

Distance Penalties	
Loss of Five Yards	
Second and each subsequent team timeout after the two minute warning.....	4-5-4
Delay of game, i.e.,	
exceeding 40/25 seconds in putting ball in play.....	4-6-1
repeatedly snapping ball before Referee can assume normal position.....	4-6-5
runner remaining on ball or opponent remaining on runner to consume time.....	4-6-5
undue delay in assembling after a time out.....	4-6-5
undue delay in assembling after time out.....	4-6-5
defensive abrupt non-football movements.....	4-6-5
spiking or throwing the ball in the field of play.....	4-6-5
taking the ball from a downed runner causing delay.....	4-6-5
Illegal substitution, i.e.,	
substitute entering during play, withdrawn player on field at snap or free kick (unless interference) or withdrawing on opponent's side or across endline.....	5-2-8
Illegal kick at free kick (ball remains dead and replay).....	6-1-1
Violation of free kick formation (includes kickoff), i.e.,	
kickers failing to be behind ball or inbounds (except placekick holder).....	6-1-3
receivers failing to be inbounds or behind their free kick line.....	6-1-3
kicking team player (other than kicker) more than five yards behind restraining line.....	6-2-3
less than four kicking team players on each side of kicker.....	6-2-3
Making short free kick.....	6-2-5
Illegally touching free kick (a) before it goes 10 yards or (b) after being out of bounds.....	6-2-4
Illegal position of Team A players at the snap, i.e.,	
having fewer than seven players on line.....	7-5-1
having player neither on nor one yard behind his line unless man under center.....	7-5-1
Illegally lining up over center.....	9-1-3
Player entering neutral zone contacts opponent.....	7-4-3
Being offside at snap.....	7-4-5
Neutral zone infraction.....	7-4-4
Player not reporting change in eligibility.....	5-3-1
more than eleven men on field at snap or in formation.....	5-1-1
Illegal motion by Team A at snap, i.e.,	
player not being stationary (except) one only in motion clearly backwards.....	7-4-7
single player not moving clearly backward at snap.....	7-4-7
Pausing less than one second after a shift.....	7-4-8
Being out of bounds at snap.....	7-5-1
Not snapping ball when prescribed.....	7-6-3
Illegally snapping ball i.e.,	
failing to make backward pass.....	7-6-3
failing to place ball on ground as specified.....	7-6-3
Failing to give impulse by continuous motion or sliding hands along ball before snap.....	7-6-3
Snapper restrictions.....	7-6-3
False start.....	7-4-2
Snap going to receiver on line.....	7-6-4

Making forward pass in field of play not from	
scrimmage.....	8-1-2
Second forward pass.....	8-1-2
Pass after ball crossed line of scrimmage and returned.....	8-1-2
Illegal touch of forward pass.....	8-1-8
Ineligible player downfield on pass.....	8-3-1
Illegal Forward Handling.....	8-7-4
Ineligible player downfield on kick.....	9-1-2
Kicking team player voluntarily out of bounds during a punt.....	9-1-5
Making invalid fair catch signal.....	10-1-2
Illegal use of hands by defense, i.e.,	
to hold an opponent who is not the runner other than to ward off an opponent.....	12-1-6
Running into kicker behind his line (not roughing).....	12-2-9
Loss of Ten Yards	
Pass interference by Team A.....	8-5-4
holding, illegal use of hands, arms or body on offense, illegal block in the back above the waist.....	12-1-3
Tripping.....	12-1-4, 12-1-8
Assisting runner.....	12-1-4
Batting or punching ball, when loose (unless a pass), towards opponents' goal line or in any direction if in endzone.....	12-4-1
Loss of Fifteen Yards	
Not being able to start each half on scheduled time.....	4-2-1
Interfering with fair catch (and catch awarded).....	10-1-1
Tackling or blocking maker of a fair catch or avoidable running into.....	10-2-3
Head Slap.....	12-2-11
Striking, kneeling and kicking (also disqualification).....	12-2-11
Striking opponent below shoulders with forearm or elbow by turning or pivoting.....	12-2-12
Twisting, turning or pulling of opponent's facemask.....	12-2-13
Blocking below waist on kicks and change of possession.....	12-2-5
Roughing the kicker.....	12-2-9
Falling on or piling on a prostrate player.....	12-2-14
Unnecessary roughness (also disqualification when flagrant), i.e.,	
striking an opponent with foot or shin in a whipping motion..	12-2-6
tackling runner who is out of bounds.....	12-2-6
running into, throwing body against a player obviously out of the play or after the ball is dead.....	12-2-6
running into from behind or dropping body across back of legs of opponent who is not the runner (clipping).....	12-2-1
Illegal crackback.....	12-2-2
Peel-back block.....	12-2-4
Blindside block.....	12-2-7
Roughing the passer.....	12-2-8
Chop block.....	12-2-3
Illegal block after fair catch signal.....	10-2-2
Unsportsmanlike conduct by players (also disqualification when flagrant), i.e.,	
using abusive or insulting language or gestures to players or officials or continuing acts.....	12-3-1-b
taunting.....	12-3-1-c

