

HYP Flag Football Rules

REGISTRATION

All players register to play at <https://hyp.org/sports/>. If an athlete has trouble registering online, they must contact sports@hyp.org prior to registration closing to join a team. Communication must be received no later than 11:59 p.m. on the date of registration closing to be considered. Players may not be added to a team after registration closes for any reason. Any team found to be playing with unregistered players will be subject to the forfeit of matches in which the unregistered athlete played.

**Conflicts with late registration and illness/injury additions may be considered depending on the approval of the Sports & Fitness Committee.*

DIVISION STRUCTURE

Intermediate – Should be played by players with a few years of experience looking for a more competitive feel than casual.

Casual – Should be played by recreational players only and allows players new to flag football and less experienced players to play a fun game of flag football. Suggested for new teams or teams with under 3 seasons of HYP Flag Football Experience.

Teams are STRONGLY urged to participate in the division that most appropriately matches their athleticism and competitiveness. This helps create fair, competitive matchups and contributes to the overall enjoyment of the league.

TEAM ROSTERS

- There is no maximum number of team members, but teams must have a minimum of 12 players on a roster.
- Free agents may be added to a team based on HYP's need to place them, regardless of whether you have the minimum number of participants.
- Teams must have 7 players on the field during each game.
 - No more than (5) players can be male.
 - If a team is playing with (6) players, no more than (4) players can be male.
 - A team that has fewer than (2) females must forfeit the game.
- Roster additions can be made after the close of registration in the event of a player's injury or illness or other unexpected reasons. The affected player must contact the Sports & Fitness Committee to make the necessary accommodations. The player must be replaced by another player of the same gender. The player being replaced will be removed from the team roster and will be considered an ineligible player.
- Injury substitutions are permitted.
- Any unregistered player found by a pre-game roster check will not be allowed to play.
- A team captain may request a roster check during the first half; the roster check occurs during halftime.
- Any ineligible player found by an in-game roster check will result in a forfeit by the team for

whom he or she is playing, and scored 0-40. The team captain is suspended for 1 game.

Any person who has not registered, signed the waiver, and paid the fee to play in the league is not considered a team member. This is a liability for the organization as it is an unfair opportunity for other players in the league.

- **First offense: The team forfeits the game, and the team captain is suspended for (1) game.**
- **Second offense: The team forfeits the game, and the whole team is suspended for (1) game, resulting in being ineligible for the Postseason. These punishments are subject to change.**

SUBSTITUTE PLAYERS

- **If a team has less than the minimum roster requirements to fill the field (7), they may pick up a maximum of (2) players from another HYP Flag Football team to reach a maximum of 7 players on the field. They do not need the other captain's approval; however, you must alert the other captain and officials before the game starts.**
- Teams may only have substitute players from their own division or lower (for example, a Casual Division team may not add a substitute player from the Elite Division, unless the player is registered in both divisions).
- A rostered player who arrives late must immediately replace any substitute players.
- Substitute players cannot be used in playoff games but can be used in bowl games for the Casual Division.

TEAM CAPTAINS

***Team captains are expected to take an active role in managing their teams. If a team captain is not present for a match, one player will be designated by the team for that game to be Co-Captain.**

Captains are responsible for:

- Requesting roster checks by game officials before or during the game (Cannot be completed after the game). When a roster check is requested, players will need to present photo identification (driver's license or an ID with their name and picture) to ensure they match up with the players listed on the roster. If a check is requested and a player does not have an ID (a picture of their photo ID on a phone is fine as long as it's clear), they will not be permitted to play. Printed copies of the rosters will be available on-site, and captains will also be sent copies of the rosters.
- Making sure all team members are familiar with the rules and applicable league policies.
- Informing the opposing team's captain and game officials of any use of substitute players.
- Discussing calls and rule disputes with game officials in a professional manner.
- Reporting incorrect scores to the Sports & Fitness Committee within 48 hours of their posting (After 48 hours, the game score is final).
- Attending the required captain's meeting prior to the start of the season. The captain's team will forfeit each of their games until this requirement is met. The captain's meeting is also where you will receive your team shirts. If a captain is unable to make the meeting, another member of the team is asked to attend or have accommodations made to receive team shirts and other information at another time.

