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1. INTRODUCTION

The purpose of The Community House Flag Football Program is to provide young players with an opportunity to participate in athletics in an environment that is fun as well as educational. It is our philosophy that balanced athletic competition in a team environment promotes sportsmanship, cooperation, leadership skills, and the benefits of exercise and hard work. These are attributes that are displayed not only by elite athletes, but also by good students, conscientious citizens, and successful professionals. These rules are not intended to intensify the competitive nature of our league, but to improve the quality of play and provide each team and player with every chance of success.

2. ROSTERS/ PLAYING TIME FOR PLAYERS

All player additions/transfers must be first cleared through the league director and the coach of that team. Illegal players (via protest procedures) will result in a forfeit by the offending team. The team manager may be held responsible and miss the following game. League management reserves the right to modify this rule based on teams depleted by injuries or unforeseen circumstances.

- All players are required to get equal playing time.
- All players are encouraged to play every position on the field at least once throughout the season. **The only exception to this rule is if a child is not attending weekly practice.**
- Each team will consist of approximately 10-12 players assigned to one team.
- Each team shall start the game with 6 players. If a team cannot field at least 5 players; the game may be cancelled or the team with lesser players will forfeit. If a forfeit occurs, both teams can choose to game with the available players and even out both teams as needed.

3. PRACTICES

Practice times are up to the coaches. It is also up to the coaches to find a practice area for your team to hold their practice each week. The Community House suggests using local parks, schools and/or Katherine Legge Park. **Robbins Parks Fields are not available due to other Recreation programs and other sports organizations.**

You are allowed to practice up to 2 times a week until opening games. After opening games, you are only allowed one practice per week.

4. MOUTH GUARDS/ EQUIPMENT

- Flag Belts-Every player must wear flags supplied by The League. No alternative flags will be allowed. This flag must be brought to each practice. Game flags will be supplied by the league.
- Team Uniforms-Each team must wear team jerseys or like color. Team jerseys or clothing must not, in any way, alter the defensive's team's ability to remove the flags.
- **No pants/shorts with zippers, belt loops, or pockets. Pockets/belt loops must be taped shut and shirts must be tucked in. Games will NOT be delayed for taping pants/shorts.**
- No jewelry or hats (EXCEPT winter beanies).

- No pads, dangerous equipment or apparel will be allowed. Braces with exposed metals are not allowed.
- Soft, rounded spikes allowed for outdoor play. **No metal spikes.**
- Football Gloves are highly recommended. Players may tape their forearms, hands, and fingers.
- Football Sizes
 - 1st-4th Grade Football Size: Pee Size
 - 5th/6th Grade Football Size: Junior Size
 - 7th/8th Grade Football Size: Youth Size
- **Mouth guards are to be always worn during games, no exceptions.**
 - Each player must have a mouthpiece to be eligible to play.
 - A player who does not have a mouth guard during the game will have a flag thrown.
 - This will result in a **fifteen-yard penalty** and a loss of a down or if the defense is penalized with this infraction, they will receive a fifteen yard penalty and the offense will get an automatic first down.
 - The player will be asked to leave the field till he/she has their mouth guard. (They may return to play once they have the mouth guard)

****Coaches, this rule will be enforced the first week of the season. Please note: This rule has been put into place for the safety of the children and all who participate in the league.**

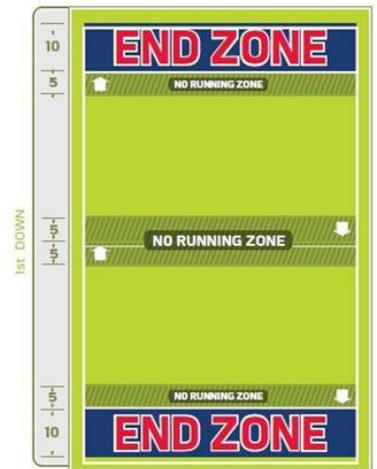
5. FIELD DIMENSIONS AND SIZE (1ST/2ND & 7TH/8TH GRADE)

Field size: 80 yards, 60 yards of total play

- (2) 30 yard zones
- (2) end zones
- (2) 5 yard no rush zones at each end zone*
- (1) **5 yard no rush zone at mid field (5 yards before the mid field line in the direction the offense is going)**
- (1) first down line at mid field

***No Rush Zones:** No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

- Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).



6. NUMBER OF COACHES ON FIELD

1st & 2nd grade teams may have **two** coaches on the field for offense & defense

3rd-6th grade teams may have **one** coach on the field for offense & defense

7th & 8th grade teams may have **one** coach on the field for offense only.

