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|  | **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** | |
| **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  **Illegal Flag Pull** – 5 yards Spot of Catch (or LOS if not caught) + AFD  **Roughing the Passer** – 10 yards LOS + AFD  *\*\* Defensive SOF penalties behind LOS are applied from LOS\*\**  *\*\* Defensive SOF penalties that occur in the end zone will be spotted at the 1-yard line\*\** | |
| **General Penalties** | |
| **Illegal Substitution** – 5 yards LOS + Repeat down  **Illegal Participation** – 5 yards LOS + LOD (offense) or Repeat Down (defense)  **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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| **General Penalties** | |
| **Illegal Substitution** – 5 yards LOS + Repeat down  **Illegal Participation** – 5 yards LOS + LOD (offense) or Repeat Down (defense)  **Major Foul** – 15 yards LOS + LOD or AFD + Possible ejection \*\**Apply all yardage\*\**  **Objectionable Conduct** – 5 yards LOS + Ejection if 2nd in game | |