or end zone.

2. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs are the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
3. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, touchback, pass interception, or failure to gain the zone in advance of the ball.

If offsetting fouls occur during a down, that down shall be repeated. Exception: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declines all penalties for its opponent's fouls, other than unsportsmanlike.

PUNTING

1. There is no punting of the ball.
2. Prior to making the ball ready for play on fourth down, the Referee must ask the offense if they want to go for it or "punt". The Referee must communicate this decision to the defense and the other officials. If the offense elects to "punt" then the opposing team gets the ball on their own 14-yard line.
3. The coach must give the referee an answer when asked or risk a delay of game penalty. (Unfair tactics)
The coach can change their declaration only by using a charged timeout

SNAPPING, HANDLING, PASSING, RECEIVING, RUNNING THE BALL

Prior to the Snap

1. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.
2. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

Position and Action during the Snap

1. One offensive player may be in motion, but not in motion toward the opponent's goal line.
Penalty: Illegal Motion, 5 yards from previous spot and loss of down.
2. The player who receives the snap must be at least two yards behind the offensive scrimmage and the snap must go through the center's legs.
Penalty: Illegal Procedure, 5 yards from previous spot and loss of down.
3. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head and arms for at least one full second before the snap.
Penalty: Illegal Motion, 5 yards from previous spot and loss of down.

Passing and Receiving

1. There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may dive to try to remove a flag.
2. A runner may not pass the ball backward or lose player possession by a fumble at any time if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged. A quarterback may immediately spike the ball though after receiving the snap to stop the clock in the final 2-minutes of each half.
3. A backward pass, or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession unless lost on downs.

4. A backward pass or fumble that goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
5. A backward pass, or fumble that contacts the ground 1st behind a goal line, in bounds, is a safety.
6. If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble.
7. A muffed snap without possession that contacts the ground in bounds will be dead at that spot and the down consumed. If that spot is in the end zone, it is a safety.
8. All players are eligible to catch a pass.
9. A forward pass is illegal:
 - a. If the passer's foot is beyond the line of scrimmage.
 - b. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
 - c. If there is more than one forward pass per down.
10. The line of scrimmage remains throughout the play.
11. If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in her possession prior to touching out of bounds, unless an opponent's contact causes her to first touch out of bounds.
 - a. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out of bounds.
 - b. A loss of ball simultaneously with returning to the ground is not a catch or interception.
12. A player, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided she has not touched the ground yet.
13. Pass Interference - Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged prior to touching the ball on a pass thrown beyond the line of scrimmage.
 - a. Offensive Pass Interference - after the ball is snapped, and until a receiver has touched it, there shall be no offensive pass interference beyond the line of scrimmage.
 - i. **Penalty:** Offensive Pass Interference, 10 yards from previous spot, loss of down
 - b. Defensive Pass Interference - after the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.
 - i. **Penalty:** Defensive Pass Interference, 10 yards from previous spot, automatic first down
14. Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion.

Penalty: Roughing the Passer, 10 yards, automatic first down

Running and Flag Removal

1. Flag Removal - When the flag is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag from the runner should immediately hold the flag above her head to assist the official in locating the spot where the capture occurred.
 - a. Players must have possession of the ball before they can legally be deflagged.
 - b. When a runner loses her flag either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play freezes and the ball is spotted where the player lost their flag.
 - c. In circumstances where a flag is removed illegally, play should continue with the option of the penalty or the play.
 - d. If a player takes possession of the ball with 1 or no flags in their belt, the play is dead at the spot of possession
 - e. A defensive player intentionally pulling a flag from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct penalty.
 - f. Tampering with the flag belt or flag in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
 - g. A player may leave her feet when trying to remove the flag.

2. Contact - In an attempt to remove the flag from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
Penalty: Defensive Holding, 10 yards from spot
3. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.
Penalty: Flag guarding, 10 yards from the spot of the penalty.
4. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a “stiff arm” to flag guard
Penalty: Stiff Arm, 10 yards from the spot of the penalty
5. Helping the runner – A player shall not grasp, pull, push or aid any teammate runner.
Penalty: Helping the Runner, 5 yards from spot of the penalty.