7. NUMBER OF OFFICIALS

1st/2nd Grade: 1 official

3rd/4th Grade: 2 officials

5th/6th Grade: 2 officials

7th/8th Grade: 1 official

8. GAME FORMAT

Halves: (2) 20 minute halves –

Stoppages: Only will occur for time outs, after an extra point, injuries, and last minute of the game. (clock does not stop for incomplete passes, out of bounds, change of possession). OR if a rule clarification is needed (see section 22)

- **Last minute of game:** the clock will stop for the final minute of the game for the following actions: incompletions, out of bounds, QB sack or kneel downs, change of possession, penalties.
 - If it's an offensive penalty the clock will start on the official unless dead ball foul.

Play Clock: 30 second play clock for all divisions – teams will receive 1 warning before delay of game is enforced

Half Time: 1-5 minutes (time permitting)

Time outs: All teams in all divisions will have 2 (30) thirty second timeouts per half

-Time outs do not carry over

- Official timeouts will be at the referees' discretion

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes start the second half to the team that started the game on defense.
- The offensive team takes possession of the ball at its 5-yard line.
All grades: has three (3) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown
- **If the offensive team fails to cross midfield, on 3 downs, and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.**
- All possession changes, **except interceptions**, start on the offense's 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.
- Games cannot end in a defensive penalty.

9. SCORING

- **Touchdown:** 6 points
- **PAT** (point after touchdown) *Interceptions are not returnable for PAT.*
 - 1 point (5-yard line) – passing only
 - 2 points (10-yard line) – pass or run option

- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout.
 - A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
- **Safety: 2 points**
 - A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

10. OFFENSIVE FORMATIONS/POSITIONS

- OFFENSE: **6 Players**
 - 1 Quarterback
 - **Pass Clock**
 - 1st/2nd grade- no pass clock
 - 3rd-6th- 10 seconds
 - 7th/8th- 7 seconds

The quarterback has a “pass clock.” If a pass is not thrown within the allotted time, the play is dead, the down is consumed and the ball is returned to the line of game. Once the ball is handed off, the rule is no longer in effect. **The pass clock count starts on the snap of the ball no matter what offensive play is attempted.**

- **1 required linemen (center) on LOS**
 - **Can option for up to 3 linemen on LOS**
 - The linemen must line-up within one arm’s length of each other
 - **No blocking or “screening” is allowed at any time.**
- Remaining Players
 - The remaining offensive players may line up in any formation. These players can be receivers, running backs or QB.
 - There **does not** have to be a running back in the backfield.
- Only **ONE** offensive player may be shifting their position at the same time prior to the QB starting the play. Their movement may be in any direction except towards the line of game
- **All players are eligible to receive a pass at any time.**
 - Center cannot take a handoff from the QB
- Cadence
 - **1st-2nd division:** A play begins with the QB, holding the ball, no more than 5 yards behind the center, calls READY, SET, HIKE. There are no substitutions or changes to this cadence. The QB may not call “on-two” or any other variation.
 - **3rd-8th Grade:** Play begins when the center snaps the ball to

the quarterback. A mishandled or fumbled snap is a dead ball at the spot the ball lands. The center may snap between the legs or sideways. Teams can use any cadence, hard, or stutter counts

- Hiking the ball – only a direct snap to the QB is allowed
 - 1st/2nd grade- option to have QB start with the ball or have center hand the ball to the QB
 - 3rd-6th grade- option to have center hand the ball to the QB or traditional hike
 - 7th/8th grade- traditional hike only
- Advise your players to look at the referee to see if they are standing legally before the play begins. The referee will acknowledge and advise each player as to what they need to do to be “on-side.” Delay of game may still be called if players are taking longer than allowed to be set.

11. DEFENSIVE FORMATIONS/POSITIONS

DEFENSE: 6 Players

- **Linemen** : must line-up within the width of the offensive linemen on the line of game.
 - **Defensive linemen must line up 2 yard from the line of game (this is intended to allow offensive plays to develop)** This is determined by the official.
 - Unless the ball is at the +1 then the Defense can start at Goal line.
 - **3 point stance is allowed for our Flag Football League**
- **Rushing the Quarter Back**
 - **RUSHING THE QUARTERBACK IS ALLOWED!**
 - **All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.** Any number of players can rush the quarterback. Players who are not rushing the quarterback can defend on the line of scrimmage.
- Advise your players to look at the referee to see if they are standing legally before the play begins. The referee will acknowledge and advise each player as to what they need to do to be “on-side.” Delay of game may still be called if players are taking longer than allowed to be set

12. BALL POSSESSION/LIVE OR DEAD BALL

- **The ball is live at the snap of the ball and remains live until the official whistles the ball dead.** If there is a bad snap, the ball is dead and placed at the LOS. There is NO loss of yardage.
- Forward runs or passes (beyond the LOS) are acceptable.
- **NO DIRECT QB RUNS ARE ALLOWED!**
- Pass receptions must be made with **ONE FOOT** landing in bounds.
- If possession of the ball is lost simultaneously when the receiver hits the ground, it is not a reception.