EQUIPMENT AND CLOTHING

***All players are required to wear their current HYP Flag Football jersey during gameplay following the**

2nd week of the season. Following the 2nd week of the season, for every player who does not have their jersey, (1) point will be given to the opposing team. If a player's jersey is lost or destroyed, he or she must contact HYP at sports@hyp.org or call the office at 717-257-0406 to purchase a replacement. Our sponsors pay a large amount of money to help make our leagues affordable, and we would like to honor this commitment by wearing current shirts during games.

- Footballs and "Sonic Boom" flag belts (required for all players) are provided by HYP or participants can bring their own. Teams may play with their own footballs if they are at least "Youth" (ages 12-14) size or larger.
- Players may wear rubber or plastic cleats; metal cleats/spikes are strictly prohibited and will result in an automatic (1) week suspension.
- Gloves may be worn; "Stick-Um" and similar substances are prohibited.
- **Towels may be worn at the front of the player's waist but must not interfere with an attempted flag pull. If the towel or any other object on a player's waist is pulled, that is considered a flag pull.**
- Flag belts must be worn at the waist outside of clothing with flags positioned at the hips. • Jerseys may be worn untucked but must not interfere with an attempted flag pull. • **Players may wear skull caps and beanies; brimmed/baseball caps must be worn backward.** • Players may wear safety eyewear if a doctor's note is provided.
- For safety reasons, dangling jewelry, personal electronics, and sunglasses (prescription sunglasses excepted) should not be worn. If damage occurs, HYP is not liable or responsible. • Mouth guards are recommended but not required.

START OF THE GAME AND THE SECOND HALF

Every effort will be made to ensure that games begin promptly at their scheduled times. Teams that do not have the minimum (6) players at the start of the match are permitted a (10)-minute grace period. After (5) minutes, their opponent is awarded (2) points. A team that still does not have the minimum number of players after the (10)-minute grace period forfeits the game 0-40.

During the regular season and playoffs, the Away Team decides whether to start the match on offense or defense, or which side of the field. The Home Team decides whichever option remains.

Each half is **20** minutes long, with a halftime period of up to 5 minutes (both teams may agree to end the halftime period early). Teams swap field direction and possession at the half.

The captains will have a coin toss, the 'Away' captain will call heads or tails in the air. Options are, offense, defense, or defer

TIMEKEEPING/GAME CLOCK

A game official will keep the official game clock. Outside of the last (2) minutes of each half, the game clock will run continuously, except during team time-outs. Game officials may stop the game clock as needed to address injuries, conduct issues, etc.

The play clock will begin when the ball is spotted, and the offense has (20) seconds to start the next play. If a touchdown is scored after time has expired, the scoring team is allowed a conversion attempt.

Inside of the last (2)-minutes of each half, the game clock stops for the following: • Player injury (10 seconds will run off the clock if the injured player is on the offensive team)

- After a touchdown and during the conversion attempt
- (2)-minute warning in the first and second half: If a play is started just before the 2-minute warning, the clock will roll until that play is completed and then stop. For example, if a play is started at 2:03 and goes until 1:47, the clock will stop for the 2-minute warning at 1:47 • Incomplete passes
- When a player carries the ball out of bounds
- Change of possession
- All defensive penalties

“Mercy Rule”: When a team is leading by (21) or more points in the second half, the clock will not stop for any reason unless the point differential goes back under 21 points. There is no mercy rule in the first half.

PLAYING FIELD

- There will be 1 first down marker on the field, one at the 1/2 length of the field.
- A dotted line on both sides of the sideline indicates the boundary behind which players and spectators must remain. This space is intended to give game officials room to follow gameplay along the sideline and to avoid collisions with players going out of bounds.

