

Offense (O) Defense (D)	Summary of Penalties	Next Down	PENALTY	Enforcement Spot	Referee (R)	Back Judge (B)	Down Judge (DJ)	Field Judge (F)	Side Judge (SJ)	Note	whistle	RULE SECTION	Article	
[Enforcement spot] BS: Basic Spot, SF: Spot of Foul, SL: Scrimmage line, DB: Dead ball Spot														
The basic spot is the scrimmage line with the following exceptions: a. For offense fouls behind the scrimmage line, the basic spot is the spot of foul. AR 10-3-1-a-I to VIII b. For defense fouls when the dead ball spot is beyond the scrimmage line, the basic spot is the dead ball spot. AR 10-3-1-b-I to X c. For fouls after a change of team possession the basic spot will be the dead ball spot. If the foul is on the last related run from the team ending up in possession and the foul is behind the dead ball spot, the basic spot is the spot of foul. AR 10-3-1-c-I to VI d. For fouls after a change of team possession, committed by a team in their own end zone, before the ball is brought out of this end zone, the enforcement spot is the Touchback spot (own 5-yard line). AR 10-3-1-d-I to IV														
D	Defensive pass interference	AFD	10	BS		○	△	●		Pass interference is physical contact on a legal forward pass play up to the point where the pass is touched by a player or falls incomplete. Pass interference is contact that interferes with an opponent whilst the ball is in the air. It is the responsibility of the defender to avoid the opponents. It is not pass interference when 2 or more eligible players are making a simultaneous and fair attempt to touch, bat or catch the pass. Eligible players of either team have equal rights to the ball, but it is the responsibility of the player in the disadvantageous position to avoid the opponent. AR 7-3-3-I to III NOTE: Contact on a pass play before the pass has been thrown or if the pass does not cross thescrimmage line, is a foul for illegal contact (R 9-1-1).	OFF	7	3	3
O	Offensive pass interference	LOD												
D	Illegal contact by defense	AFD	10	BS	○	○	○	○		a. No player shall intentionally contact an opponent or an official. b. No player shall step, jump or stand on another player. c. No player shall hold another player. d. All stationary players have the right of place and opponents shall avoid contact. e. The runner has no right of way and is fully charged with avoiding contact with opponents. If runner and defender contribute equally to the contact, the foul is by the offense. f. All offensive players have the right of way as long as a legal forward pass is still possible and defenders shall avoid contact. When the forward pass is in the air all players have the right to play the ball, but not by aiming (playing through) an opponent. If receiver and defender contribute equally to an illegal contact, the foul is by the defense. g. All blitzers rushing according the rule have the right of way and offensive players shall avoid contact. NOTE: If there is no contact, it still could be a shield by the offensive player. h. No player shall commit aiming. AR 9-1-1-R-I to VIII, AR 9-1-1-B-I to XV	OFF	9	1	1
O	Illegal contact by offense	LOD												
D	Game interference by defense	AFD	10	BS	○	○	○	○		No substitute or coach shall contact or interfere in any way with the ball, a player or an official during the game.	OFF	9	1	2
O	Game interference by offense	LOD												
O	Delay of pass	LOD	-	SL	○					The quarterback has 7 seconds to pass or hand-off the ball after the snap.	ON	7	1	3
O	Illegal hand-off	LOD	5	SF	○					a. The offense may hand off the ball multiple times as long as both involved players are behind the scrimmage line, provided the ball has not been carried beyond the scrimmage line and it is prior to any change of team possession. b. No snapper shall receive a forward hand-off.	OFF	7	1	5
O	Illegal backward pass	LOD	5	SF	○	○	△			A runner may pass the ball backwards provided it has not previously been carried beyond the scrimmage line and it is prior to any change of team possession. AR 7-2-1-I to IV	OFF	7	2	1
O	Illegal touching	LOD	-	SL		○	○	○		a. The passer is only allowed to touch, bat or catch a pass that has been thrown by themselves after it has been touched by a defender. b. No offensive player who goes out of bounds voluntarily during a down shall touch a pass in flight. If an offensive player is forced out of bounds due to a foul and immediately returns to the field of play or end zone, the player remains eligible to touch or catch a pass.	OFF	7	2	5
O	Illegal forward pass	LOD	5	SF		△	○			A forward pass is illegal: a. If thrown by an offensive player who is beyond the scrimmage line when the ball is released. b. If thrown after a runner has gone beyond the scrimmage line. c. If it is the second forward pass by the offense during the same down. d. If thrown after team possession has changed during the down.	OFF	7	3	2
O	Illegal kick by runner	LOD	5	SF	○	○	○	○		The runner may not intentionally kick the ball. This foul causes the ball to become dead. AR 6-1-1-I and II	ON	6	1	1
O	Illegal run, illegal run play	LOD	5	SL		△	○			Illegal run: The quarterback cannot run with the ball beyond the scrimmage line, unless the ball has been solely possessed by another player and returned to them or touched by a defender while in flight. Iligal run play: When the ball is snapped on or inside the 5-yard line going towards the opponent's end zone (no-running zone), the offense shall make a forward pass play.	OFF	7	1	3
O	Jumping or diving	LOD	5	SF	○	○	○	○		Jumping is an attempt by the runner to avoid a flag pull by pushing off the ground and thus raisingthe level of the flags significantly compared to regular running. Jumping is a type of flag guarding and illegal. Diving is an attempt by the runner to avoid a flag pull or make the approach to the flag more difficult by leaning the upper body forward, with or without jumping, dipping or spinning. Diving is a type of flag guarding and is illegal. (Flag Football Rules 2023, p18)	OFF	9	2	2