- **Ball carriers cannot purposefully run towards defenders or purposefully make contact.** This is considered charging unless referee determines unsportsmanlike conduct. Ejections are possible.
- **Fumbles: No fumbles, the ball is dead where it hits the ground.** Forward fumbles will result in the ball being spotted where the carrier fumbled the ball, not forward of that point.
If an official believes a ball was fumbled forward on purpose, the official may spot the ball where the ball left possession of the ball carrier.
 - If a ball is fumbled in the end zone behind the offensive team, this will be considered a safety.

The play is dead when the following occurs:

- Ball touches the ground
- Pass clock expires
- Flag is pulled
- Runner's elbow or knee touches the ground
- Runner steps out of bounds (stepping on out of bounds line counts as OOB)
- Runner loses his flag then the opposing team must touch him down.
- Runner dives, jumps or leaps; ball is spotted where the runner left his feet.
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)
- Touchdown or PAT is scored
- Running in a no run zone

Possession Changes

- If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- If the offensive team fails to cross midfield and/or gain a first down, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.

Loss of Ball Possession

- Failure to make a first down.
- Interceptions may be returned for a TD. The team who threw the interception may try to de-flag the ball carrier. If the ball carrier does not return the interception for a TD then the possession begins where the defender was flagged. Interceptions are not returnable for PAT.

Intentional Penalties

- If the offense/defense commits an "intentional" penalty in the last two minutes of a game that is 10 points or less at the time, this may be penalized as an intentional unsportsmanlike conduct and called at the discretion of the official. If an "intentional" penalty is called, penalty is loss of down (offense only) and clock does not stop.

13. RUNNING

- **Running plays and running up the middle is allowed except for no rush zones**

- **If your offense is 5 yards or less from the goal line:**
 - The offense must pass the ball if they are on or closer to the goal line than the 5 yard line. **Teams do not have the option to run;** a legal forward pass must be completed to score from this position on the field.
- **No-Run Zones**
 - 5 yards before each end zone and 5 yards each way of the mid-line
- **NO DIRECT center “sneaks” or hand offs**

There must not be any purposeful contact during run plays/running up the middle

- **Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.**
- A play will be considered a run play, when the ball carrier crosses the line of game, or if a player takes a hand-off from the quarterback and does not cross the line of game in the allotted time. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass are allowed. **This pass must be made in the allotted pass clock time.**
- The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress is measured by runner’s front foot.
- The ball carrier cannot leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered **flag guarding**. Spinning is allowed as long as the player does not leave their feet. Players spinning out of control will be called for **flag guarding**.
- **Ball carriers cannot purposefully run towards defenders or purposefully make contact.** This is considered charging unless referee determines unsportsmanlike conduct. Ejections are possible.
- **Once the ball has been handed off in front, behind, or to the side of the QB, defensive players are eligible to rush.**

14. PASSING/RECEIVING

- Pass Clock – If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
 - 1st/2nd grade- no pass clock
 - 3rd-6th- 10 seconds
 - 7th/8th- 7 seconds
- All players are eligible to receive passes (including QB if ball is handed off or double pass behind LOS) and must have one foot inbounds for receptions.
- Forward pass can be underhand or overhand as long as it is beyond the LOS made behind the LOS.

- All grade levels have the option to throw a backward pass for a **double pass play**. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. The second pass must be thrown before the pass clock expires.
- The QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.
- In the case of simultaneous possession by both offensive and defensive player, possession is awarded to the offense.

15. DOWNING THE BALL CARRIER/FLAG PULLING

- Players must have possession of the ball before they can be legally de-flagged. The ball is placed where the flag is pulled, not where the ball is when the flag is pulled.
- When a runner loses their flag in the open field it is the referee's discretion whether the defense caused the flags to come off. If the referee deems the flags came off because of the defense, he will blow the whistle and call the play dead at that point. If the referee deems the defense did not cause the flags to come off, play continues, and the de-flagging reverts to a **one-hand touch anywhere on the player's body. (Play until the whistle)**
- It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. Tampering with the belt in any way to gain an advantage is considered unsportsmanlike.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- Diving in an attempt to remove a flag is legal as long as no contact is made. No tackling, holding onto, or running through the ball-carrier when pulling flags. Any unnecessary contact, purposefully running into opposing player (ball carrier or not), or diving into a player is illegal contact.
- The ball carrier is not allowed to dive to gain yardage at any time. If in the judgment of the referee, contact results from a ball carrier diving, an **unnecessary roughness penalty** may be called.
- **Flag guarding** is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or intentionally covering flags with football jersey.