GAMEPLAY

***For the safety and enjoyment of all participants, HYP Flag Football is intended to be played with MINIMAL CONTACT. Football is an inherently physical sport, and players should anticipate that incidental contact will occur. Excessive physical play will be penalized, and players who continue to play in an aggressive manner will be ejected and can face additional sanctions. Game officials have broad discretion to decide when contact is excessive, and to act to de-escalate conflicts and maintain safety.**

- All offensive possessions at the start of a half or after a score begin from the first set of 1st down markers in the offensive team's end of the field.
- The offense has (4) chances, or “downs,” in which to advance the ball beyond the next set of 1st down markers, and there must be a “female” play once for every two male consecutive plays (unless there is a touchdown). Successfully doing so gives the offense a “first down” and another set of chances to advance the ball.
- On 4th down, the offense must try for a first down or score, if turnover on downs, the possession goes to the opposing team at their starting line.
- Defensive players stop an advancing offensive ball carrier by pulling a flag off the player’s flag belt. **When a player’s flag is pulled, the ball is spotted where the flag was pulled.** • A player who accidentally loses a flag (s) before or during a play may advance the ball, but that player is down when a defensive player touches him or her with at least (1) hand. **However, a player must be wearing a flag belt.**
- A player is considered down if anything but a foot or a hand touches the ground (including the ball).
- The defense can take possession away by intercepting a passed or pitched ball.

- There are no “fumbles”; the ball is “dead” when it touches the ground, and the play is over. Losing possession of the ball beyond the line of scrimmage will result in an immediate dead ball, and the ball is spotted where the ball carrier’s flags were when he or she lost possession, not where the ball landed past the line of scrimmage. If the ball is fumbled behind a ball carrier, the ball will be spotted where the ball lands. If a team is past the first down line and fumbles behind the first down line, they cannot regain a first down from crossing that line again. Losing possession of the snap will result in the ball being placed behind the line of scrimmage where the ball lands. If the ball is fumbled into the end zone, the ball will be placed at the 1-yard line and given back to the offense with a loss of down. There are no touchbacks like in professional football.

INADVERTENT WHISTLE

The play is over on any whistle. An inadvertent whistle (whistle blown before flags are pulled) results in a dead ball, with the benefit going to the team with possession of the ball at the time of the whistle. The team with possession will choose to either replay the down or have the ball spotted where the runner was at the time of the whistle with no loss in down. If an inadvertent whistle stops play after a turnover, the turnover stands.

PENALTIES

Game officials signify penalties by tossing a yellow flag onto the field. Game officials have the discretion to call a “flagrant” penalty if an infraction was unnecessarily physical, aggressive, avoidable, or otherwise objectionable. Players who are called for a flagrant penalty will be issued an Unsportsmanlike Conduct Infraction (see Sportsmanship Policy). See the Glossary of Penalties below.

SCORING

- A player scores a touchdown when the ball crosses the goal line with possession of the ball, or by catching a pass in the opponent’s end zone.
- A touchdown scored by a male player is worth (6) points.
- A touchdown scored by a female player is worth (8) points (to count as a female touchdown, a female player must have advanced the ball as a runner, receiver, or passer).
- After a touchdown is scored, the offense attempts to convert another scoring play worth (1) or (2) points.
 - o Conversion from the (5)-yard line is worth (1) point.
 - o Conversion from the (10)-yard line is worth (2) points.
 - o The defense can score on a conversion by returning an interception to the opponent’s end zone.
 - o The defense can score a “safety” worth (2) points by pulling an offensive player’s flag while they are inside their own end zone. The scoring team also gains offensive possession at their first set of 1st down markers.
 - o If an offensive player commits a penalty while in his or her own end zone, the defense is awarded a safety and possession.

