

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!