player pushing, shoving, or laying hand on official.....	12-3-1-g
attempting to disconcert Team A at snap by words or signals.....	12-3-1-i
concealing the ball under clothing or substituting article for ball.....	12-3-1-j
lingering.....	12-3-1-k
leverage.....	12-3-1-o
repeatedly violating substitution rule in attempt to conserve time.....	12-3-1-l
violating 40-second rule more than twice (same down) after a warning.....	12-3-1-m
leaping to attempt to block a field goal or point after touchdown unless the player was lined up on the line of scrimmage when the ball was snapped.....	12-3-1-q
a punter, placekicker or holder who simulates being roughed or run into by a defensive player.....	12-3-1-s
receiving team forming illegal wedge on free kick.....	6-1-3
Illegal conduct by non-players (also exclusion for flagrant violations), i.e.,	
player on field communicating other than to coach in prescribed area.....	13-1-1
team representatives using unsportsmanlike conduct during game or between halves or sitting on bench when not qualified.....	13-1-1
non-players going on field without permission (other than team attendants during a team time out).....	13-1-2
non-players moving along boundary lines (unless substitute warming up or coach in prescribed area).....	13-1-5
Loss of Half Distance to Goal Line	
Pass interference by Team B in its end zone and previous spot is inside its 2-yard line.....	8-5-4
Distance penalty enforced from a spot between goal lines carrying ball more than half the distance to either goal line.....	14-2-1
Ball placed on 1-Yard Line	
Pass interference by Team B in its end zone and previous spot is outside its 2-yard line.....	8-5-4
Withdrawal Penalties	
Excess time out.....	4-5-4
Player being disqualified, suspended (illegal equipment), or replaced.....	5-4-1
Illegal return (loss of five also).....	5-2-8
Disqualification Penalties	
Disqualification always occurs in combination with a 15-yard penalty. Exceptions to distance penalties:	
Both teams committing disqualifying fouls (double foul).....	14-3-1
Distance being declined.....	14-6
Loss of 15 yards	
Flagrant striking, kicking, or kneeing an opponent or striking him on head or neck with heel, back or side of hand wrist, elbow, or forearm.....	12-2-11
Flagrant roughing of kicker.....	12-2-9
Flagrant roughing of passer.....	12-2-8
Flagrant unsportsmanlike conduct by players.....	12-3-1