OFFENSE

- All plays must start in shotgun formation.
- The offense must line up with at least (4) players on the line of scrimmage (anywhere across the entire width of the field).

- Players should check with the game official to ensure they are lined up legally. • Play begins when the ball is snapped. The ball must be on the ground when snapped. • Only (1) player may be in motion at the snap, and he or she may not be moving toward the line of scrimmage at the time of the snap.
- A female player must advance the ball past the line of scrimmage once every (4) downs. This can occur as a rusher, a receiver, or a passer.
- **In the interest of promoting player safety, players may not dive head-first or leap to advance the ball or avoid a flag pull.**

RUSHING, PITCHING, AND HANDOFFS

- Only female players may run the ball immediately after receiving a handoff or pitch.
- A male player who receives the direct snap, or via a handoff/backward pitch, may run the ball only after a defensive player crosses the line of scrimmage.
- After a pitch or handoff, any defensive player may cross the line of scrimmage.

PASSING AND RECEIVING

- The passer must be behind the line of scrimmage when throwing a forward pass.
- The quarterback may not run past the line of scrimmage unless blitzed.
- All offensive players are eligible to receive passes, including the quarterback after the ball has been handed off.
- Female quarterbacks will be treated the same as male quarterbacks.
- A catch is considered a completed pass when:
 - o The receiver retains possession of the ball after his or her flag has been pulled, or after contacting the ground.
 - o The receiver contacts the ground with at least (1) foot in-bounds with the ball in their possession.
- If a receiver jumps to catch a pass and is knocked or pushed out of bounds by an opposing player before landing, the pass is ruled complete, and the ball will be spotted at the point where the flag of the receiver went out of bounds. A 15-yard penalty for unnecessary roughness may be assessed on the defensive player.
- If a pass is caught simultaneously by an offensive and defensive player, the “tie” goes to the offensive player, and the pass is ruled complete.

BLOCKING

Although blocking is an important strategic element of the game of football, to promote player safety, blocking is permitted only in a limited fashion. Players should avoid initiating contact with other players where possible. Intentional, unnecessary contact will be penalized, and repeat offenses will incur additional disciplinary action.

Pass-blocking: Players on offense may “pass block” to impede a pass rusher's path to the quarterback but may not extend their arms to shove a defender. Blitzers should make a reasonable effort to avoid collisions with pass-blockers. **Blockers can either have their hands extended directly in front of them or at their chest with elbows tucked at their sides. No chicken wings (elbows extended to the side w/ hands at chest) or hands extended to their sides.**

Downfield blocking: Players on offense may run downfield with a ball carrier (to be in a position to receive a pitch back, for example) but may not impede or obstruct a defensive player's path to the ballcarrier.

DEFENSE

- Defensive players may line up anywhere in front of the line of scrimmage.
- A "blitzer" is any defensive player who crosses the line of scrimmage before the ball is passed, pitched, or handed off.
- Blitzers must line up at least (5) yards in front of the line of scrimmage. Blitzers should check with the game official to ensure they are lined up legally.
- **An emphasis on no bull rushing by blitzers. No ripping or swim moves. The game is intended to be as minimal contact as possible.**
- Only (2) defensive players may blitz in the Casual Division.
- Defensive players inside the 5-yard buffer may cross the line of scrimmage after the ball is passed, pitched, or handed off behind the line of scrimmage.
- In the Casual Division, a male defensive player cannot line up on the line of scrimmage directly across from a female player. He must line up beyond the 5-yard blitz line.
- "Last Man Back Rule": If a game official determines that the last defensive player in a position to make a play commits a penalty that prevents the offense from scoring, they may award the offense the score.
- An interception will be considered a live ball and may be returned.
- **Flags are not to be pulled by a defender prior to an offensive player possessing the ball**

OVERTIME (PLAYOFFS ONLY)

If the score is tied at the end of regulation, the game will go into overtime only for Playoffs, not for Bowl Games. The higher-seeded team will choose which team has first possession, and the lower-seeded team will choose which side of the field the period will be played on. Each team will have an equal number of

overtime possessions. Teams begin the offensive possession on the 20-yard line and have 4 plays to score. If they score, they must go for a (2)-point conversion.

