



5v5 Flag Football Penalty Cheat Sheet

Offensive Penalties

Delay of game (25 sec) – 5 yards LOS + Repeat down

Delay of Pass (7 sec) – 5 yards LOS + LOD

Illegal Forward Pass – 5 yards LOS + LOD

Illegal Running Play – 5 yards LOS + LOD

Flag Guarding – 5 yards SOF + Next down

Diving or Jumping – 5 yards SOF + Next down

Interference – 5 yards SOF + Next Down

Illegal Snap – 5 yards LOS + Repeat down

Offside – 5 yards LOS + Repeat down

Rusher Interference – 5 yards LOS + Repeat Down

Illegal Contact – 5 yards LOS + LOD

Pass Interference – 5 yards LOS + LOD

Defensive Penalties

Disconcerting Signals – 5 yards LOS + Repeat down

Illegal Rushing – 5 yards LOS + Repeat Down

Offside – 5 yards LOS + Repeat down

Illegal Contact – 5 yards SOF + AFD

Pass Interference – 5 yards SOF + AFD (if in End Zone ball will be placed on 1-yard line)

Illegal Flag Pull – 5 yards Spot of Catch (or LOS if not caught) + AFD

*** Defensive SOF penalties behind LOS are applied from LOS***

General Penalties

Game Interference – 5 yards LOS + Repeat down

Illegal Substitution – 5 yards LOS + Repeat down

Illegal Participation – 5 yards LOS + Repeat down

Major Foul – 15 yards LOS + LOD or AFD + Possible ejection ****Apply all yardage****

Objectionable Conduct – 5 yards LOS + Ejection if 2nd in game



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