16. FORFEITS

Each team shall start the game with 6 players. If a team cannot field at least 5 players; the game may be cancelled or the team with lesser players will forfeit. If a forfeit occurs, both teams can choose to game with the available players and even out both teams as needed.

Forfeits are recorded as 28-0 for the winning team.

17. MERCY RULE

If a team is up by 30 or more, they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 30 pts. Then regular game rules apply.

The team that is behind by 30 or more points will start their offensive possession at the +10 yard line and get 4 downs to score. If the point difference is trimmed below 30 pts, then regular game rules apply

18. INJURIES

If a player is bleeding, they must leave the field of play and stop the bleeding or bandage it up and then report to the official for clearance to resume play. (First Aid WILL BE PROVIDED BY LEAGUE; however, it is also the responsibility of each team to provide their own first aid kit).

The clock has to stop for an injury and the child must leave the field for one play.

19. OVERTIME/PLAYOFFS

Overtime is for playoffs only. Playoffs are only for 3rd-8th grade. Due to field space and our attempt to not have kids playing through the cold weather in November, not all teams will make the playoffs. The number of teams making it to the playoffs will depend entirely on how many teams each age division will have.

Playoff seeding is based on the end of the regular season Win/Loss records and tiebreakers are below.

Playoff Tiebreakers

*2 Teams:

1. Overall record
2. Head to head matchup (if teams did not play each other, move to #3)
3. Overall points against for season
4. Season Forfeits
5. Coin flip

*3 or more Teams:

1. Overall Record
2. Head to Head match up- if each team played each other in the tie (if one wins out, the remaining two teams revert to 2 team tie breaker rules)
This only applies if all teams tied have played each other an equal number of times (if not, move to #3)
3. Overall Points against for season
4. Season Forfeits
5. Coin flip

Over time rules (playoffs only):

1. Overtime period will take place with each team receiving a possession.
No time outs in OT
2. Coin flip determines choice of 1st or 2nd possession
3. Possession begins at the 10 yard line (both teams will go in the same direction)
If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion (see PAT).

4. If the Defense intercepts the ball its a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on it's 1st Defensive possession per OT.
5. If the game is still tied, overtime will be repeated until there is a winner.
6. Offensive team will get 2 downs to score from the +10 yard line
7. Teams alternate first possession each overtime period

20. BAD WEATHER

Games will be cancelled if there is lighting, thunder or hard rain. If there is light rain or sprinkles games will go forward that day. Thorguard Lightning Detection System The Flag Football website will have the most up to date info on field conditions and rain cancellations.

21. Call Questioning/Incorrect Call

If at any point coaches feel a wrong call is made or the referees are not sure of the ruling; stop the clock and look in the rules to confirm the ruling on a call made. Rules are on Quickscores and in the field binders. The clock starts at the start of the 30 second play clock.

If the call is made correct by the ref- continue on as is

If a call is made incorrect by the ref- the team effected has the choice to replay the down or continue as is

Coaches questioning a call must talk to the refs in an appropriate manner.

22. CODE OF CONDUCT

The Community House league philosophy focuses on participation, sportsmanship, learning the fundamentals of the game and creating an atmosphere for all players to succeed. Our league expectations are that everyone plays, everyone receives equal playing time, rotates positions, and no players are cut from our program. The Community House believes that the adults involved in our youth sports leagues are role models of sportsmanship, respect, and self-control. Every decision made and behavior displayed should always be what is in the best interest of the young athletes participating in our league. Players, coaches, parents, officials and staff are expected to continually reinforce the attributes of sportsmanship, hard work, and positive thinking during the season.

This is a recreational league. All players are to have equal playing time regardless of abilities, size, or athleticism.