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O	Flag guarding	LOD	5	SF	○	○	○	○		Flag guarding is an attempt by the runner to avoid a flag pull by covering the flag with any part of the body (hand, arm or leg) or with the ball or waving the hand below the hip in front of the flag before the flag pull attempt. Flag guarding is also stretching out a hand, with or without the ball, towards the opponent to make it more difficult for the defender to reach the flag.	OFF	9	2	2
O	Backward pass batted forward by passing team	LOD	5	SF	○		○			A backward pass shall not be batted forward by the passing team. Outside of the above restriction, inbound players are eligible to touch or bat a pass in any direction. AR 7-2-5-I to III	OFF	7	2	5
O	Illegal snap	REP	5	DB	○	○	○			After the snapper touches the ball, the snapper may not lift the ball, move it forward or simulate the start of the snap. Before the snap, the long axis of the ball shall be at right angles to the scrimmage line. A legal snap is handing or passing the ball backward from its position on the ground with a quick and continuous backward motion of the hand or hands that results in losing possession of the ball. The snap need not be between the snapper's legs.	ON	7	1	1
O	Delay of game	REP	5	DB			○			The ball shall be put in play within 25 seconds after the Referee has declared the ball ready for play.	ON	7	1	1
O	Encroachment	REP	5	DB	○	○	○			After the snapper touches the ball and before the ball is snapped all offensive players shall be in bounds behind their scrimmage line (encroachment).	ON	7	1	3
O	False start	REP	5	DB	○	○	○			No offensive player shall make a false start or make any abrupt movement that simulates the beginning of a play.	ON	7	1	3
O	Illegal shift	REP	5	SL	○	○	○			When the snap starts and 2 or more players are moving, it is an illegal shift. AR 7-1-3-II	ON	7	1	3
O	Illegal motion	REP	5	SL	○	△	○			When the snap starts, one offensive player may be in motion, may not be moving toward the opponent's goal line.	OFF	7	1	3
D	Offside	REP	5	DB	△		○			Before the ball is snapped all defenders shall be in bounds and behind their scrimmage line (offside). AR 7-1-4-I	ON	7	1	4
D	Disconcerting signals	REP	5	DB	○	△	○	△		No defender shall use words or signals that disconcert opponents when they are preparing to put the ball in play.	ON	7	1	4
D	Illegal blitz signal	REP	5	DB	○	△	○	△		A maximum of 2 players may establish themselves as a blitzer. If a player who signals is less than 7 yards from the scrimmage line or if a player is giving an invalid signal or if more than 2 players simultaneously keep their hand raised after the snapper has touched the ball, it is a foul for illegal signal. AR 7-1-4-II to VII	ON	7	1	4
D	Illegal rush	REP	5	SL		△		○		Any defender who has all parts of the body more than 7 yards away from the scrimmage line at the snap may cross the scrimmage line multiple times until the ball is dead. There is no requirement for a player requesting right of way to establish as blitzer and any player (> 7 yards) may rush the quarterback during the play. All defenders less than 7 yards away from their scrimmage line at the snap shall stay behind their scrimmage line until the ball has been handed off, fake handed off or passed by the quarterback.	OFF	7	1	4
O/D	Shielding	REP	5	BS	○	○	○	○		Shielding is obstructing an opponent without contact by moving into their path. A moving player without right of way who impedes an opponent from running a pass route, getting to the runner or impedes a legal blitzer is guilty of shielding. A player standing still (with the right of place) is not shielding, even if the player is obstructing an opponent. (Flag Football Rules 2023, p17)	OFF	9	2	2
D	Illegal flag pull	REP	5	BS	○	○	○	○		No player shall pull a flag from an opponent other than the runner, an opponent who simulates being the runner or when an opponent has touched the ball in flight. AR 9-2-2-X to XV	OFF	9	2	2
O/D	Illegal kicking a pass	REP	5	BS	○	○	○	○		No player shall intentionally kick a pass or a fumble. This foul does not change the status of the ball, except if a teammate of the fumbler kicks the ball.	OFF	9	2	2
O/D	Illegal participation	REP	5	SL	○	○	○	○		Participation by more than 5 players of one team is illegal.	ON	9	2	2
O/D	Side line interference	REP	5	SL	○	○	○	○		Coaches and substitutes may not be outside the team area during a down.	OFF	9	2	2
O/D	Charged timeout without a timeout left	REP	5	DB	○	○	○	○		A charged team timeout shall not exceed 60 seconds. The Referee can shorten any charged timeout by agreement of both teams.	ON	9	2	2
O/D	Illegal substitution	REP	5	SL	○	○	○	○		The offense may substitute until the snapper touches the ball. The defense may substitute until the ball is snapped.	ON	9	3	1
O/D	Unsportsmanlike acts	REP	10	DB	○	○	○	○		#Use of abusive, threatening or obscene language or gestures, or engaging in such acts that provoke ill will or are demeaning. AR 9-2-1-I #If a player is neither returning the ball to the next spot nor leaving it near the dead ball spot. #If a player is neither immediately returning a pulled flag to the opponent nor leaving it near the spot where it has been pulled. It is preferable for players to return the flag to the opponent.No offensive player shall enter or leave the field of play after the snapper has touched the ball. #Any player or coach who commits two unsportsmanlike acts during the same game shall be disqualified.	ON	9 10	2 1	1 1
O/D	CHARGED TIMEOUT				○	○	○	○		No player wearing illegal equipment or missing mandatory equipment shall be permitted to play. A player with a bleeding wound shall leave the field. Players shall leave the field immediately after being ordered to do so by an official.	ON	9	2	2
					○					If the challenge is not permitted or the ruling is not altered, the requesting team will be charged with a timeout and granted the full time allowed for this. If the team has no timeouts remaining or the game is in overtime, it is a violation and no timeout will be granted. → Penalty - 5 yards from SL, if no timeouts remain. REP down.	ON	12	1	4