

## **Penalties and Infractions**

### **DELAY OF GAME:** 30 SECONDS FROM WHEN BALL IS SPOTTED

- 1- loss of down; 2 in the last 5 minutes - loss of possession.

*\*On this rule the referee will try to allow a reasonable amount of time before calling infraction\**

### **EXCEED 4 SECOND COUNT:**

- 1 - loss of down; 2 in the last 5 minutes - loss of possession.

**NO BLOCKING:** Runner is down where the infraction happens.

**NO TACKLING:** 10 yards from the infraction and 1st down.

**HALF OR GAME CANNOT END ON DEFENSIVE PENALTY:** On the last play of the half or game the offense will receive one more play.

**OFFENSIVE INTERFERENCE:** Loss of down, no play.

### **DEFENSIVE INTERFERENCE:**

- Spot ball where infraction happened and 1st down (except in end zone, then the ball is spotted on the 3-yard line and 1st down)

**DEFENSIVE HOLDING:** 10 yards and 1st down

**DEFENSIVE HOLDING THE BALL CARRIER:** 10 yards and 1st down

### **BALL CARRIER SLAPPING AWAY DEFENDERS HANDS:**

- Dead ball, spotted where infraction happened

### **UNSPORTSMANLIKE CONDUCT:**

- 15 yards and 1st down if on defense; 15 yards and loss of down if on offense.

*\*If unsportsmanlike conduct is severe, discretion will be used by the field judge to handle the situation\**

*\*PLAYERS OR COACHES RECEIVING 2 UNSPORTSMANLIKE CONDUCT PENALTIES IN ONE GAME WILL BE EJECTED AND WILL NOT BE ALLOWED TO PLAY IN THE NEXT GAME\**

All rules are subject to interpretation by the field judge- rulings are final!