Individuals who fail to comply with The Community House league rules and expectations will be subject to disciplinary action. This includes but is not limited to the following order or combinations as decided by the league and severity of the situation:

1. Verbal or written warning issued by league
2. Immediate ejection from game (by league or officials)
3. Suspended from game, or multiple games
4. Removal (as coach or spectator) from the league

Some disciplinary actions may follow from one league to the next or can span over multiple seasons

23. PENALTIES

1. The League (and officials) reserves the right to suspend or eject a player(s), coach(es) and/or parent/spectators for verbal abuse and/or misconduct.
2. Fans, players, and coaches are all part of the team. Any penalties by any parties will go against their team.
3. Referees will call all penalties and decide on any suspensions, ejections, or have players sit out part or all game. Referees have the authority to rule any situation not covered in this rule book. **REFEREE DISCRETION IS FINAL.**
4. Referees determine incidental contact that may result from normal run of play
5. All penalties will be assessed from the LOS except noted spot fouls
6. ONLY the head coach may ask the referee questions about rule clarification and interpretations. Players or parents may not questions calls.
7. Games cannot end in defensive penalties unless offense declines it
8. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete
9. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
10. Offensive first downs can occur depending on the yardage and defensive penalty
11. *Offense can decide to accept or decline penalty based on the outcome
12. Ejections- Any players, coaches or parent/spectators ejected have two (2) minutes to leave the park. If they do not leave the park or refuse, the game will be declared a forfeit and the offending team will receive a loss and the opposing team will receive a win.

Defensive Penalties

Defensive passing inference (Spot Foul)	Ball placed at spot of foul/ automatic first down*
Stripping ball (Spot Foul)	Ball placed at spot of foul/ automatic first down*
Unsportsmanlike conduct (intentional penalties included)	+15 yards/automatic first down (possible ejection)
Roughing the passer	+15 yards/automatic first down
Unnecessary Roughness	+15 yards/automatic first down
Tackling/clipping	+15 yards/automatic first down (possible ejection)
Tackling with a clear path to end zone	Automatic touchdown (possible ejection)
Contact with an Official (player)	+15 yards/automatic first down (possible ejection)
Contact with an Official (coach)	+15 yards/automatic first down (automatic ejection/possible suspension)
Player without a mouthguard	+15 yards/automatic first down
Illegal Contact (deliberate contact with opposing player, diving into another player, tripping, obstructing forward motion for ball carrier (holding, grasping holding while attempting flag pull etc.), etc.	+15 yards/replay down * (possible ejection)
Holding	+10 yards/replay down*
Begging a call (this can occur from players, coaches, or spectators)	+10 yards from end of play
Encroachment (defense passes over the plane of the L.O.S. and touches a player before the play begins)	+10 yards/replay down
Offsides (any defensive players cross the L.O.S.)	+5 yards/replay down
Illegal Rush	+5 yards/replay down *
Delay of Game	+5 yards/replay down
Illegal Formation	+5 yards/replay down
Illegal Flag Pull (before player has ball)	+5 yards/replay down
Calling additional timeout	+5 yards/replay down (clock does NOT stop)
Trash Talking/Taunting No trash talking or taunting of opponents and/or referees either on the field or from the sidelines. This applies to fans, coaches, and players anywhere on the field (sidelines included). Parent/spectators can cause penalties for child's team.	1 st offense -- +15 yards/team warning 2 nd offense -- +15 yards/automatic first down 3 rd offense – Automatic forfeit for offending team Possible ejections or suspensions. Any parent/spectator that makes remarks to the field can be asked to leave the premises.

Offensive Penalties

Unsportsmanlike conduct (intentional penalties included)	-15 yards/loss of down (possible ejection)
Unnecessary Roughness (charging, dropping head, shoulder, etc..)	-15 yards/loss of down (possible ejection)
Player without a mouthguard	-15 yards/loss of down
Contact with an Official (player)	-15 yards/loss of down (possible ejection)
Contact with an Official (coach)	-15 yards/loss of down (automatic ejection/possible suspension)
Offensive passing inference	-10 yards/replay down
Hurdling/Leaping (spot foul)	-10 yards/loss of down (play dead at spot of foul)
Begging a call (this can occur from players, coaches, or spectators)	-10 yards from end of play
Illegal Forward Pass (QB steps over LOS or QB throws fwd pass behind LOS)	-5 yards/loss of down

Illegal Formation	-5 yards/replay down
Illegal Motion (2 men in motion or motion towards LOS)	-5 yards/replay down
False Start (offensive player moves before play begins)	-5 yards/replay down
Intentional Grounding	-5 yards/loss of down
Calling additional timeout	-5 yards/replay down (clock does NOT stop)
Flag Guarding (spot foul-including stiff arms)	-5 yards from spot of foul/loss of down
Illegal Run (no run zone/QB run)	-5 yards/loss of down
Delay of Game	-5 yards/replay down
Blocking/Screening (No blocking or "screening" is allowed at any time)	-5 yards/loss of down (play dead at spot of foul)