STANDINGS

- Scores and standings will be updated on League Lobster within a day after games are completed.
- Captains have 48 hours after scores are posted to report an incorrect score. After 48 hours, all scores and standings are final.
- Team standings are determined by the following, in order:
 - o Overall winning percentage
 - o Head-to-Head record
 - o Point Differential
 - o Points Against
- In the case of a 3-or-more-team tie in intermediate and elite, standings will be determined by: Percentage, Point Differential, Points Against, Points For. Standings will not be changed to account for the 3 or more team ties for the casual division.

PLAYOFFS

- ELITE/INTERMEDIATE DIVISION: All teams will qualify for playoffs and put in a bracket with their respective division.
 - Both division winners of the tournament will receive a team trophy.
 - The Elite Conference champion receives a \$100 gift card to the league sponsor.
- CASUAL DIVISION: No playoffs, as all teams will play an extra game after the regular season against a similarly ranked team in a bowl game.

The playoff format is subject to change depending on the number of teams per division signed up and how the season plays out

CANCELLATIONS AND MAKE-UP GAMES

Flag Football games will be played in cold temperatures and windy and rainy weather. Games will be canceled if the weather is severe or unsafe to drive in. Please be prepared to play every game until an announcement has been made! Once a game begins, it is up to the game officials and the HYP Executive Board to decide when a game should be called. HYP will communicate with captains via email to inform them about future makeup games. **There are 2 weeks built into the schedule in the event of games being postponed due to weather. Regular season games that are postponed will be made up at the end of the regular season, which also pushes the playoff schedule back, so please plan accordingly.**

Games in progress may be canceled due to unsafe weather conditions. If a game is canceled with less than 10 minutes remaining in the 2nd half, the game is recorded as final. Otherwise, the make-up game will be replayed from the beginning. Game officials are empowered to end a game early as a last resort measure to de-escalate ongoing player misconduct issues. Any game ended under such circumstances will be reported to and reviewed by HYP's Board of Directors. Any changes to the standings resulting from the Board's decision will be communicated to team captains.

RULE CHANGES

Should circumstances justify a change to any rules or policies that will improve the game experience for all players, the Fitness and Sports Committee reserves the authority to affect rule changes up until the start of the second half of the season. Proposed rule changes will be disseminated to team captains for comment, and if agreed upon, implemented by the following week.

General Rules Violations, Unsportsmanlike Conduct, and Forfeiture Policy:

This policy applies to all league sports, including Flag Football, Pickleball, Kickball, Volleyball, Dodgeball, and any other sanctioned league activities.

1. Rules Violations

- Any participant, team, coach, captain, or spectator found violating league rules may be subject to penalties as determined by the officiating staff.
- Minor violations may result in warnings, loss of possession, loss of points, penalties, player removal, or other sport-specific sanctions.

2. Unsportsmanlike Conduct

- Unsportsmanlike conduct includes, but is not limited to, abusive language, harassment, threats, fighting, intentional rule violations, disrespect toward officials, or actions deemed detrimental to the integrity of the league.
- Officials may issue warnings, penalties, ejections, suspensions, or recommend further disciplinary action.

3. **Cheating and Fraudulent Activity**

- Any act of cheating, including the use of ineligible players, falsification of scores, intentional rule manipulation, or any attempt to gain an unfair competitive advantage, will be reviewed by league administration.
- Upon receiving a report or observing a potential violation, the matter may be placed under investigation by the Head Official and/or HYP Committee.

4. **Investigations**

- The Head Official and/or HYP Committee reserves the right to investigate any alleged rules violation, misconduct, or cheating incident.
- During an investigation, game results may be considered unofficial until a final ruling is made.
- The committee's decision shall be final.

