

Offensive Penalties	
Offsides/ False Start	5 Yards from LOS & Loss of Down
Illegal Forward Pass	5 Yards from LOS & Loss of Down
Offensive Pass Interfer	5 Yards from LOS & Loss of Down
Illegal Motion	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	SPOT FOUL -10 Yards & Loss of Down
Charging	SPOT FOUL -10 Yards & Loss of Down
Flag Guarding/Jumping	SPOT FOUL -10 Yards & Loss of Down

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NFL FLAG TOURNAMENT	
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
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
Defensive Pass Interfer	SPOT FOUL & Auto1st Down
Holding	SPOT FOUL 5 Yards & Auto1st
Stripping	SPOT FOUL + 10 Yards & Auto 1st

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