BLOCKING

1. Offense Blocking – The offensive blocking shall take place without contact behind the line of scrimmage. The blocker shall have her hands and arms at her side or behind her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal. The teammates of the ball carrier cannot interfere with their opponents who are trying to pull the flags of the ball carrier once the ball carrier crosses the line of scrimmage.
Penalty: Personal Foul, 10 yards from the spot of the penalty
2. Interlock Blocking - Teammates of a runner or passer may interfere for her by screen blocking behind the line of scrimmage but shall not use interlocked interference by grasping or encircling one another in any manner.
3. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker.
4. Defensive players must not use any part of her arms, hands, elbows, or any part of the body to contact the offensive player. They may attempt to block a pass
Penalty: Personal Foul, 10 yards from previous spot

SCORING PLAYS AND TOUCHBACKS

Touchdown

1. All touchdowns are 6 points
2. A touchdown shall be scored when a legal forward pass is completed or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line

Extra Point Try = 1 or 2

1. An opportunity to score 1 point from the 3-yard line or 2 points from the 10-yard line shall be granted to the team scoring a touchdown.
2. The Referee must speak to the field captain, asking her whether the try shall be from the 3 or the 10-yard line. Once the scoring team makes the choice, she may change the decision only by taking a charged team time out.
3. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety = 2 points

1. It is a safety when a runner carries the ball from the field of play to or across her own goal line, and it becomes dead there in her team's possession.
Exception: Momentum Rule
2. A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
3. A backward pass, fumble, or muffed snap, that contacts the ground 1st behind a goal line, in bounds.

4. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the 14-yard line.

CONDUCT OF PLAYERS AND OTHERS

Unsportsmanlike Conduct

1. No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
 - a. Any acts of unfair play.
 - b. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.
 - c. Intentionally kicking at any opposing player.
 - d. Intentionally swinging an arm, hand or fist at any opposing player.
 - e. Dead Ball Player Fouls
 - f. Intentionally kicking the ball.
 - g. Spike the ball into the ground or throw the ball high in the air
2. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:
 - a. Attempting to influence a decision by an official.
 - b. Disrespectfully addressing an official.
 - c. Indicating objections to an official's decision.
 - d. Holding an unauthorized conference, or being on the field illegally.
 - e. Using profanity, insulting or vulgar language or gestures.
 - f. Intentionally contacting a game official physically during the game by persons subject to the rules.

Personal Fouls

1. No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:
 - a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - b. Trip an opponent.
 - c. Contact an opponent who is on the ground.
 - d. Throw the runner to the ground.
 - e. Hurdle any other player.
 - f. Contact an opponent either before or after the ball is declared dead.
 - g. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
 - h. Deliberately drive or run into a defensive player.
 - i. Clip an opponent.
 - j. Tackling the runner.

ENFORCEMENT OF PENALTIES

1. Captain's Choice - When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. The referee shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to her the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. A captain's choice of options may not be revoked.
2. Live Ball Fouls – Any live ball foul is penalized according to the all-but one enforcement principle, except:
 - a. A foul that occurs simultaneously with the snap is penalized from the previous spot.
 - b. A non-player foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.
3. Dead Ball Fouls – When a foul occurs during a dead ball either between downs or before a snap or free kick, the officials shall not permit the ball to become live.

4. Establish Zone line-to-gain - On a live ball foul mark off the penalty yardage first, then establish the zone line to gain. However, with a dead ball foul, establish the zone line to gain first, and then mark off the penalty yardage.

