78th Precinct Flag Football
2014 Rules Crib Sheet

Defensive Penalties

#	Penalty	Yards	From	Down
1	OFFSIDES	5	LOS	REPLAY
2	ILLEGAL RUSH	5	LOS	REPLAY
3	TOO MANY MEN	5	LOS	REPLAY
4	ILLEGAL SUBSTITUTION	5	LOS	REPLAY
5	ILLEGAL CONTACT	5	LOS	AUTO 1ST
6	ILLEGAL FLAG PULL	5	SPOT	AUTO 1ST
7	PASS INTERFERENCE	BALL IS PLACED AT SPOT		AUTO 1ST
8	ROUGHING THE PASSER	10	LOS	AUTO 1ST
9	STRIPPING	5	SPOT	AUTO 1ST
10	TACKLING	10	SPOT	AUTO 1ST
11	TACKLING IN THE CLEAR	AUTO TD & 2 PT CONVERSION		
12	UNNECESSARY ROUGHNESS / TAUNTING	10	END OF PLAY	AUTO 1ST

Offensive Penalties

#		Penalty	Yards	From	Down
1	Dead-Ball	DELAY OF GAME	5	LOS	REPLAY
2	Dead-Ball	ILLEGAL MOTION	5	LOS	REPLAY
3	Dead-Ball	OFFSIDES / FALSE START	5	LOS	REPLAY
4		CHARGING	10	SPOT	LOSS
5		ILLEGAL FORWARD PASS	5	LOS	LOSS
6		ILLEGAL SCREEN / BLOCK	5	SPOT	LOSS
7		IMPEDING THE RUSHER	10	LOS	LOSS
8		FLAG GUARDING	10	SPOT	LOSS
9		PASS INTEREFERENCE	5	LOS	LOSS
10		INTENTIONAL GROUNDING	5	SPOT	LOSS
11		ILLEGAL TOUCHING	5	LOS	LOSS
12		UNNECESSARY ROUGHNESS / TAUNTING	10	END OF PLAY	AUTO 1ST

If the penalty occurs after a TD, the defense can enforce the penalty on the extra point or on their next offensive drive.

General Notes About Penalties:

If a penalty is a *loss of down penalty,* that means that if a loss of down penalty is committed on 1st down, that does not mean that you lose 2nd down and it goes to 3rd down. It simply means that you will not get to replay 1st down even though a penalty was enforced.

If a team crosses midfield to get the first down, but a penalty puts them back behind midfield, they will **not** get the first down. For example, if team A is on offense and team B is on defense, and the ball is spotted 3 yards before the first down line, and it is second down. Team A runs a short pass that is completed, but the receiver flag guards 3 yards past midfield, that is a 5 yard penalty, so the ball would then be spotted 2 yards *before* midfield and it would be 3rd down since it is a loss of down penalty.

EXTRA POINTS:

PTS	FROM	RUN / PASS
1	5 YARD LINE	RUN ONLY
2	12 YARD LINE	RUN OR PASS

INTERCEPTIONS ON EXTRA PTS CAN NOT BE RETURNED. COACH CANNOT CHANGE DECISION AFTER A PENALTY.

- HANDOFFS, PASSES & LATERALS CAN ONLY BE COMPLETED BEHIND THE LOS
- ANY PART OF QB'S FOOT OVER LOS IS AN ILLEGAL FORWARD PASS PENALTY

- NO RUN ZONES: CANNOT RUN THE BALL, MUST PASS. CAN ALSO HANDOFF OR LATERAL BUT NO RUNNING ALLOWED (BUT 7 SECOND PLAYCLOCK IS DIFFUSED)

- IF A RUNNING PLAY IS MISTAKENLY RUN IN THE NO RUN ZONE, THE DOWN WILL BE REPLAYED; IF THIS HAPPENS IN THE LAST TWO MINUES, TIME IS PUT BACK ON THE CLOCK