Player using a helmet as a weapon.....	12-2-15
Disqualified player returning (exclusion from field enclosure).....	5-2-7
Suspended player illegally returning.....	5-2-7
unnecessary physical contact with game official.....	12-3-1-g
Loss of Ball Penalties	
Ball being behind necessary line at end of fourth down.....	7-1-1
Kickers first touching kick (not a free kick in field of play).....	9-2-2
Kickers illegally touching free kick before it travels ten yards.....	9-2-2, 6-2-4
Interfering with fair catch (also fair catch allowed).....	10-1-1
Disqualification for Entire Game	
Repeat violation by player wearing or displaying illegal equipment.....	5-4-9
Charged Time Out Penalties	
Taking time out for injured player during last two minutes of either half (withdrawal only when fourth time out – also loss of five when fifth or more).....	4-5-4
Time Penalty	
Actions to conserve time.....	4-7-1
Fouling by defense, illegal touching or fair-catch interfering by offense or fouling by both teams at end of half during play in which time expires (extend quarter).....	4-8-2
Replay Penalties	
Team B fouling on Try which fails.....	11-3-3
Committing double foul unless dead-ball fouls by both teams after ball is dead.....	14-1-8 & 9; 14-3-1; & 14-3-2
Scoring Penalties	
Try Awarded	
Team B committing a foul during a Try which would ordinarily result in a safety.....	11-3-3
Score Awarded	
Repeated fouling by defense to prevent score.....	12-3-2
Touchdown Awarded	
Committing palpably unfair act which deprives opponent of a touchdown.....	12-3-3 and 13-1-7
Safety	
Offense fouling anywhere, and spot of enforcement is behind its own goal line.....	11-5-1 and 14-1-11
Intentional grounding in own end zone.....	8-2-1
Making a forward pass (not from scrimmage) from within passer's end zone.....	8-1-2 and 14-1-11
Score Not Allowed	
Offending team scores after foul during down in which time expires for half (also no extension of time).....	4-8-2

Unsuccessful Try	
Team A committing foul during a Try which would ordinarily result: in loss of down or in a touchback.....	11-3-2
in loss of ball in field of play (not during a kick).....	11-3-2
Team B recovering ball.....	11-3-2
New Series Penalties	
Team B committing a foul during play from scrimmage giving Team A first down irrespective of distance penalty (automatic first down).....	14-8-5
<i>Team B committing a foul not giving Team A first down unless enforcement places ball in advance of necessary line, i.e.,</i>	
excess time out.....	4-5-4
delay of game.....	5-6-5
illegal substitution.....	5-2-8
illegal equipment (suspension).....	5-4-9
encroachment	7-4-3
offside.....	7-4-5
neutral zone infraction.....	7-4-4
running into kicker.....	12-2-9
more than eleven players on field at snap or in formation.....	5-1-1
Team B interfering in field of play with a pass from behind line (distance penalty in addition when personal foul).....	8-5-1 and 12-2-11
Combination Penalties	
Loss of Down and Five	
Making a forward pass from scrimmage from beyond the line.....	8-1-2
Loss of Down and Ten	
Intentionally grounds pass (from behind line).....	8-2-1
illegally kicked ball.....	12-4-3
Loss of ball and Fifteen	
Interfering with a possible fair catch in field of play (also fair catch).....	10-1-1
Touchback	
Kickers illegally touching kick (not free kick) inside receiver five yard line.....	9-2-3
Fair-catch interfering or running into maker of in receiver's end zone.....	10-1-1
Score, Distance or Disqualification	
Referee makes equitable ruling:.....	15-2-1
player committing palpably unfair act.....	12-3-3
non-player committing palpably unfair act.....	13-1-7
Miscellaneous Situations	
Safety	
Ball in possession of team behind or out of bounds behind own goal line and impetus which sent it in touch came from player of that team.....	11-5-1

Kickoff Out of Bounds Between Goal Lines	
Receiver's ball at inbounds spot when last touched by them.....	6-2-3
Receiver's ball 25 yards from spot of kick.....	6-2-3
Ball Remains Dead	
Actions which delay game.....	4-6-1
Snapping before Officials assume normal position.....	4-6-1
Ball Dead Immediately	
Committing acts designed to consume time.....	4-7-1
Kickers recovering free kick.....	6-1-4
Kickers advancing after recovery of a scrimmage kick unless behind line other than a Try-kick (9-3-1).....	9-3-2
Any kick touching receiver's goal post or cross bar unless scoring field goal.....	6-1-5; 9-4-2; and 11-6-2
Official sounding whistle (even when accidental).....	7-2-1
Any receiver catching after fair-catch signal unless first touched by kickers.....	10-2-3
Penalty Enforced From Goal Line	
Defense fouling and spot of enforcement is behind goal line of offense.....	14-1-11
Runner crosses opponent's goal line and spot of enforcing foul by teammate during run is behind defense goal line.....	14-1-12
Penalty Enforced on Next Free Kick	
A team scoring and opponents commit a personal or unsportsmanlike conduct foul or a palpably unfair act, during down.....	14-1-14