5. **Forfeitures**

- If a violation, misconduct, or act of cheating is confirmed, the Head Official and/or HYP Committee may declare a forfeit of a set, match, game, or event.
- Additional penalties may include player ejection, team disqualification, suspension, loss of standings points, or removal from league competition.

6. **Authority**

- The Head Official and HYP Committee maintain full authority to interpret league rules and impose disciplinary actions necessary to preserve fair play, sportsmanship, and the integrity of competition.

- Players are responsible for understanding and abiding by the rules of the game.
- Calls made by game officials are final.
- Unsportsmanlike behavior, such as taunting or antagonizing opponents and using foul or abusive language, will not be tolerated. Players who engage in such behavior will be subject to disciplinary action according to the guidelines set forth in the HYP Sportsmanship Policy.
- Game officials and HYP staff members are authorized to remove any disruptive player or guest from the premises.
- **Harrisburg Young Professionals is committed to providing a safe environment for all sports participants, including players, guests, staff, and game officials. All participants are encouraged to report unacceptable conduct (including but not limited to verbal abuse, harassment on social media, and threatening language) to HYP's Board of Directors. Players who engage in such behavior may be suspended for the remainder of the season or longer, where appropriate as determined by the Board.**

FIELD PREPARATION

Any registered HYP member who volunteers to help the Sports & Fitness Committee for the season and has their time documented on the Committee's volunteer spreadsheet may receive a full refund of their registration fee for their commitment to our sports leagues. Please reach out to sports@hyp.org or call the office at 717-257-0406.

FACILITIES

Maintenance of 7th and Radnor Park (owned by Harrisburg City Department of Recreation) and the Harrisburg City school grounds, including William Penn and Camp Curtin (Harrisburg City School District), is the responsibility of their respective owners.

As a civic organization, Harrisburg Young Professionals encourages good citizenship of its representative members and sports league participants. Picking up trash (especially if it is not your own) helps create a more pleasant game experience for other league participants and promotes a more cooperative relationship between HYP and the community organizations with whom we partner.

WAIVER OF LIABILITY & SPORTSMANSHIP POLICY

All participants must complete an HYP Sports League Waiver of Liability form and Sportsmanship Policy. All participants in the league assume the risk of injury. HYP, its volunteers, and employees shall not be liable for injury to a person, loss or damage to personal property arising from, or in any way resulting from, participation in the league. *(Harrisburg Young Professionals is not responsible for any lost or stolen equipment, bottles, clothing, etc.)*

HYP SPORTS ALCOHOL POLICY

Harrisburg Young Professionals strives to provide players and guests with a safe, alcohol-free game experience that is family-friendly, social, and competitive. HYP partners with sponsoring bars to provide a social environment for participants and guests to enjoy alcohol responsibly **after the game**. It is HYP's policy that all players and guests must comply with all applicable laws and ordinances regarding the possession and consumption of alcohol. [Harrisburg City Department of Recreation](#) and [Harrisburg School District](#) both prohibit the possession and consumption of alcohol on their respective premises. Failure to adhere to these policies jeopardizes HYP's access to those facilities, and anyone found to be in violation of this policy will be asked to leave the premises. Players and guests who appear to be under the influence of alcohol or other controlled substances will similarly be asked to leave. Players who violate the HYP Sports Alcohol Policy may be referred to HYP's Board of Directors for additional sanction.

SUMMARY OF FEMALE RULES

This section is intended to add detail to the rules regarding female players. It will be amended as necessary to provide as thorough an explanation of these rules as possible.

- **Rushing:** A "rushing play" is defined as a play during which a player receives the ball behind the line of scrimmage via direct snap, handoff, or lateral/pitch, and proceeds to run upfield to gain yardage. Female players may "rush" the ball at any time after a hand-off/pitch. Female

quarterbacks will be treated the same as male quarterbacks in not being able to rush past the line unless blitzed. Male players may not carry the ball past the line of scrimmage under any circumstances before a defensive player crosses the line of scrimmage.

