

| Defensive Penalties                |                                       |
|------------------------------------|---------------------------------------|
| Offsides                           | 5 Yards from LOS & Auto 1st Down      |
| Illegal Rush                       | 5 Yards from LOS & Auto 1st Down      |
| Illegal Flag Pull                  | 5 Yards from LOS & Auto 1st Down      |
| Illegal substitution               | 5 Yards from LOS & Auto 1st Down      |
| Roughing the Passer                | 5 Yards from LOS & Auto 1st Down      |
| Taunting                           | 5 Yards from LOS & Auto 1st Down      |
| Unsportsmanlike                    | 10 Yards & Auto 1st Down              |
| Unnecessary Roughness              | 10 Yards & Auto 1st Down              |
| Pass Interference/ Illegal contact | <b>SPOT FOUL</b> & Auto1st Down       |
| Holding                            | <b>SPOT FOUL</b> 5 Yards & Auto1st    |
| Stripping                          | <b>SPOT FOUL</b> + 5 Yards & Auto 1st |

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| Offensive Penalties                   |                                          |
|---------------------------------------|------------------------------------------|
| Offsides/ False Start / Procedure     | 5 Yards from LOS & Loss of Down          |
| Illegal Forward Pass                  | 5 Yards from LOS & Loss of Down          |
| Pass Interference/ Illegal contact    | 5 Yards from LOS & Loss of Down          |
| Illegal Motion / Illegal Substitution | 5 Yards from LOS & Loss of Down          |
| Delay of Game                         | 5 Yards from LOS & Loss of Down          |
| Impeding the Rusher                   | 5 Yards from LOS & Loss of Down          |
| Taunting                              | 5 Yards from LOS & Loss of Down          |
| Unsportsmanlike                       | 10 Yards & Loss of Down                  |
| Unnecessary Roughness                 | 10 Yards & Loss of Down                  |
| Screening, Blocking                   | <b>SPOT FOUL</b> -5 Yards & Loss of Down |
| Charging                              | <b>SPOT FOUL</b> -5 Yards & Loss of Down |
| Flag Guarding                         | <b>SPOT FOUL</b> -5 Yards & Loss of Down |

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