All-But-One Principle - Enforcement philosophy is based on the fact that a team is given the advantage of the distance that is gained without assistance of a foul. It is assumed that the only foul that would give this aid is a foul by the offense

1. behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot. This one foul is penalized from the spot of the foul.
2. Loose Ball Play – If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot of the snap.
3. Running Play – If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends.
4. Half the Distance - A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
5. Safety / Goal Line - If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from or behind its goal line which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot that is now the basic spot is on or behind the offended team's goal line any measurement is from the goal line.
6. Foul on a Score - If there is a player foul by the offensive team other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score. If there is a player foul by the defensive team, other than unsportsmanlike or non-player, during a down which results in a successful touchdown or try, the penalty is automatically declined.
7. Foul Prior to a Try - When a foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is at the succeeding spot where the ball will be next snapped for the try.
8. Double Foul - It is a double foul if both teams commit fouls, other than unsportsmanlike or nonplayer, during the same live ball period in which:
 - a. There is no change of possession.
 - b. There is a change of possession, and the team in possession at the end of the down fouls prior to final change of possession.
 - c. There is a change of possession and the team in final possession accepts the penalty for its opponent's foul.

In all three the penalties cancel and the down is replayed.

EXCEPTION: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponents foul(s), other than unsportsmanlike or nonplayer.

9. Multiple Live Ball Fouls - When 2 or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike or nonplayer conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct or nonplayer fouls are administered from the succeeding spot as a dead ball foul.
5. Multiple Dead Ball Fouls - Penalties for dead ball fouls are administered separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Penalize all unsportsmanlike and nonplayer fouls separately.

PENALTIES and YARDAGE

Spot Fouls:

- Defensive Pass Interference: automatic first down.
- Defensive Holding: +5 yards and automatic first down.
- Stripping: +10 yards and automatic first down.
- Defensive Unnecessary Roughness: +10 yards and automatic first down.
- Screening and Blocking downfield: -10 yards and loss of down.
- Flag Guarding: -10 yards and loss of down.
- Charging: -10 yards and loss of down.


























Defensive Penalties:

- Offside: +5 yards from line of scrimmage and automatic first down.
- Illegal Flag Pull (before receiver has 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: +5 yards from line of scrimmage and automatic first down.
- Defensive Pass Interference: SPOT FOUL, automatic first down.
- Defensive Holding: SPOT FOUL, +5 yards and automatic first down.
- Stripping: SPOT FOUL, +10 yards and automatic first down.
- Defensive Unnecessary Roughness: SPOT FOUL, +10 yards and automatic first down.

Offensive Penalties:

- Offside / False Start: -5 yards from line of scrimmage and loss of down.
- Illegal Forward Pass: -5 yards from line of scrimmage and loss of down.
- Illegal Motion: -5 yards from line of scrimmage and loss of down.
- Delay of Game: -5 yards from line of scrimmage and loss of down.
- Charging: -10 yards from line of scrimmage and loss of down.
- Offensive Pass Interference: -10 yards from line of scrimmage and loss of down.
- Offensive Unnecessary Roughness: -10 yards from line of scrimmage and loss of down.
- Screening and Blocking: SPOT FOUL, -10 yards and loss of down.
- Flag Guarding: SPOT FOUL, -10 yards and loss of down.
- Charging: SPOT FOUL, -10 yards and loss of down.

PENALTY SIGNAL CHART

 S 1 1 Ready for play	 S 3 3 Stop the clock	 S 5 5 Touchdown	 S 6 6 Safety	 S 8 8 First Down
 S 9 9 Charging	 S 10 10 Incomplete pass	 S 11 11 Stripping	 S 14 14 End of period	 S 18 18 Offside Defense Illegal Blitz S 27
 S 19 19 False start Illegal procedure Impeding the rusher	 S 20 20 Illegal shift (2 hands) Illegal motion (1 hand)	 S 21 21 Delay of game Delay of pass	 S 22 22 Illegal participation Illegal substitution	 S 27 27 Unsportsmanlike conduct
 S 31 31 Illegal batting/kicking (Followed by pointing toward toe for kicking)	 S 33 33 Pass Interference	 S 34 34 Roughing passer	 S 35 35 Illegal forward pass Illegal backward pass	 S 38 38 Illegal contact
 S 42 42 Holding/obstruction Illegal use of	 S 43 43 Illegal block	 S 47 47 Disqualification	 S 51 51 Jumping Diving	 S 52 52 Flag guarding Illegal Flag pull