

Flag Football Penalties

VIOLATION	PENALTY	DOWN	ENFORCED
Delay of Game	5 yards	S.D.	L.O.S.
Encroachment/Offsides	5 yards	S.D.	L.O.S.
(Defense Violations)			
Holding	5 yards	1 st Down	L.O.S.
Pass Interference	12 yards	1 st Down	L.O.S.
Roughing the Passer	12 yards	1 st Down	L.O.S.
Illegal Pass Block	12 yards	1 st Down	L.O.S.
Unsportsmanlike Conduct	12 yards	1 st Down	L.O.S.
(Offense Violations)			
Flag Guarding/Charging	12 yards	L.O.D.	P.O.I.
Clipping	12 yards	S.D.	P.O.I.
Holding	12 yards	S.D.	P.O.I.
Illegal Block/Illegal Use of Hands	12 yards	S.D.	P.O.I.
Illegal Direct Run (Div 1 & 2)	5 yards	L.O.D.	L.O.S.
Illegal Forward Pass	5 yards	L.O.D.	L.O.S.
Illegal Huddle	5 yards	S.D.	L.O.S.
Intentional Grounding	5 yards	L.O.D.	L.O.S.
Pass Interference	12 yards	S.D.	L.O.S.
Running up the Middle	5 yards	L.O.D.	L.O.S.
Unsportsmanlike Conduct	12 yards	S.D.	L.O.S.
(Pre- Hike Violations)			
False Start	5 yards	S.D.	L.O.S.
Encroachment	5 yards	S.D.	L.O.S.
L.O.D. – Loss of Down	P.O.I. – Point of Infraction		
L.O.S. – Line of Scrimmage	S.D. – Same Down		