

## Loss of 5 Yards

Delay of Game	5 yards; Previous Spot	S 7-21
Failure to properly wear mandatory player equipment just before snap	5 yards; Previous Spot	S 7-21-23
Illegal Substitution	5 yards; Previous Spot	S 22
Free Kick Infraction	5 yards; Previous Spot	S 7-19
Encroachment	5 yards; Previous Spot	S 7-18
Free Kick out of Bounds	Options: 5 yards & Previous Spot; out of bounds spot; or 25 yards from free kick line	S 19
Invalid fair-catch signal	5 yards; Post Scrimmage Kick spot	S 32
Illegal fair-catch signal	5 yards; Spot of the foul	S 32
Snap Infraction	5 yards; Previous Spot	S 7-19
False Start	5 yards; Previous Spot	S 7-19
Illegal Formation	5 yards; Previous Spot	S 19
Less than 7 players on A's line or numbering violation	5 yards; Previous Spot	S 19
Illegal Shift or Illegal Motion	5 yards; Previous Spot	S 20
Planned Loose-Ball Infraction	5 yards; Previous Spot	S 19
Illegal Handing Ball forward	5 yards; Spot of the foul + loss of down	S 35-9
Illegal Forward Pass by A	5 yards; Spot of the foul + loss of down	S 35-9
Illegal Forward Pass by B ( <i>after change of possession</i> )	5 yards; Spot of the foul no loss of down	S 35
Intentional Grounding	5 yards; Spot of the foul + loss of down	S 36-9
Ineligible Receiver Illegally Downfield	5 yards; Previous Spot	S 37
Illegal Touching	5 yards; Spot of the foul + loss of down	S 16-9
Helping the Runner	5 yards; Spot of the foul	S 44
Incidental Grasping of an Opponent's Face Mask ( <i>any helmet opening, chin strap or attached tooth &amp; mouth protector</i> )	5 yards; End of the run	S 45
Running into the Kicker/Holder	5 yards; Previous Spot	S 30
Sideline Interference	5 yards; Previous Spot	S 7-29
Failure to Properly Wear Mandatory Player Equipment during the down	5 yards; End of the run	S 27-23
Attendant Illegally on Field	5 yards; Previous Spot if before snap; or post snap, then end of the run	S 19
Non-Player Outside of the Team Box But Not on Field	5 yards; Previous Spot if before snap; or post snap, then end of the run	S 7-29

## Loss of 10 Yards

Illegal Blocking Technique	10 yards; End of the run or spot of the foul; most severe penalty	S 42
Interlocked Blocking	10 yards; End of the run or spot of the foul; most severe penalty	S 44
Holding	10 yards; End of the run or spot of the foul; most severe penalty	S 42
Runner Grasping a Teammate	10 yards; End of the run or spot of the foul; most severe penalty	S 42
Illegal Use of Hands or Arms	10 yards; End of the run or spot of the foul; most severe penalty	S 42
Illegal Block in the back	10 yards; End of the run or spot of the foul; most severe penalty	S 43
Illegal Block on Free Kicks against K	10 yards; Previous Spot	S 43

## Loss of 15 Yards

Unsportsmanlike Conduct by Player or Non-Player	15 yards; Previous Spot if before snap; or post snap, then SS	S 27
Contact against a Defenseless Player	15 yards; End of the run or spot of the foul; most severe penalty	S 24
Illegal Kicking or Batting Ball	15 yards; End of the run or spot of the foul; most severe penalty	S 31
Illegal Block after Valid or Invalid Fair Catch Signal	15 yards from the PSK spot, end of the run or spot of the foul; most severe penalty	S 43
Kick Catch Interference	R may accept results of the play; or awarded fair catch after enforcement of a 15 yard penalty from spot of the foul; or a 15 yard penalty from Previous Spot and replay the down	S 33

# GOC Penalty Enforcement Guide



Forward Pass Interference ( <i>Offensive or Defensive</i> )	15 yards; Previous Spot; if intentional, + 15 yards awarded	S 33; S 27 (Intentional)
Illegal Block below Waist or on Free Kicker or Holder	15 yards; Previous Spot	S 40
Clipping	15 yards; End of the run or spot of the foul; most severe penalty	S 39
Chop Block	15 yards; Previous Spot	S 41
Tripping	15 yards; End of the run spot of the foul; most severe penalty	S 46
Illegal Personal Contact outside Restricted Area	15 yards; End of the run	S 38
Charging into an Opponent Obviously Out of the Play	15 yards; End of the run or spot of the foul; most severe penalty	S 38
Grasping an Opponent's Face Mask ( <i>any helmet opening, chin strap or attached tooth &amp; mouth protector</i> )	15 yards; End of the run	S 38-45
Butt Block Face Tackle or Spear ( <i>Illegal Helmet Contact</i> )	15 yards; End of the run	S 24
Horse Collar	15 yards; End of the run	S 38-25
Initiate Contact with a Helmet-Less Opponent	15 yards; End of the run or spot of the foul; most severe penalty	S 38
Blindside Block	15 yards; End of the run or spot of the foul; most severe penalty	S 26
Targeting an Opponent	15 yards; End of the run or spot of the foul; most severe penalty	S 38-24
Roughing the Passer	15 yards; Previous Spot + automatic first down	S 34
Roughing Kicker or Holder	15 yards; Previous Spot + automatic first down	S 38-30
Roughing Snapper	15 yards; Previous Spot + automatic first down	S 38
Slapping Blockers Head	15 yards; Previous Spot or End of the run	S 38
Illegal Personal Contact in Restricted Area	15 yards; End of the run	S 38-29
Illegal Participation	15 yards; Basic Spot or Previous Spot	S 28

Participating without a helmet beyond immediate action	15 yards; End of the run or spot of the foul; most severe penalty	S 28
Hurdling	15 yards; End of the run or spot of the foul; most severe penalty	S 38
Sideline Interference ( <i>third and subsequent</i> )	15 yards; SS	S 7-29-27
Non-Player Illegally on Field	15 yards; Previous Spot if before snap; or if ball is snapped, then succeeding spot	S 27
Unfair Acts	15 yards; End of the run	S 27

## Disqualification Associated with Certain 15 Yard Penalties

Fighting by Player	15 yards; End of the run + disqualification	S 38-47
Fighting by Non-Player	15 yards; succeeding spot + disqualification	S 38-47
Intentionally Contacting a Game Official	15 yards; End of the run or succeeding spot + disqualification	S 38-47
Striking Kicking Kneeing	15 yards; End of the run + disqualification	S 38-47
Any Act if Unduly Rough or Flagrant	15 yards; End of the run + disqualification	Proper signal then S 47
Second Unsportsmanlike Foul by Player	15 yards; End of the run + disqualification	S 27-47
Second Unsportsmanlike Foul by Non-Player	15 yards; succeeding spot + disqualification	S 27-47
Substitute Leaving Team Box during a Fight	15 yards; succeeding spot + disqualification	S 27-47

— Developed by Terry Simmonds, GOC —