

Pavilion Sports Flag Football 2007 Penalty Cheat Sheet

Offensive Penalties:

5 YARD PENALTIES—(LOSS OF DOWN UNLESS OTHERWISE NOTED)

FALSE START	REPLAY DOWN
ILLEGAL PROCEDURE	REPLAY DOWN
FLAG GUARDING	SPOT OF FOUL
BEGGING A CALL	
ILLEGAL TIME OUT	
INTENTIONAL GROUNDING	
ILLEGAL FORWARD PASS	
1 YD QB RULE	REPLAY DOWN
DELAY OF GAME	REPLAY DOWN
FORWARD LATERAL	SPOT OF FOUL
ILLEGAL BLOCK	SPOT OF FOUL
INTENTIONAL FORWARD FUMBLE	
ILLEGAL FOOTBALL MOVE	SPOT OF FOUL
-STIFF ARM, HURDLING, LEAVING FEET, LOWERING SHOULDER	

10 YARD PENALTIES—(LOSS OF DOWN UNLESS OTHERWISE NOTED)

UNNECESSARY ROUGHNESS	
UNSPORTSMANLIKE CONDUCT	
HOLDING	REPLAY DOWN
ILLEGAL DOWN FIELD BLOCKING	SPOT OF FOUL
OFFENSIVE PASS INTERFERENCE	
TAUNTING/TRASH TALKING	
CONTACT W/ OFFICIAL	EJECTION
INAPPROPRIATE LANGUAGE / GESTURES	
DELIBERATELY RUNNING INTO ANOTHER PLAYER	

DEFENSIVE PENALTIES:

5 YARD PENALTIES—

NEUTRAL ZONE INFRACTION	
OBSTRUCTING BALL CARRIER-WHILE TRYING TO DEFLAG THEM	
OFFSIDES	
ILLEGAL TIME OUT CALLED	
BEGGING A CALL	
STRIPPING OR ATTEMPTING TO STRIP THE BALL	
DELAY OF GAME	

10 YARD PENALTIES—

UNNECESSARY ROUGHNESS	
UNSPORTSMANLIKE CONDUCT	
ILLEGAL CONTACT OF RECEIVER	AUTO 1 ST DOWN
TRIPPING AND/OR TACKLING	AUTO 1 ST DOWN
DELIBERATELY RUNNING INTO ANOTHER PLAYER	
TRASH TALKING/TAUNTING	
CONTACT WITH AN OFFICIAL	EJECTION