- **Female Advancement:** To satisfy the “female advancement” requirement for earning a first down, a female player must possess the ball during the advancement of the play beyond the line of scrimmage. Advancement occurs via a completed forward pass thrown or caught by a female player, or as a rusher. The play must also result in net positive yardage. For example, if a female player rushes the ball beyond the line of scrimmage and pitches the ball back to a male player behind the line of scrimmage, whose flag is immediately pulled while behind the line of scrimmage, the play results in a net loss of yardage and does not count as “female advancement”.
- **Female Scoring:** To earn (8) points for a female scoring play, a female player must possess the ball during the play and be directly involved in taking it into the end zone. This is satisfied by a completed forward pass by a female quarterback that is caught in or taken into the end zone, a completed reception by a female receiver that is caught in or taken into the end zone, or any other play during which a female player carries the ball into the end zone.
- **Miscellaneous:** Each team must always have a minimum of two female players on the field. In the Casual Division, a male defensive player cannot line up on the line of scrimmage directly across from a female player. He must line up beyond the 5-yard blitz line.

GLOSSARY OF PENALTIES:

- **DELAY OF GAME** (5 Yards, replay down): The offense fails to snap the ball within 20 seconds of the ball being spotted. A defensive player interferes with the ball being returned to the game official for spotting.
- **FLAG GUARDING** (spot foul): The ball carrier impedes a defender’s attempted flag pull with a hand or improperly worn belt, jersey, or towel.
- **HOLDING** (Offensive: 10 yards, replay down - Defensive: 5 yards, automatic first down): The player impedes an opponent by holding onto any part of their body, clothing, or flag belt.
- **ILLEGAL FORMATION** (5 yards, replay down): The player on offense is lined up with fewer than 4 players on the line of scrimmage. The offense or defense has more than 5 males or more than 8 total players on the field.
- **OFFSIDES** (5 yards, replay down): The player on offense or defense is lined up in the neutral zone when the ball is snapped.
- **ILLEGAL FORWARD PASS** (10 yards, replay down): The player on offense throws a forward pass from beyond the line of scrimmage.
- **PASS INTERFERENCE** (Offensive: 10 yards, loss of down - Defensive: spot foul, automatic first down): The player initiates contact to hinder or prevent an opponent from catching a forward pass.
- **ILLEGAL DOWNFIELD BLOCK** (10 yards from the line of scrimmage, replay down): The player on offense initiates contact to obstruct/impede a defender from reaching the ball carrier.
- **DIVING** (10 yards from the spot, loss of down): The ball carrier dives head-first or leaps to advance the ball or avoid a flag pull.
- **SIDELINE INFRACTION** (5 yards, replay down): Spectator or player not on the game field encroaches into the defined sideline boundary during active play.
- **ILLEGAL BLITZ** (5 yards, replay down): Defensive player blitzes from within the prescribed 5-yard blitz line.

- **UNNECESSARY ROUGHNESS** (15 yards, automatic first down if on defense): Unnecessarily physical or aggressive actions including but not limited to intentionally contacting another player, extending hands into another player, “checking” a receiver at the line of scrimmage, tackling, “stripping” the ball out of the carrier’s hands, and “bull-rushing” (unnecessarily aggressive blitzing). The offending player is issued an Unsportsmanlike Conduct Infraction.
- **UNSPORTSMANLIKE CONDUCT** (15 yards, automatic first down if on defense): Behavior that includes (but is not limited to) taunting, cheating, excessive arguing with game officials, excessive profanity, sexist, racist, or threatening language, and other behavior that violates the league Sportsmanship Policy. The offending player is issued an Unsportsmanlike Conduct Infraction and may be deemed for more actions based on a review of its report.

***** Note: Defensive penalty yardage that moves the line of scrimmage across a set of first down markers always results in a first down *****