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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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